

FACULTY DIRECTED CE ACTIVITY

Rosemarie Rossetti

“Making A Difference: Motivational Strategies to Empower Patients for Life”

2004 Fall Conference—General Closing Session

September 23, 2004 2:00 PM to 3:30 PM

OBJECTIVES	CONTENT (Topics)	TIME FRAME	PRESENTER	METHOD
List learner’s objectives in behavioral terms. After attending this session, the attendee will be able to:	Provide an outline of the content for each objective. It must be more than a restatement of the objective.	State the time frame for each objective.	List the faculty for each objective.	Describe the teaching methods, strategies, materials & re-sources for each objective
1. Utilize motivational techniques with patients to enhance patient learning and coping skills.	A. Life transformations as a result of injury and illness: life style changes and adjustments to life.	10 min 1:225	Rosemarie Rossetti, Ph.D.	Lecture & Handouts
2. Define motivation and identify major factors that impact patient motivation.	A. Describe drives/factors that bring behavior changes. B. Provide definitions of motivation C. Discuss motivation theories	20 min 1:225	Same	Lecture & Handouts
3. Identify strategies for health professionals to assist patients in coping with life style changes and positively influence patients’ motivation/attitudes about living life with conviction.	A. Describe the motivational role of the medical professional. B. Provide descriptions of a low motivated patient. C. Describe factors that impact patient motivation.	20 min 1:225	Same	Lecture & Handouts
4. Identify how to assist patients in identifying realistic goals for their recovery and factors that hinder patient adjustment and coping skills.	A. How to help patients set personal goals. B. Provide examples of hindrances.	20 min 1:225	Same	Lecture & Handouts
5. Identify approaches as health professionals work with their patients that lead to enhanced patient motivation and provide ongoing support.	A. Lessons to help live life with conviction. B. Strategies to motivate patients.	15 min 1:225	Same	Lecture & Handouts
	Questions & Answers Evaluations	5 min 1:225	Same	

Total Minutes= 90/50 minutes= 1.8 nursing contact hours