
AGENDA MAPPING

Helping people to make changes starts with finding a focus; choosing which behaviour to focus on in making a change.

Sometimes this is simple, the patient is clear, and you are clear that the behaviour supports health. It is a matter of discussing and generating ideas for change and making a plan together (see *Making a Plan for Change*).

In healthcare, and particularly with patients with multimorbid conditions, there can sometimes be so many potential target behaviours that it can feel overwhelming for both you and your patients.

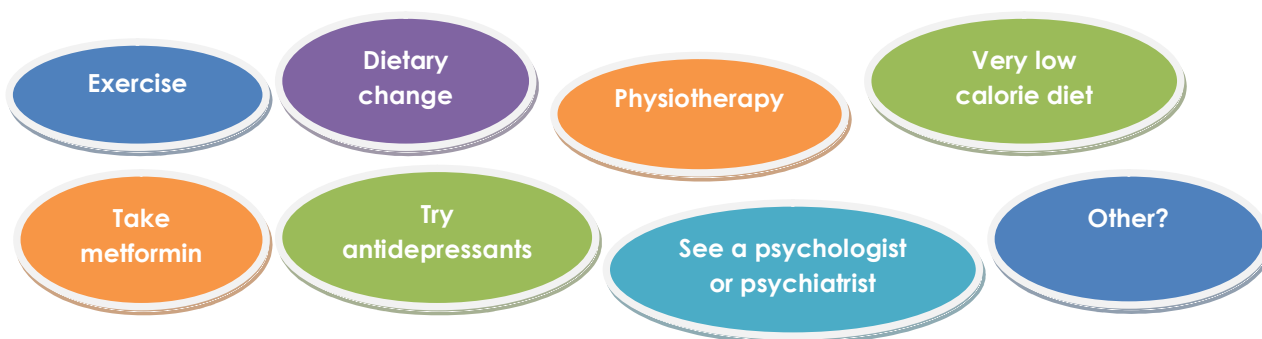
Where there are multiple behaviours to change, work together with the patient to find a focus.

1. Identify the potential behaviours for change. Ask permission to raise or add a difficult topic.
2. Work together with your patient to discuss and identify a priority behaviour
3. Work together to develop a plan (see *Making a Plan for Change*).

Consider the following patient: Mrs Jones is a 63 year old woman with Type 2 diabetes, obesity, back pain and depression. She says she's not sleeping well, and has trouble with simple daily tasks.

What are the potential target behaviours?

Use an **Elicit-Provide-Elicit** framework to generate potential behaviours, and seek permission to add behaviours that you know may promote your patient's health (see the information sheet on *Advice Giving*).



So, what is the priority target behaviour?

In talking with Mrs Jones, she tells you that she has recently lost weight, and feels that she has her diet in hand. She also discloses that she has a history of trauma, and has never told anyone before. She feels ready to talk to someone, and would like a referral to a psychologist or psychiatrist. Exercise is still something that Mrs Jones thinks would be helpful, and you and her agree to talk about it again in the future.

Agenda mapping brings together what the patient knows about him or herself, and what you, as a health professional, know about the evidence base for changes that promote health.
