

Agenda Item	Discussion	Decision/Action/Goal	Assigned to	Due
Review/Approve minutes				
Review action items				
Presentation	Today we had Lisa Verschueren, BS,RDN,CDE, from inVentiv Health representing GSK, discussing motivational interviewing and goal setting strategies.			
	**How we speak to people about behavior change matters** was an important point that Lisa stressed. We spoke about setting goals WITH the patient and not FOR the patient.			
	We discussed SMART goals:			
	S-Specific, Why, What, How; M-Measurable, How much, how often; A-Attainable, Will you be able to do it?; R – Realistic, Is it practical?; T – Timely, By when?			
	Lisa furnished the staff with non-branded tear sheets on Meal Planning, Physical activity and Setting SMART goals.			
	We also discussed “Sit to Stand”, myplate.gov, Nasco Nutrition for food/fat models and other educational resources available to give visual aides to help with patient goal setting.			
	Extremely knowledgeable speak and very engaging. I would recommend for other PAACs or clinical staff training needs. Lisa’s contact info is <a href="mailto:lisa.verschueren@inventivhealth.com">lisa.verschueren@inventivhealth.com</a>			
Adjourn	The meeting was adjourned at 1:00 p.m.			
<b>Next Meeting</b>	<b>May 20, 2015</b>			