

The background of the slide features a photograph of a woman and a man. The woman, on the left, is wearing blue medical scrubs and a white face mask that is pulled down to her chin. She is holding a white tablet computer and looking at it with a smile. The man, on the right, is smiling and looking towards the tablet. The image is partially covered by a large green graphic element that sweeps across the bottom and left sides of the frame.

# Module 4

GPS In Action

# Video lecture

# Revisiting our patient:



Brushes twice  
daily with an  
electric  
toothbrush



Uses  
mouthwash  
in the  
morning



Has struggled  
with flossing  
in the past



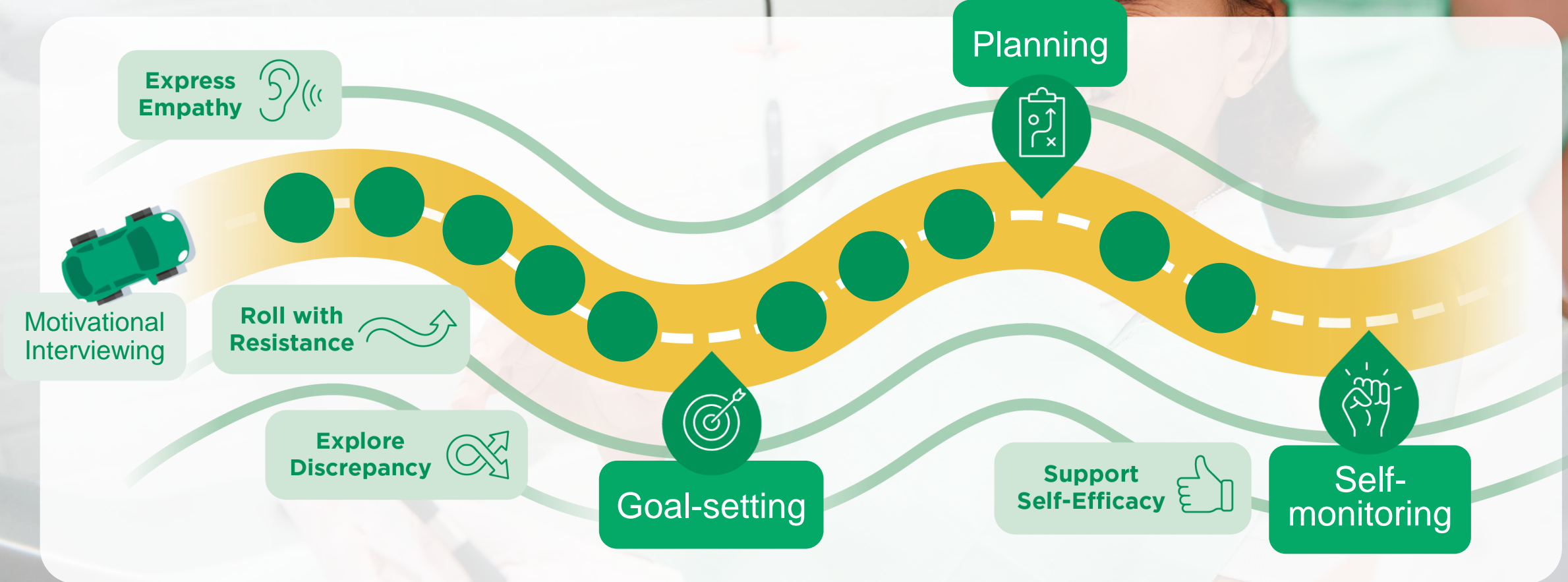
Reports no  
discomfort but  
experiences  
bleeding during  
treatment



Pre-diabetic  
and working  
on reducing  
sugary drinks



# Applying the GPS Plan



# Step 1 Explore the goal

G

Goal-setting



Explore goal:

*“I want my gums to stop bleeding when I brush.”*

Support change talk, by exploring  
**discrepancy** between:

**Their health goals**  
(strong commitment  
to oral health)

**Their current behavior**  
(belief flossing is not  
for them)

- Thanks for sharing how you care for your teeth. Is there anything about it that concerns you?
- It sounds like you are really committed to your oral health. How do you feel about flossing?

## Step 2 Support motivation to change

G

Goal-setting



**Ask you patient to rate how important the desired change is on a scale from 1-10**

The importance ruler helps bring mixed feelings to the surface and reinforce motivation



- On a scale from 0 to 10, how important is it for you to stop your gums from bleeding?
- Why did you choose 6 and not a lower number?



## Step 3 Agree on the desired behavior

**G**

Goal-setting



**Discuss behaviors the patient could engage with to achieve the desired goal**

**Guide the patient to explore options that fit their lifestyle and preferences**



- “
- What changes do you think could help improve your gums?
  - Many patients who find flossing difficult have had success with interdental brushes. Have you ever considered trying them?
- ”

## Step 4 Weighing pros and cons of behavior change

G

Goal-setting



No  
Change

### Pros

- Easy
- Already a habit

### Cons

- Gums still bleed



Change

- Healthier gums

- Less bleeding

- Learning a new habit

- Making time

“

- What do you like about your current routine?
- If you keep brushing only, how do you think your gum health will change over time?
- If you were to try interdental brushes, what benefits do you think you'd notice?
- What, if anything, might make it difficult to start?

”



# Step 5 Craft your SMART Goal

G

Goal-setting



“

To help prevent my gums from bleeding  
when I brush my teeth, (Relevant)

I will use an interdental brush to clean between (Specific)

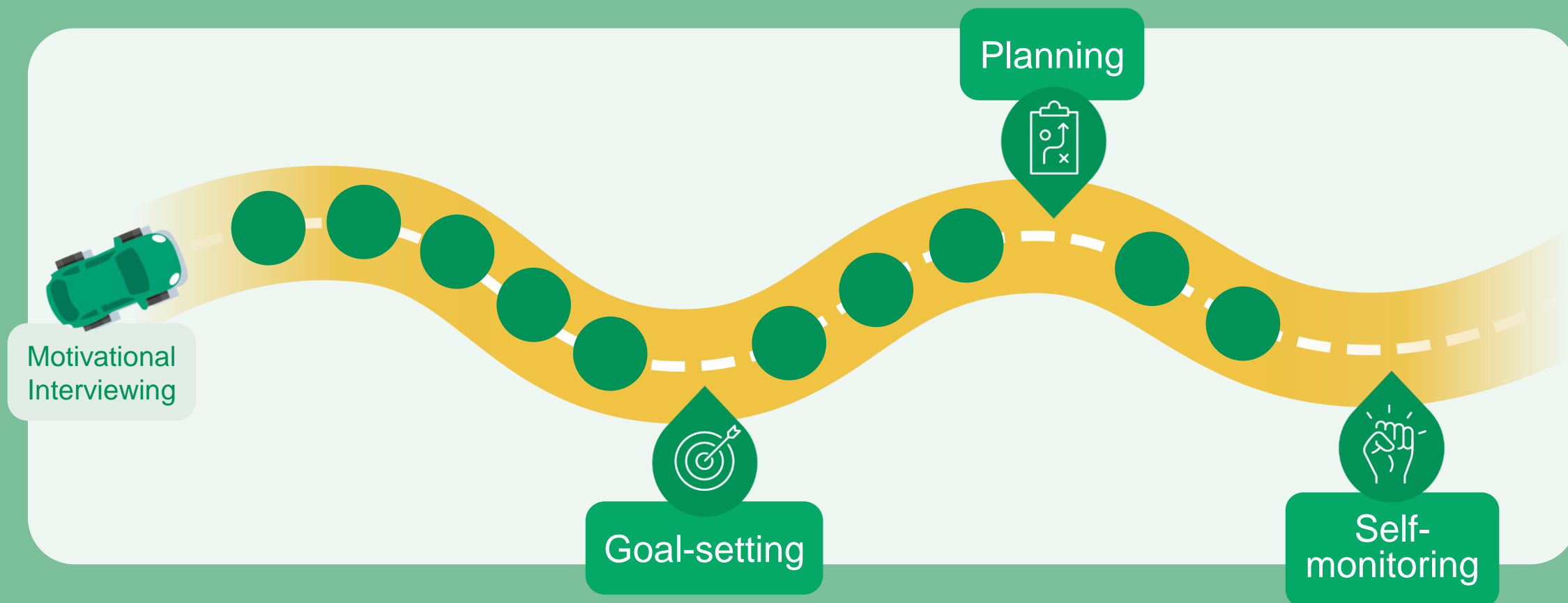
all my teeth (Measurable)

every day (Achievable)

before brushing at night. (Time-bound)

”





# Step 6 Plan and support success

P

Planning



Help your patient visualize  
the when and how of the  
behaviour change

Address potential  
barriers

- When will you do it?
- Where will you keep your interdental brushes?
- What might get in the way?

Forgot to buy  
brushes?  
Set a reminder

Tired at night?  
Try morning  
routine



# Step 7 Assess confidence & reinforce self-efficacy

**P**

Planning



Ask your patient to rate their confidence (1-10) in using interdental brushes daily

1 2 3 4 **5** 6 7 8 9 10



Build self-efficacy by reinforcing even small successes

“

- On a scale from 0 to 10, how confident are you about using interdental brushes daily?
- Why a 5 and not lower?

”

## Step 8 If necessary, update your SMART goal

P

Planning



To help prevent my gums from bleeding when I brush my teeth, (Relevant)

I will clean between all my teeth (Measurable)  
with an interdental brush (Specific)  
every night before brushing. (Time-bound)

I'll start my bedtime routine 10 minutes earlier to fit this in. (Achievable)



## Step 9 Self-monitoring

**S**

Self-monitoring



**Introduce a self-monitoring tool  
like a diary or app**

**Note successes  
and challenges**

“

- Would tracking your progress help?
- What would work best for you – an app, a checklist, or something else?

”

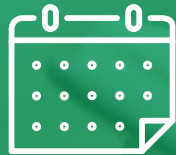
# Step 10 Agreeing on a review

**S**

Self-monitoring



Set a follow-up  
date



GPS is an ongoing  
iterative process

**G**

Goal-setting

**P**

Planning

**S**

Self-monitoring





**Now it's time to practice!**

On the Module 4 page, you'll find three  
patient scenarios. Your task?  
**Role-play and apply the GPS approach.**