Welcome to MOVE! - Orientation

Session plan for group leader

About this session:

Welcome to MOVE! is an orientation to facilitate rolling admission into MOVE! group sessions. This session can be provided as often as necessary to allow patients to join the program at any point in time. All group participants should complete an orientation session.

By the end of this session participants will have had the opportunity to:

- Learn about the MOVE! group sessions
- Meet the MOVE! group sessions team
- Discuss self-management
- Set goals for the program

To do before this session:

- Review the Introduction to Group Sessions. This provides an overview of facilitating groups and offers guidance on group size, format etc.
- Organize materials for the session:
  - Paper, pens, flip chart/white board
  - Pedometers for each patient
  - Self-management diaries/logs/charts (available on the www.move.va.gov website)
    - Why I have joined the MOVE! Program worksheet
    - (GD01) Food and Activity Diary
  - MOVE! handouts:
    - (M05) 10 Health Gains From a 10% Weight Loss
    - (S10) Change Your Thinking About Food, Exercise and Yourself
    - (S02) Set Your Weight Loss Goals
    - (P19) When to Stop Exercising
    - (S03) A Guide to Using Your Pedometer
    - (P28) Wheelchair Odometers

Introduction:

- Conduct individual weigh-in in private (can also be done at the end of the session). Enter weight into the CPRS Vitals Signs package.

- Welcome everyone to the session.
- Use an ice breaker to have participants introduce themselves.
- The goal of the MOVE! group sessions:

Goal of MOVE! Group Sessions:

To help patients self-manage their weight loss efforts through learning, discussion, reflection and the support of others. The focus of the sessions is weight management through nutrition, physical activity, and behavior change.

- Describe the purpose of the orientation class and give an overview of the other sessions in the program. Clarify your facility's expectations for group session completion (for example, 10 of 12 sessions or 6 of 8 sessions etc.).
- If possible, introduce the MOVE! team members who will lead other group sessions.

Exercise 1: Ground rules:

- Describe the purpose and importance of ground rules for group sessions using the information in the Introduction to Group Sessions.
- Ask participants to decide on ground rules for the session.
- Take feedback and display the ground rules where everyone can see them.

Exercise 2: Weight management

- Use MOVE! handouts (M05) 10 Health Gains From a 10% Weight Loss and (S10) Change Your Thinking About Food, Exercise and Yourself to facilitate a brief discussion about weight loss and behavior change.

Exercise 3: Self-management

- Write the following definition on a flipchart or board.

Self-Management Defined:

Self-management means that patients are partners with their healthcare team in the management and treatment of excess weight.
It means that patients:

- Understand, actively participate and take responsibility for your weight management
- Set your own weight loss goals
- Learn new skills to achieve these goals such as:
  - Self Monitoring
  - Planning and preparing
  - Problem solving

- Ask participants to discuss the definition and answer any questions that arise.
- Explain that skills such as planning and preparing and problem solving with be addressed during later sessions and that the remainder of this session will focus on goal setting and self-monitoring.

Exercise 4: Set your goals

- Distribute the Why I have joined the MOVE! Program worksheet and ask participants to complete it (be mindful of those who may have literacy problems, give an option to verbally express an answer).
- Ask participants to share their answers and to keep this worksheet as a reminder as to why they are entering the program.
- Use the MOVE! Handout (S02) Set your Weight Loss Goals to discuss the importance of setting short term goals and revising goals at each session. Consider a private weigh-in at this time to help participants set a weight loss goal for the group sessions. Remind participants to set realistic, achievable goals.

Physical activity break

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides opportunity to demonstrate some simple but effective exercises.

- Ask participants to join you in doing the following flexibility exercise:

OVERHEAD STRETCH: Extend your arms overhead with elbows straight. Interlock fingers if possible. Keep your back and neck straight. Take a deep breath in and then let the breath out slowly. You should feel a stretch in your shoulders and upper back.

Exercise 5: Self-monitoring- Keeping a diary

- Discuss how keeping a diary is the single most important thing you can do to change your eating and physical activity behaviors. Ask participants how they feel about keeping a diary and allow the group time to come up with solutions to any difficulties discussed.
- Distribute The MOVE! Program Food and Activity Diary.
- Ask participants to use the diary for the duration of the program. For now, instruct participants to simply write down all food and drinks consumed and any activity taken each day. Explain that the diary will be the focus of discussion at every session.

Exercise 6: Self-monitoring – Recording steps

- If available, distribute pedometers/odometers. Use MOVE! handout (S03) A Guide to Using Your Pedometer and/or MOVE! handout (P28) Wheelchair Odometers to demonstrate correct use of the device.
- Allow participants to move around to get used to wearing the device. Suggest to participants that they wear their pedometer (for a few days), without making any changes to their normal routine, to establish a baseline number of daily steps.
- Ask participants to start logging steps in their Food and Activity Diary.
- Ask participants to wear their pedometers daily.
- Use MOVE! handout (P19) When to Stop Exercising to briefly discuss safety and explain that safety will come up again in a later session.
- Close the session:
- If participants are entering the group sessions in the middle of a cycle (for example week 4 of a 10 week course) explain that the order in which the sessions are taken is not important.
- Provide whatever information is necessary for attending the next session (date/time/location etc).
- Remind participants to:
    - Begin keeping a food and activity diary and bring it to every session,
    - Wear their pedometer;
    - Begin using the pedometer/odometer to establish a baseline; and
    - Bring both the diary and the pedometer to the rest of the sessions.