The 5A’s: An Evidence-Based Assessment & Intervention Model

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5A’s-Assess, Advise, Agree, Assist, Arrange

Goals

1. Use 5A’s as an Operational Heuristic
   Assess  Advise  Agree  Assist  Arrange

2. Walk Away with Tools You Can Immediately Use
5A’s-Assess, Advise, Agree, Assist, Arrange


Assess
Risk Factors, Behaviors, Symptoms, Attitudes, Preferences

Arrange
Specify plans for follow-up (visits, phone calls, mail reminders)

Advise
Specific, personalized, options for tx, how sx can be decreased, functioning, quality of life/health improved

Personal Action Plan
1. List goals in behavioral terms
2. List strategies to change health behaviors
3. Specify follow-up plan
4. Share plan with practice team

Assist
Provide information, teach skills, problem solve barriers to reach goals

Agree
Collaboratively select goals based on patient interest and motivation to change
Phases of a 30-Minute Appointment

1. Introduction of behavioral health consultation service (1-2 minutes)
2. Identifying/Clarifying consultation problem (10-60 seconds)  
   **Assess**
3. Conducting functional analysis of the problem (12-15 minutes)
4. Summarizing your understanding of the problem (1-2 minutes)
5. Listing out possible change plan options (**selling it**) (1-2 minutes)  
   **Advise**  
   **Agree**
6. Starting a behavioral change plan (5-10 minutes)  
   **Assist**  
   **Arrange**
5A’s-Assess, Advise, Agree, Assist, Arrange

Assess

- Functional Assessment
  - Biopsychosocial Model
    - Physical
    - Behavioral
    - Cognitive
    - Emotional
    - Environmental factors
Advise

- Give clear, specific, & personalized change advice

- What changes will be involved & how it might be beneficial
5A’s-Assess, Advise, Agree, Assist, Arrange

Agree

Collaboratively select goals-pt’s interest & willingness to change

- Find common ground & define behavior change goals & methods

- Shared decision making = Greater sense of personal control
  Choices based on realistic expectations
  Change matches patient values
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**Assist**

- Develop a specific tailored action plan

- Plan should:
  1. Help identify, address and overcome barriers
  2. Develop self-management skills
  3. Develop confidence to successfully change
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Arrange

- Specific plans for subsequent contacts
- Individual, Group
- Other providers/adjunctive treatment
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