

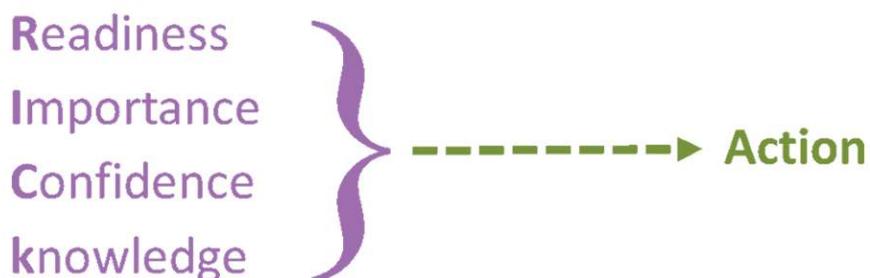
Ask RICK®

Change is hard. In fact, we know that healthy behaviour can feel like an abnormal behavior because often the healthy choice is the harder choice. When we ask our patients to make changes or take on new actions, such as take a new medication, reduce their salt intake, get their lab work done, or attend a care planning appointment, we need to consider what influences the patient's ability to do these things. Below is the **HealthChange® Behaviour Change Pathway** that defines what any person needs in order to take action.



We can use this pathway to determine where a patient is at. Is the patient **above the line** or **below the line** regarding the particular action you're focusing on? Once this is identified, we can use the **RICK® principle** to help guide our next steps to encourage movement along the behaviour change pathway.

What does RICK® stand for?



The RICK® principle reminds providers that in order for patients to take action or make a health behaviour change they need to be **Ready**, think the actions are personally **Important** enough to do, have the **Confidence** to do them, as well as have enough **knowledge** and understanding about what they are trying to do and why.

Note the **k** is small in RICK® to remind providers that information/education is not the only thing that patients need - knowledge alone will not necessarily lead to action. We need to assess and build all four of the patient's RICK factors.