Evoke

Rulers

When following-up with a patient:

- Identify a problem area – what needs to be worked on?
- Is patient willing to work on the problem? Have they tried to change before?
- Ask scaling questions—Use ruler to assess:
    - Importance
    - Confidence
    - Commitment
    - Readiness
- Follow-up scaling questions:
    - Please explain your reason for higher vs. lower number
    - What would you like it to be?
    - What would it take to go from your number to the next higher number?
    - What do you think you can do about that?
- Set a patient goal based on patient responses

How *important* is it to you to make this change?

How *confident* are you about making this change?

How *committed* are you to making this change?

How *ready* are you to change?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not at all   Somewhat   Very

Community Care
of North Carolina