

Brief Action Planning (BAP) Skills Checklist: OSCE for Certification*

OSCE assumes adequate connection (engagement) before clinician asks Question One

Competency	Description	Yes	Needs Work	NA	Comment
Question 1	<i>“Is there anything you’d like to “do for your health (...or) n the next week or two?”</i>				
Skill 1: Behavioral Menu	When a patient seems to need ideas, the clinician asks permission to share a list of suggestions				
	Clinician offers range of ideas (more than one), not too closely related				
	On completing a list, the clinician suggests that the patient may now have an of their own				
Skill 2: SMART Planning	The clinician invites “SMART” details (specific, measurable, achievable, relevant, and time-based) by asking “when, where, how often....”				
Skill 3: Commitment Statement	The clinician invites patient to say the plan back.				
Question 2: Confidence Ruler	<i>“On a scale from 0 to 10, where 0 means you are sure that you will NOT complete your plan, and 10 means you are sure that you WILL complete your plan, I wonder how confident you feel about completing your plan?”</i>				
Skill 4: Problem-Solving	For confidence levels <7, the clinician offers strength-based (vs. deficit-based) explanation of the reasons to invite problem-solving				
	The clinician invites patient to problem-solve.				
	For patients who need help problem-solving, the clinician (with permission), offers a behavioral menu, perhaps including a suggestion that involving others (eg friends or family) in the plan or making the plan itself less ambitious, often boosts confidence.				
	Very complete problem solving includes (but does not require) eliciting a new commitment statement and a new confidence level.	Not required.			
Question 3: Accountability Plan	<i>“Would it be helpful to include a check on your progress over the next week or two, that is build in some accountability, such as reporting to a family member or friend, or checking in with our office, on how you are doing?”</i>				

Competency	Description	Yes	Needs Work	NA	Comment
MI SPIRIT	Compassion	NA - cannot be rated			
	Acceptance (autonomy respect)				
	Partnership (working collaboratively as equals)				
	Evocation (ideas for change come from patient)				

*adapted from BAP Checklist, www.CentreCMI.ca

Note: Certification in BAP requires “yes” on 14 ratable elements.

Comments: