

Supporting Behavioral Change

Promote Self Efficacy

- Emphasize previous successes
- Identify successful role models
- Express your confidence in the patient
- Educate the patient on what to expect physically during the planned change

Support Change Management

- **PRE-CONTEMPLATORS:** Address barriers to change; avoid breeding resistance.
- **CONTEMPLATORS:** offer a “roadmap” to successful change, early goal setting, encouragement, information, and follow-up
- **PLANNERS:** develop a practical plan reflecting barriers, motivators, and triggers. Incorporate SLAM goals (specific, limited, achievable, measurable)

Resources

Mary's Center 2333 Ontario Road, NW, Washington, DC 20009, Phone: (202) 483-8319

Provides clients with medical, dental, and behavioral health services, infectious disease care, psychiatric care, sonography, geriatric care, school based mental health, and WIC and Entitlement Programs. (Mental Health Counseling and Psychiatry)

Capitol Area Food Bank 4900 Puerto Rico Ave, NE, Washington, DC 20017, Phone: (202) 644-9800

Provides food to a network of food assistance partners to provide food, emergency food assistance, mobile markets, and nutrition education to Washington metro area residents. (Food)

Christ House 1717 Columbia Rd NW, Washington, DC 20009, Phone: (202) 328-1100

Provides comprehensive and compassionate health care to sick, homeless persons in the District of Columbia, and to assist them in addressing critical issues to help break the cycle of homelessness. (Medical Treatment, Mental Health Counseling and Psychiatry)

La Clinica Del Pueblo 2831 15th St NW, Washington, DC 20009, Phone: (202) 462-4788

Provides culturally appropriate health services to persons in the Latino community regardless of their ability to pay. (Case Management, Nursing, Mental Health Counseling and Psychiatry)

Food and Friends 219 Riggs Rd NE, Washington, DC 20011, Phone: (202) 269-2277

Provides meals, groceries and nutrition counseling to people living with life-challenging illnesses such as AIDS and cancer. (Case Management, Food)

Whitman-Walker Health 1525 14th Street NW, Washington, DC 20005, Phone (202) 745-7000

Primary community-based provider of comprehensive AIDS services in the Washington, D.C. area. The clinic's medical services included anonymous HIV antibody testing and counseling, venereal disease clinic, pharmacy, and on-site laboratory. (Case Management, Nursing, Clinical Pharmacy)

Bread for the City 1640 Good Hope Road SE, DC 20020, Phone (202) 561-8587 | 1525 7th Street NW, DC 20001, Phone (202) 265-2400

Services Provided: Food Program, Clothing Program, Medical Clinic for the uninsured and low income children and adults, Social Workers/Case Managers, Legal Clinic. (Social Work, Case Management, Food)

Key Members of My Local Care Team

Social Work: _____

Case Management: _____

Clinical Pharmacy: _____

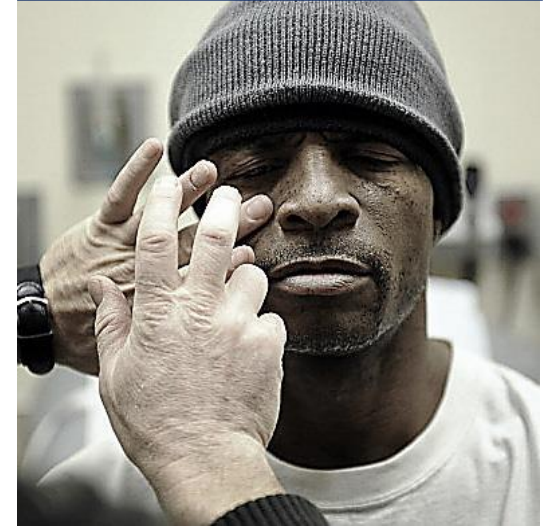
Nursing: _____

Substance Treatment: _____

Mental Health Counseling/Psychiatry: _____

Other: _____

Caring With Compassion



A Guide for Providing Clinical Care Across the Bio-Psychosocial Domains

<https://caringwithcompassion.org/>

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HISTORY AND PHYSICAL

Chief Complaint

History of Present Illness

The narrative should include pertinent items of the 5 bio-psychosocial care domains (see figure) that directly impact the presenting condition. Effects of the present illness on functional status should be noted.

Past Medical and Psychiatric History

Specifically enquire regarding mental health diagnoses, communicable diseases, and exposure-related conditions. Gynecologic history if indicated.

Medications, Allergies

Include assessment of adherence related to resources, access to food/water, storage limitations, etc.

Family History

Include mental health conditions and substance use disorders.

Social History

- **SOCIAL SUPPORTS:** Friends, relatives, support programs, and professionals; negative relationships, high-risk sexual interactions and interpersonal violence
- **RESOURCES:** Housing status, living environment, food access and sufficiency, childcare, income, transportation, health insurance
- **BEHAVIORS:** Substance use, somatization
- **FUNCTION:** ADLs, IADLs, education level, occupation and employment, literacy, numeracy

Review of Systems

Consider queries for weight loss/chills (HIV/TB); cough/hemoptysis (TB, tobacco-related disease, or other infectious pulmonary disease); skin lesions; foot concerns; genitourinary discharge or dysuria; mood concerns, hallucinations, or thought concerns.

Physical Examination

With deference to patient comfort and tolerance, include assessment of skin, feet, mood, affect, and mental status

ASSESSMENT AND PLAN

Assessment

Summarize and interpret the presenting history. Include salient contributing concerns from the psychosocial domains. Summarize and interpret the pertinent findings from the physical exam and review of available data.

Problem List

A comprehensive problem list with necessary related differential diagnoses, diagnostic plans, and therapeutic plans would include:

- **PRESENTING COMPLAINTS:** Findings related to chief complaint, urgent concerns, or unstable conditions
- **BIOMEDICAL CONDITIONS:** Chronic health issues requiring active management, minor medical findings
- **PSYCHIATRIC DISORDERS:** Conditions impacting self-management, function, access to care, or quality of life
- **BEHAVIORAL AND SUBSTANCE USE DISORDERS:** Identified stage of behavioral change, assessment of self-efficacy
- **SOCIAL SUPPORT SYSTEMS:** Conditions requiring monitoring, counseling, intervention; sources of positive support or role modeling or self-management assistance
- **COMMUNITY AND ENVIRONMENTAL RESOURCES:** Identified concerns related to housing, community environment/safety, food security, childcare, transportation, health insurance, income, etc.
- **HEALTH MAINTENANCE:** Risk-based assessment for transmissible diseases, substance-related diseases, nutritional deficiencies, exposure-related conditions, and standard screening

BIO-PSYCHOSOCIAL CARE DOMAINS



1. Social Support Systems

Personal connections, relatives, and friendships. May be positive (e.g. marriage) or negative (e.g. interpersonal violence).

2. Community and Environmental Resources

Health insurance, housing, transportation, community environment and safety, food security, childcare, income.

3. Behavioral and Substance Use Disorders

Personality disorders, substance use, somatization.

4. Psychiatric Disorders

Major conditions such as major depression, bipolar disorder, and schizophrenia.

5. Biomedical Conditions

Communicable diseases such as TB, HIV, STIs, hepatitis, and respiratory diseases; complications of exposure such as skin diseases, frostbite, and trench foot; complications of tobacco, alcohol, and substance use; vitamin deficiency and malnutrition; sequelae of chronic diseases.

Resulting Functional Status

The net effect of all domains on a patient's life. Includes level of education, employment, social interactions, community roles, and life skills.

- **ADLS:** Eating, bathing/toileting, getting in and out of bed/ chairs, dressing/grooming
- **IADLS:** Medication management, driving, food access and preparation
- Education level, occupation, literacy, numeracy, social and community engagement