

HealthChange® Goal Hierarchies (Menus of Options)



HealthChange® Goal Hierarchies outline the main categories or areas in which a patient, client or consumer needs to take action over time in order to achieve the best possible health and quality of life outcomes, given their current health issues and overall situation.

For particular chronic conditions and other health issues, these goal hierarchies are created from the evidence-based *treatment, lifestyle and referral recommendations* for treatment and/or management of the health condition. For healthy lifestyle factors, the goal hierarchies provide the common options for client action within each category.

Goal hierarchies are simply a way of organising information for clinicians and clients to consider the *full range of actions* that a client might engage in to manage their health or quality of life – taking into account their existing health issues and risk factors (including social determinants of health). The client-friendly term for these goal hierarchies is Menus of Options.

Organising behavioural health goal information in this way complements clinical and other intervention goals and makes the goal-setting process patient-centred if used in the way intended (especially in conjunction with the HealthChange® Personal Self-Management Plan). HealthChange® Goal Hierarchies are tools that promote health literacy for clients and consistency of advice among practitioners and teams.

HealthChange® has developed a generic goal hierarchy that can be used to discuss and explain action that client's need to take for any health issue or combination of issues (acute and/or chronic). Additional goal hierarchies are available for single common chronic health conditions. HealthChange® has also developed an overall healthy lifestyle goal hierarchy in addition to specific goal hierarchies for managing commonly addressed lifestyle factors (nutrition and eating, physical activity, stress and mood, alcohol, smoking, energy and fatigue).

The second rows of boxes in the diagrams below represent the categories of action that a client needs to take action in to self-manage one or more health conditions. The purple colour of these boxes matches the purple colour-coded 'above the line' processes in the HealthChange® client's behaviour change pathway. Hence it prompts health service workers that before discussing what green 'below the line' actions a client might take, the client's Readiness, Importance, Confidence and knowledge (RICK) needs to be taken into account first.

