Implementing a New Longitudinal Integrated Clerkship: No Harder Than Quitting Smoking

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Introduction—The Transtheoretical Model

• The Transtheoretical Model (Prochaska & Diclemente)

• Stages of Change lie at the heart of the TTM
1. Precontemplation
   No recognition of need for or interest in change

2. Contemplation
   Thinking about changing

3. Preparation
   Planning for change

4. Action
   Adopting new habits

5. Maintenance
   Ongoing practice of new, healthier behavior
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Small Group Discussions

• Small groups
  • In groups of 4-5 participants share challenges or strategies from own institutions
    • Precontemplation
    • Contemplation
    • Preparation
    • Action
    • Maintenance

• Certain principles and processes of change work best at each stage to reduce resistance, facilitate progress, and prevent relapse
  • Decisional balance
  • Self-efficacy
  • Processes of change
Large Group Discussion

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Conclusions and Questions

YOU CAN DO IT

CurricuDerm TTM

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