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Got used to	2	3	4	5	6	7	8	9	Not got used to

	Relapse	How to handle relapse
1		
2		
3		

	Routine	How to keep
1		
2		
3		

Fig. 6.6 High-risk situations and how to handle them and the got-used-to scale with regard to improving patients' self-management

Training 7: health coach—sustaining behavior change with regard to improving patients' self-management

You will become a health coach, especially by building up experience in motivating patients. One patient may be easier to motivate than another patient. If you really want to profit from your work as a health coach, then it is important that you keep continually motivating each patient. Often you will fall back into your old routine as a professional and you notice that you have done less health coaching and motivating. Specify on the got-used-to scale how much motivating patients has become a normal part of care-giving for you. Write in the figure what high-risk situations are for you as a nursing professional, describing a situation that prevented you from motivating patients. In addition to these high-risk situations and what the solution is in handling these high-risk situations, also describe what has become part of the routine and how to hold on to that (Fig. 6.6).

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