**Healthy Homes, Healthy Futures**

*Home Visitation Program Sample Script*

***Initial Visit with Family in Clinic Script***

*Mrs/Mr.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it seems that you have had some difficult challenges to improve the health of your family. I want to tell you about a new program we have started at Children’s National that uses home visitation to help families that are struggling with obesity. If you would like to participate in this program, me and 1-2 other docs can come to your home, talk to you in more detail about your eating habits and physical activity and learn more about the specific barriers you face. This will allow us to help you create a personalized plan to overcome some of your challenges. If you are interested, I would need to do 2 60 minute visits, separated by 2-3weeks based on your schedule. Please give me a number that I can reach you and we will call you with more details. Please be aware that our numbers may appeared blocked. Thanks Mrs/Mr.\_\_\_\_\_\_\_\_\_\_\_\_*

***Initial Phone Call before Home Visit Script***

*Hello\_\_\_\_\_\_\_\_\_\_\_\_\_\_, this is Dr. \_\_\_\_\_\_\_\_\_\_\_\_, just to remind you we spoke in clinic about a possible home visit and I wanted to see if you were still interested in taking advantage of our program. Ultimately the goal of our program is to help reduce many of the barriers that limit healthy lifestyles while at the same time promote ways to achieve success. What would be the best time, date we can meet? Are there any family members that you don’t feel comfortable with us talking infront of? Any pets? Would it be possible to place them in a room while we talk? To save time we are asking all our families to meet us outside so we can walk in together and not get lost. Where can I meet you outside of that day? There is one thing that I need you to do prior to my visit. It is called a 24hr recall. On the day before my visit, I want you to write down your normal wake up time, as well as your meals throughout the day and what time you ate them, and what you drank with them. End with your bedtime and you are all done. How does that sound? Do you have any questions? Well thanks again Mr/Mrs.\_\_\_\_\_\_\_\_\_\_\_\_ and we will see you on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

***Assessment Home Visitation Introduction Script***

Hello, our names our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and as you know we are physicians from the Children’s National Medical Center. We would like to start by saying thank you for accepting our invitation to complete a home visit.

-Is there somewhere we can sit, or a place where you would like to talk so we can discuss more about this program.

*-Our goal is to make this process as comfortable for you and your family as possible, and we want to start by saying that if you feel uncomfortable or would like to not answer any specific questions please let us know. Also, please let us know if you need to end the visit at any time. Lets start by discussing an overview of this program. As I mentioned when we first met, our purpose is to help you navigate through some common barriers and to help you optimize your family’s health. It is one thing to give you recommendations from the office setting but having extra time with you and seeing your home and neighborhood allows us to create a completely personalized plan for you. Today’s visit should take about 60minutes and will just be an assessment, with an opportunity to set a specific goal at the end. We would then come back for another 60 minute session at which time we would discuss personalized interventions for your family to improve your overall health. Unfortunately, I am on call at the main hospital and may have to leave quickly at any point.*

***Checklist Script***

*-I would like to now transition to our Healthy Homes checklist. We have compiled a list of different items that we would like to observe in your home alongside with you. We understand that this can be very uncomfortable and so please let us know if there are any places in which are off limits for our team. Ideally, we would like to visit your kitchen, living room, and bedrooms. Would you like us to not visit any of these places? And do you have any questions?*

*-Alright, well lets gets started in the kitchen and we will go from there.*

***End of Assessment Home Visit Script***

*So we’ve gone over a lot of things today. I am very encouraged, because I see plenty of room for us to make some small changes together that I really think will help your family. There are 5 big goals that we want each of our families to be reaching for to set a standard of health in the household.*

* *5 fruits and vegetables*
* *3 structured meals*
* *2 hrs or less of TV time(more TV, stay up later and eat more. Commercial influence)*
* *1 hr or more physical activity*
* *Almost None sugary beverages(<4-6oz for <6yo;<8-12oz for >6yo) drink more water and low fat milk*

*-This sheet is called our road map to success, and as you can see here we are promoting our 5,3, 2, 1, almost none, and the healthy plate that we would like you to try to match during meal times. I know it looks hard, but we know you all can do it.*

*-The last part of this document is our “Healthy Homes goal setting piece.” Here is the area, where you can really start and make some improvements. If I were to ask you 1 physical activity and healthy eating goal that your family would like to do for the next few weeks what would it be….(Help family to make it more SMART- Specific, Measurable, Attainable, Realistic, Timely)*

*1.)That sounds fantastic, on a scale of 0 to 10,with10 being the highest, how important is it for you to change your...[behavior]?”(Child/Adult).*

*2) “On a scale of 0 to 10, assuming you wanted to change your behavior, how confident are you that you can do it?”*

*3) “Why did you not choose a lower number?” This question allows the patient to make the argument for change.*

*4) “What would it take to get you to a higher number?” This question identifies barriers and obstacles to change.*

*-So, it sounds like we have a goal and plan for the family. Please place the Road Map to Success on the refrigerator so everyone can see it. Lets discuss when we can set up our follow up meeting with your family in 4 weeks. Just a reminder that on the next visit we will be discussing more tailored ideas to really optimize your health after I sit and review all this great information. I will leave you with this worksheet to start thinking about other ways to set goals to make our next meeting a little easier, thank you all and we will see you in a few weeks.*

***Intervention Home Visit Script***

***Introduction Script:***

*Hello again,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, just a reminder our names are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We are very excited that you did invite us back into your home for our last visit. Todays, visit will again be about 60 minutes and we will leave you with some resources and discuss ways to really improve some of the great choices you are already making. Same as last time, please let us know if there are any questions that you do not want to answer or if you need to end the visit at any time.*

*Let’s start with just talking about how you (or your family) have done with your goals?*

*-(Find one piece that they were able to do and motivate than on their success!)*

***Reinforcing Positive Behavior Script:***

*Lets start with just talking about how you all have done with your goals?*

*-(Find one piece and motivate them on their success!)*

*-Today our goal is to help you create an environment where the easy way is the more healthy way. We want to make your path of least resistance being foods that are more healthy and a lifestyle that is more rewarding.*

*-So lets spend the next 20-30 minutes talking about our goal setting, and we can break it up into overall goals for the Family, Healthy Eating Goals, and Physical Activity Goals.*

***Healthy Homes Action Plan Sample Script:***

*1) Reinforce positive behavior. “I can see that Susie is eating a number of fruits and vegetables.”*

*2) Raise concern about unhealthy behavior. “However, I also see that Susie is drinking two sodas a day and watching more than 3 hours of TV”.*

*3) Shared agenda setting.*

*“Which of these subjects— the sodas or TV — would you like to talk about?”*

*“What problems, if any, do you have with Susie drinking sodas (or watching TV)?”*

*4) Pros and cons of change.*

*“What are some good (positive) things about Susie drinking sodas (or watching TV)?”*

*“What are some negative or not so good things about sodas (or TV)?”*

*5) Providing information.*

*“Would it be OK if I shared some information with you?”*

*6) Assess importance and confidence in changing behavior.*

*Probes regarding lower and higher scores. “Why didn’t you pick a lower number?” “What would it take to get you to a higher number?” If response is a 9 or 10, skip probe. Reflect:“It seems that this is very important to you“ or, “You are very confident.”*

*7) Summarize . “I would like to take a moment to go over what we have discussed today, if that is OK.” Review pros and cons (emphasize the pros) of changing the behavior. Ask “Is there any- thing that I have left out or that you would like to add?”*

*8) Closure — and next step. a. If ready to move toward change: “What might you want to do about this?” “What do you think might be a first step?” b. If patient doesn’t respond: “Would it be OK if I shared some strategies that have worked for other families?” or “Sometimes changing many things at once is more difficult than doing one thing at a time. How do you feel about that?” c. If not ready for change: “It seems that you are not ready to make a change in Susie’s drinking sodas (or cut- ting back on TV) now. Perhaps you can think about what we have discussed today, and next time we can talk about some of these issues again. Maybe there is some- thing else that seems more important to you at this time.”*

*-(After reviewing Family, Healthy Eating, Physical Activity Goals, share with the family our materials).*

*-We would like to give you a few materials to help with some of these great changes you have discussed. Lets follow up in clinic in 1-2 months with me and we will continue our conversation.*

*-Do you have any questions?*