

## IDA CHANGE GUIDE

### PRIORITIZE YOUR CHANGE 1/3

## PERSONAL CHANGE SESSION 3

### AIM

The third session aims to help you choose which focus points you want to address first and create concrete action steps that will help you achieve your goals.

### DURATION

Session: 1 hour

### PREPARATION

- Prepare the online [Ida Spiderweb Tool](#) with the 5-8 focus points you selected in Session 2 and complete the survey.
- Use the following question in your Spiderweb exercise: “On a scale from 1-5, to what extent do you think these focus points are present within the clinic today?”
- Step-by-step instructions on how to use the Spiderweb Tool are provided with the tool.

### Exercise 1: Prioritize your changes

Have a look at your survey result and answer the following questions:

What does the result tell me about how easy it is to successfully integrate the Ida tools into my current clinical environment?

Which focus points are more important for me to focus on right now in order to implement the Ida tools?

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### PRIORITIZE YOUR CHANGE

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Which focus points can be changed more easily?

#### **Exercise 2: Create action steps**

- Based on the Spiderweb result and the priorities you identified in Exercise 1, think about concrete action steps you can take to achieve your goals. Write these steps in the box below.
- Write down a desired completion date next to each action step.

Which concrete action steps can I take that will enable me to successfully implement the Ida tools?

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### PRIORITIZE YOUR CHANGE 3/3

#### Exercise 3: Imagine the future

- Take a moment to reflect on what your clinic and daily practice will be like once you have implemented the action steps you identified in Exercise 2 above.
- Think about how these visions compare to the mind map of patient-centered care you created in Session 1. Will these action steps make your practice more patient-centered?

What will my clinic and daily practice be like once I have implemented the action steps?

How does this compare to the mind map I created in Session 1 about patient-centered care?

#### Outcome:

- A list of concrete action steps you can start taking now. This makes your change more tangible and sustains your belief in the fact that it can be done.
- An understanding of how your action steps will lead to changes that will make your daily practice more patient-centered.