PACER Module 4 - Self-Management - Pre-Evaluation

Start of Block: Consent Block

Q1 Welcome to PACER Module 4: Self-Management. Before beginning this evaluation, please review the statement below and answer accordingly.

Q2 By answering yes to this question, I agree to give consent for the data in this survey to be included in the HRSA Accelerating Primary Care Transformation Wright ACT-Wright research study. Data may also be used in future research studies. No personal identifiable information is shared.

* Yes (1)
* No (2)

Skip To: End of Survey If By answering yes to this question, I agree to give consent for the data in this survey to be incl... = No

End of Block: Consent Block

Start of Block: Demographic Data

Q3 First Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q4 Last Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q5 Email Address

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q6 Gender

* Male (1)
* Female (2)

Q7 Please indicate which discipline applies to you:

* Family Medicine (1)
* Internal Medicine (2)
* Nurse Practitioner (3)
* Pediatrics (4)
* Physician Assistant (5)
* School of Professional Psychology (6)
* Faculty (7)
* Other (8)

Display This Question:

If Please indicate which discipline applies to you: = Other

Q8 Other, please specify

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q9 How many PACER Modules have you attended PRIOR to this Module?

* 0 (1)
* 1 (2)
* 2 (3)
* 3 (4)

End of Block: Demographic Data

Start of Block: Group A

|  |
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|  |

Q10 As a health provider, how knowledgeable do you believe your patients are with respect to...

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely knowledgeable (5) | Very knowledgeable (4) | Moderately knowledgeable (3) | Slightly knowledgeable (2) | Not knowledgeable at all (1) |
| The importance of following a healthy diet (Q3\_1) |  |  |  |  |  |
| The importance of weight management (Q3\_2) |  |  |  |  |  |
| The importance of regular exercise (Q3\_3) |  |  |  |  |  |
| The importance of taking medications as prescribed (Q3\_4) |  |  |  |  |  |
| The importance of getting 7-9 hours of sleep each night (Q3\_5) |  |  |  |  |  |

|  |
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|  |

Q11 As a health provider, how necessary is it for you to educate your patients regarding...

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely necessary (5) | Very necessary (4) | Moderately necessary (3) | Slightly necessary (2) | Not necessary at all (1) |
| The importance of following a healthy diet (Q4\_1) |  |  |  |  |  |
| The importance of following a healthy diet (Q4\_2) |  |  |  |  |  |
| The importance of regular exercise (Q4\_3) |  |  |  |  |  |
| The importance of taking medications as prescribed (Q4\_4) |  |  |  |  |  |
| The importance of getting 7-9 hours of sleep each night (Q4\_5) |  |  |  |  |  |

End of Block: Group A

Start of Block: Group B

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|  |

Q12 How knowledgeable are you with respect to...

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely knowledgeable (5) | Very knowledgeable (4) | Moderately knowledgeable (3) | Slightly knowledgeable (2) | Not knowledgeable at all (1) |
| The importance of following a healthy diet (Q5\_1) |  |  |  |  |  |
| The importance of weight management (Q5\_2) |  |  |  |  |  |
| The importance of regular exercise (Q5\_3) |  |  |  |  |  |
| The importance of taking medications as prescribed (Q5\_4) |  |  |  |  |  |
| The importance of getting 7-9 hours of sleep each night (Q5\_5) |  |  |  |  |  |

|  |
| --- |
|  |

Q13 How necessary is it for your health providers to educate you regarding...

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely Necessary (5) | Very Necessary (4) | Moderately Necessary (3) | Slightly Necessary (2) | Not Necessary at all (1) |
| The importance of following a healthy diet (Q13\_1) |  |  |  |  |  |
| The importance of following a healthy diet (Q13\_2) |  |  |  |  |  |
| The importance of regular exercise (Q13\_3) |  |  |  |  |  |
| The importance of taking medications as prescribed (Q13\_4) |  |  |  |  |  |
| The importance of getting 7-9 hours of sleep each night (Q13\_5) |  |  |  |  |  |

End of Block: Group B

Start of Block: SMS

Q16 When you treat patients with chronic conditions, as a clinician, how important is it for you to do each of the following?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely important (1) | Very important (2) | Moderately important (3) | Slightly important (4) | Not at all important (5) |
| Tell the patient you will be their "coach" but that they are the ones that has to carry out the plan (1) |  |  |  |  |  |
| Ask the patient what change she or he wants to focus on (2) |  |  |  |  |  |
| Work with the patient to jointly set very specific behavioral goals (e.g., walk up two flights of stairs or around the block daily (3) |  |  |  |  |  |
| Try not to overwhelm a patient with too many recommended changes (4) |  |  |  |  |  |
| Have patients come back frequently to check on progress towards behavioral goals (5) |  |  |  |  |  |
| Celebrate with the patient when they make even small behavioral improvements (6) |  |  |  |  |  |

Q17 When a patient is not making progress toward a needed behavioral change, like exercising or diet, how important is it for you to:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Extremely important (1) | Very important (2) | Moderately important (3) | Slightly important (4) | Not at all important (5) |
| Brainstorm with the patient on how to overcome the problems holding them back (1) |  |  |  |  |  |
| Challenge them to try to take one small step toward a change (2) |  |  |  |  |  |
| Tell the patient how much you care about him/her and his/her health (3) |  |  |  |  |  |

End of Block: SMS

Start of Block: END

Q15   
**Thank you for completing the assessment on Self-Management!**

End of Block: END