

This document provides information about how HealthChange® Goal Hierarchies (Menus of Options) are used in conjunction with the HealthChange® Personal Self-Management Plan (PSMP).

## HealthChange® Goal Hierarchies

HealthChange® Goal Hierarchies outline the main categories or areas in which a patient, client or consumer needs to take action over time in order to achieve the best possible health and quality of life outcomes, given their current health issues and overall situation.

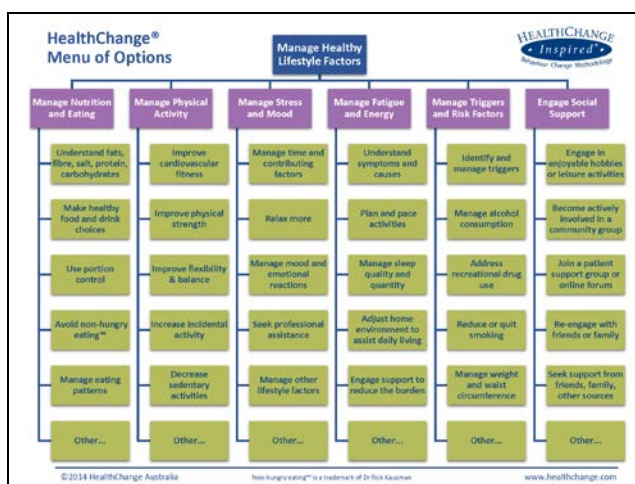
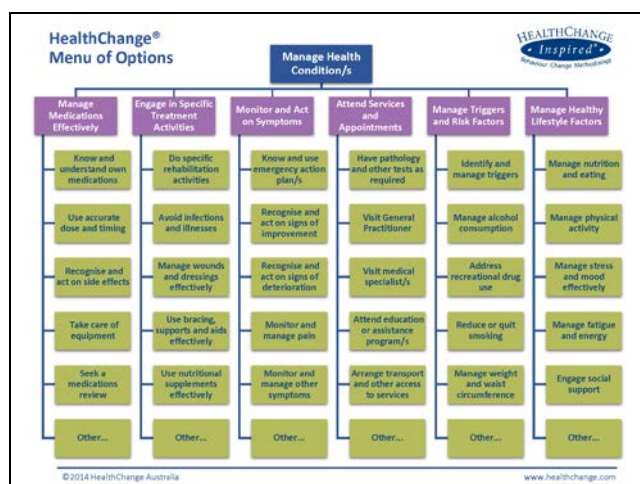
For particular chronic conditions and other health issues, these goal hierarchies are created from the evidence-based *referral, treatment and lifestyle recommendations* for treatment and/or management of the health condition. For healthy lifestyle factors, the goal hierarchies provide the common options for client action within each category.

Goal hierarchies are simply a way of organising information for clinicians and clients to consider the *full range of actions* that a client might engage in to manage their health or quality of life – taking into account their existing health issues and risk factors (including social determinants of health). The client-friendly term for these goal hierarchies is Menus of Options.

Organising behavioural health goal information in this way complements clinical and other intervention goals and makes the goal-setting process patient-centred if used in the way intended (especially in conjunction with the HealthChange® Personal Self-Management Plan). HealthChange® Goal Hierarchies are tools that promote health literacy for clients and consistency of advice among practitioners and teams.

HealthChange has developed a generic goal hierarchy that can be used to discuss and explain action that client's need to take for any health issue or combination of issues (acute and/or chronic). Additional goal hierarchies are also available for single common chronic health conditions. HealthChange has also developed an overall healthy lifestyle goal hierarchy in addition to specific goal hierarchies for managing commonly addressed lifestyle factors (nutrition and eating, physical activity, stress and mood, alcohol, smoking, energy and fatigue).

The second rows of boxes in the diagrams below represent the categories of action that a client needs to take action in. The purple colour of these boxes matches the purple colour-coded 'above the line' processes in the HealthChange® client's behaviour change pathway. Hence it prompts health service workers that before discussing what green 'below the line' actions a client might take, the client's readiness, importance, confidence and knowledge (RICK) needs to be taken into account first.



## HealthChange® Personal Self-Management Plan

Whilst the HealthChange® Goal Hierarchies/Menus of Options show what a client might *do* to optimally manage their health or quality of life and provide options for doing so, the HealthChange® Personal Self-Management Plan (PSMP) records the following related information in one simple table:

Outcomes from processes above the decision line:

1. The general *categories of action* that are recommended for the person to work on over time, that relate to their specific health and/or other issues. These are the referral, treatment and/or lifestyle categories shown in the purple 'above the line' boxes in the goal hierarchies/menus of options on the previous page.
2. The collaboratively agreed *priority* in which the client will plan to take action within these categories. This will depend upon what the client is already doing and what they agree to do in the short and longer term.
3. The client's *agreement or otherwise* with taking action on each recommended category (agree, disagree, unsure or not applicable to them). This is to ensure that the client's readiness is taken into account and documented for each broad recommendation (referral, treatment or lifestyle category).


Outcomes from processes below the decision line:

4. The agreed and planned *time frames* for specific actions to be taken within particular categories.
5. The key specific actions that the client has agreed and plans to take. Options for client action can be generated by discussing the relevant green 'below the line' boxes in the goal hierarchies.
6. Any other comments that are relevant.

The PSMP is a *client-centred* document that is meant to accompany more system-centric clinical care plans or treatment plans. It is a simple to read and understand document for client's to take home with them that prompts them regarding:

1. *All* of the referral, treatment and lifestyle categories or broad areas in which they need to take action over time to achieve the best possible health and quality of life outcomes, given their particular health issues and situation.
2. The areas in which they have *agreed* to take action in the short term and the specific actions and time frames that they have committed to.

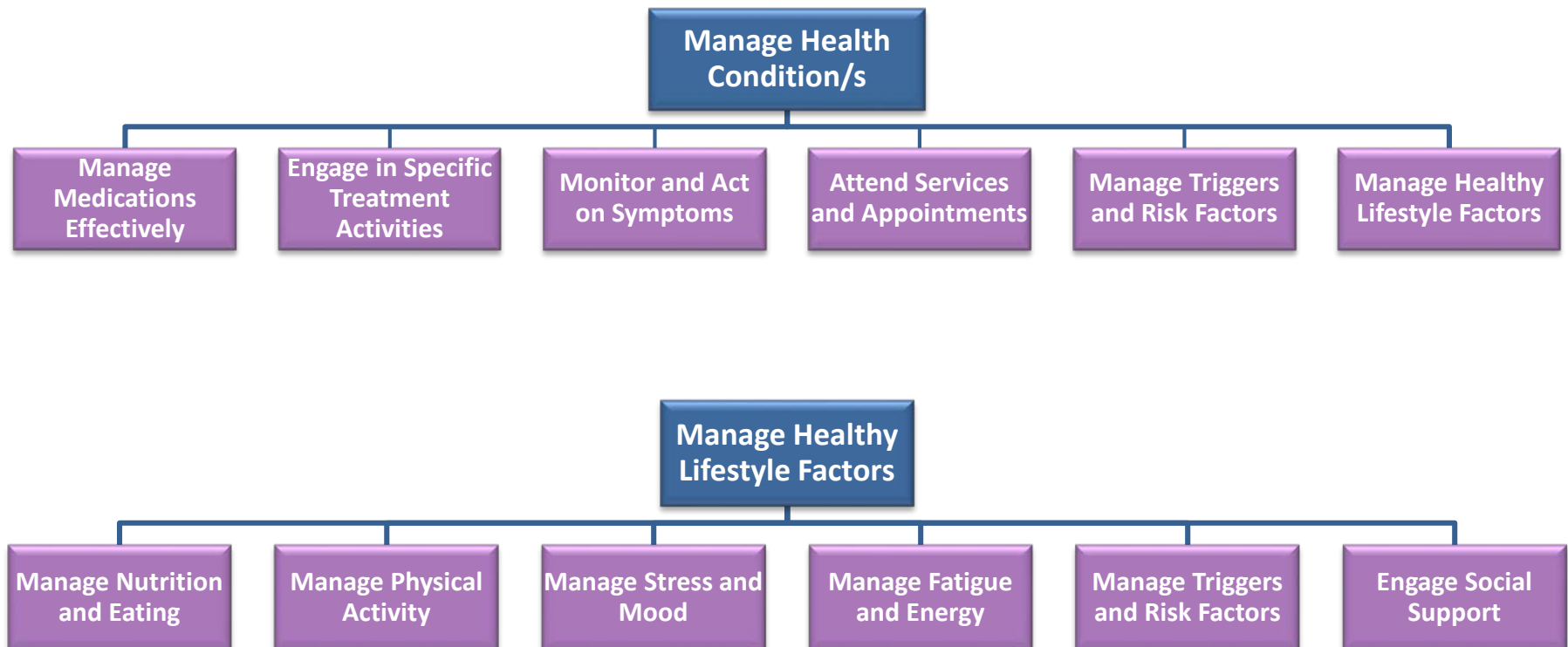
The PSMP also provides valuable information about the client's current readiness, actions and intentions that can be shared among the client's health care team. For worked examples of the PSMP, see the HealthChange® Core Training Workbook Section 8, Documenting HealthChange® Processes.

Personal Self-Management Plan					
			Client Name: _____ Clinician: _____ Date Prepared: _____		
Referral, Lifestyle & Treatment Recommendations	Priority	Client's Decision	Action Time Frame	Client's Agreed Actions	Comments
		1. Yes 2. No 3. Undecided 4. NA			
		1. Yes 2. No 3. Undecided 4. NA			
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		1. Yes 2. No 3. Undecided 4. NA			
		1. Yes 2. No 3. Undecided 4. NA			
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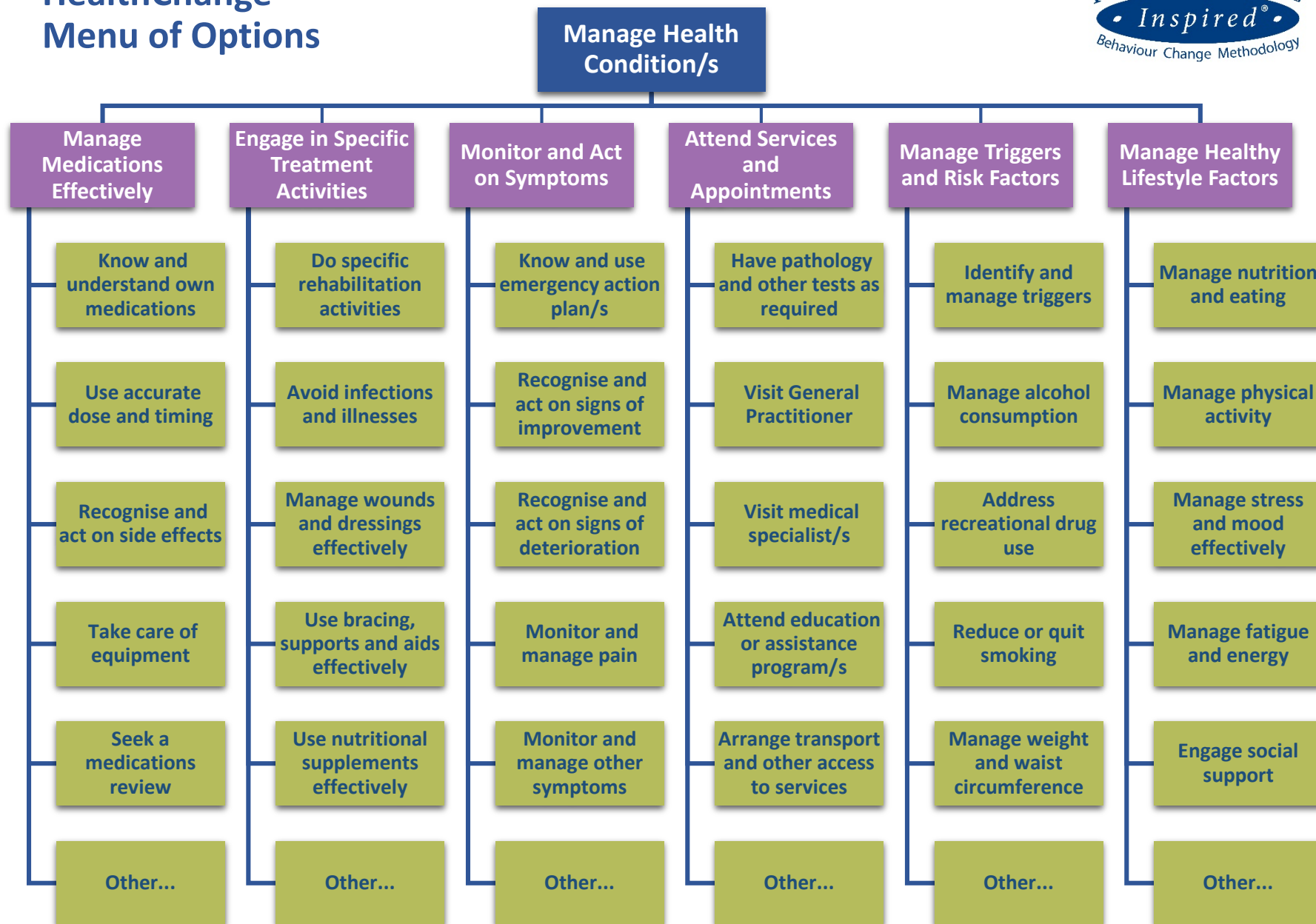
1. Enter all referral, lifestyle and treatment categories (macro level recommendations) relevant to the consultation.  
 2. Collaboratively prioritise (number) the categories (balancing evidence-based duty of care with the client's personal needs).  
 3. Enter client's agreement or otherwise to act on each recommendation.  
 4. Document client's personalised behavioural goals relevant to each category where personalised goals are established.  
 5. Add comments as required. Use an additional page if required.

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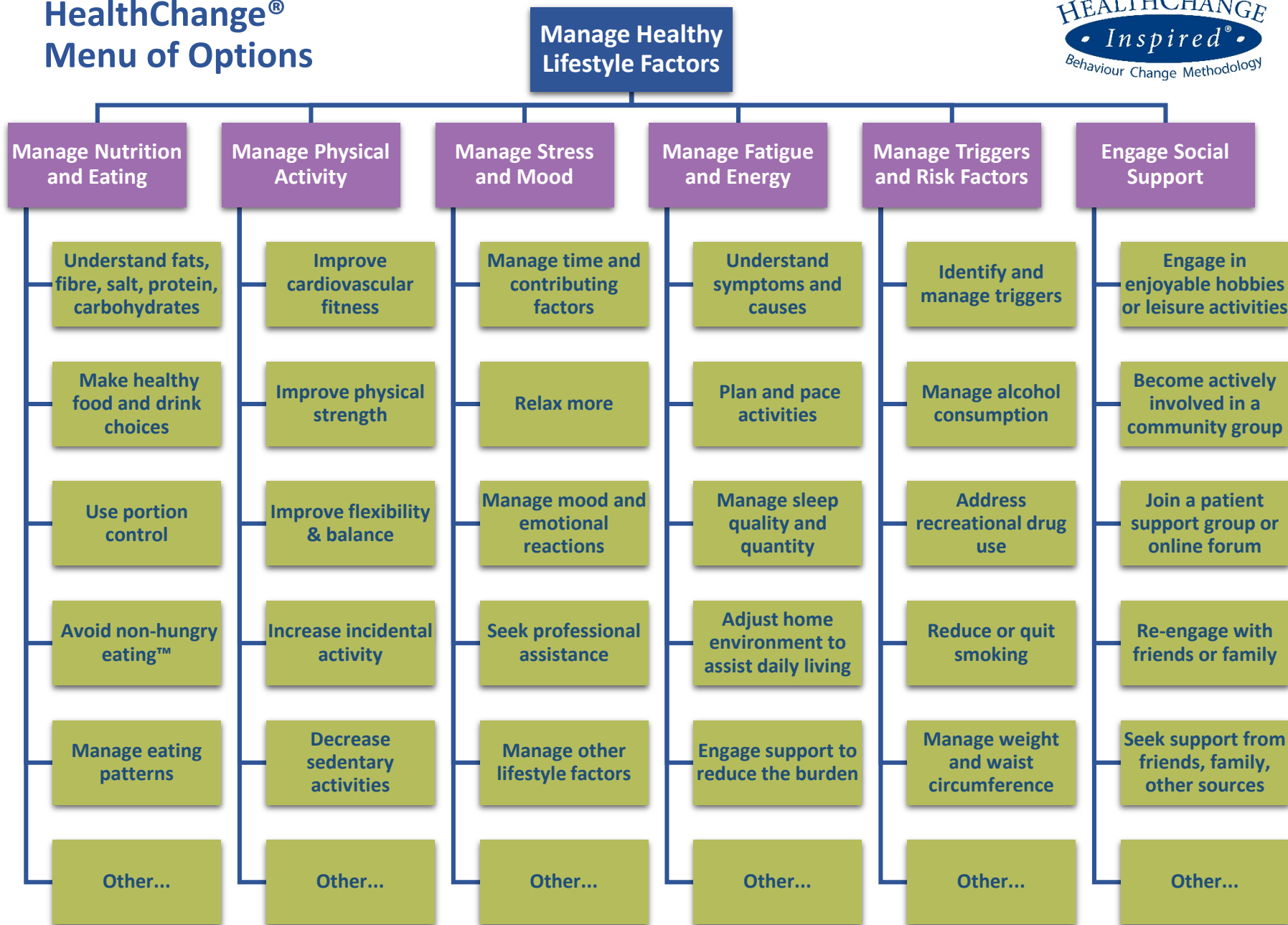
# HealthChange® Generic Menus of Options



# HealthChange® Menu of Options



# HealthChange® Menu of Options



# Personal Self-Management Plan



Client Name: \_\_\_\_\_

Clinician: \_\_\_\_\_ Date Prepared: \_\_\_\_\_

Referral, Lifestyle & Treatment Recommendations	Priority	Client's Decision	Action Time Frame	Client's Agreed Actions	Comments
		1. Yes 2. No 3. Undecided 4. NA			
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