

ROSE

Robeson County Outreach Screening and Education Project

HEALTH EDUCATION

Participant Contact Documentation / Encounter Form

| | | | | |
|-------------------------------------|----------------------------|-------------------|-----------------------|------------|
| Participant Name _____ | ID Number _____ | | | |
| Telephone _____ | In Person _____ | | | |
| Visit /Contact Type - Visit 1 _____ | Visit 2 _____ | Visit 3 _____ | Other (specify) _____ | |
| Schedule Appointment _____ | Appointment Reminder _____ | ROSE Tidbit _____ | | |
| Date _____ | Time _____ | am | pm | Race _____ |

General Comments:

Barriers Reported:

Materials / Information Given to Participant:

BSE Training conducted YES ___ NO ___ COMMENTS _____

Has the participant obtained a **Mammogram** since our last contact? YES ___ NO ___ If YES,

When? _____ Where? _____

Ask her to describe the experience _____

_____ Result: _____

(If NO, offer to assist her in scheduling a mammogram)

| |
|--|
| <p>Mammogram Appointment Scheduled: YES ___ NO ___ DATE _____</p> <p>WHERE _____ TIME _____</p> |
|--|

Has the participant obtained a **CBE** since our last contact? YES _____ NO _____ If YES,

When? _____ Where? _____

Ask her to describe the experience _____

_____ Results: _____

(If NO, offer to assist her in scheduling a CBE with her physician)

| |
|---|
| <p>Clinical Breast Exam Appointment Scheduled: YES ___ NO ___ DATE _____</p> <p>WHERE _____ TIME _____</p> |
|---|

Next Contact / Visit Scheduled: YES _____ NO _____ Why/WhyNot? _____

When _____ Time _____
(record date)

COMMENTS:

CHE Signature _____ **Date** _____

Top 10 Reasons to Exercise

Exercise helps you:

1. Keep **active**, to be able to do the things you need to every day.
2. Maintain your health and **protect** you from **illness and disease**.
3. Build **strength** in your muscles.
4. Keep your joints **flexible**.
5. Give your **heart and lungs a workout**.
6. Lose or maintain body **weight**.
7. Feel better; have more **energy** and reduce **stress**.
8. **Sleep** better at night.
9. Lower your **blood pressure**.
10. Keep your **bones strong** and prevent osteoporosis.

INTERVENTION FILE CHECKLIST

Participant Name: _____

| | | Target Date | Actual Date | CHE Initials |
|---|--------------------------|-------------|-------------|--------------|
| Starting the File: | | | | |
| ● Record of Contact Sheet | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Informed Consent Statement | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Respondent Information Sheets | <input type="checkbox"/> | _____ | _____ | _____ |
| Visit One: | | | | |
| ● ROSE Personal Data Card | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Risk Assessment Form | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Barrier Assessment Form | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Visit One Encounter Form | <input type="checkbox"/> | _____ | _____ | _____ |
| Visit Two: | | | | |
| ● Visit Two Encounter Form | <input type="checkbox"/> | _____ | _____ | _____ |
| Follow-Up Contacts: | | | | |
| ● ROSE Tidbit Call I (Completed Encounter Forms) | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Staging Form | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Staging Card Mailed | <input type="checkbox"/> | _____ | _____ | _____ |
| ● ROSE Tidbit Call II (Completed Encounter Forms) | <input type="checkbox"/> | _____ | _____ | _____ |
| Visit Three: | | | | |
| ● Visit Three Encounter Form | <input type="checkbox"/> | _____ | _____ | _____ |
| ● Thank You Letter | <input type="checkbox"/> | _____ | _____ | _____ |

By signing this checklist, I am stating the above participant has received all aspects of ROSE intervention and all checklist forms are present and complete.

CHE Signature _____

Date: _____

ROSE STAGES OF CHANGE HANDOUT

PRECONTEMPLATION:

A Precontemplator is one who has no interest, intention or thoughts of having a mammogram. This person has already stated that a mammogram was not something that they were considering doing. The message for a precontemplator is geared toward awareness.

THINGS A PRECONTEMPLATOR MIGHT SAY:

1. Why should I, I have no family history of breast cancer.
2. I've never thought about having a mammogram.
3. I'm too old to worry about that.
4. It's not something my doctor thinks that I should do.

TIME FRAME:

A precontemplator is not likely to have a mammogram in the next six months.

CONTEMPLATION:

A contemplator is one who has recognized the need of having a mammogram and is even considering making a change. Although this person recognizes the need and importance they have not acted. The message for a contemplator is to provide accurate information and encouragement.

THINGS A CONTEMPLATOR MIGHT SAY:

1. I know that I need a mammogram but I don't know where to go.
2. I know that I need a mammogram but I don't know how much they cost or if my insurance will cover them.
3. I know that I need a mammogram but I don't know what to do.

TIME FRAME:

Most likely will act in the next six months.

ACTION:

A person who is in the action stage is one who has changed her habits. She has had a mammogram or is about to have her exam. The message for one in the action stage is to provide information on where to call or how to schedule.

THINGS SOMEONE IN THE ACTION STAGE MIGHT SAY:

1. I've had a physical, where do I go for the mammogram.
2. How do I schedule my mammogram?
3. How often should I have one?
4. Is my doctor the only one who can schedule my mammogram?

TIME FRAME:

This person probably acted once and is likely to continue. If this person has not already acted they will soon.

MAINTENANCE:

One in the maintenance stage works hard to maintain her health and is interested in doing all that they can do to stay healthy. Mammography is a normal part of this person's health care. The message for one in maintenance is continual positive reinforcement. Prompts and cues that will continue and reinforce the action will provide further reinforcement.

THINGS SOMEONE IN THE MAINTENANCE STAGE MIGHT SAY:

1. I always get my mammogram every year.
2. I know that I need to get an exam every year.
3. I recently had my mammogram.
4. I get my mammogram the same time every year.

TIME FRAME:

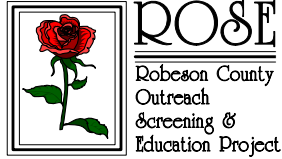
This person will act based upon their mammography schedule.

RELAPSE:

One in the relapse stage has had a (or even several) mammogram. However, a year or two has passed since their last exam. This person has failed to remain current in their mammogram.

THINGS SOMEONE IN THE RELAPSE STAGE MIGHT SAY:

1. I normally have a yearly mammogram but, I forgot this year.
2. I have had a few mammogram but my doctor hasn't scheduled one for the last year or so.
3. I just haven't had one in a year or so.



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Participant Contact Documentation / Encounter Form

Stage Card Mailing

| |
|--|
| Participant Name _____ ID Number _____ |
| Tidbit Call ___ 1 ___ 2 Date call was made: _____ |

Stage of Participant: PRE-CONTEMPLATION CONTEMPLATION
(check one) ACTION MAINTENANCE
 RELAPSE

Stage Card Mailed?
YES _____ NO _____ Why Not? _____

| |
|--------------------------------|
| Date card Mailed: _____ |
|--------------------------------|

COMMENTS: _____

CHE _____ **DATE** _____