*Complete the table regarding the chronic condition of diabetes mellitus as applied to the diabetic individual’s adhering to self-care recommendations.* [Once you have completed this table, please copy all the information below and paste it into your assignment Appendix]

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| --- | --- | --- |
| **STAGE** | **DECISIONAL BALANCE CAUSING INDIVIDUAL TO REMAIN IN THIS STAGE** | **POTENTIAL CHANGE STRATEGIES** |
| Precontemplation (no intention of taking action within the next six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *Methods of raising awareness of the risk of diabetic complications and the need for change (adherence to self-care recommendations) based on risks and benefits:* |
| Contemplation (intends to take action within the next six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *Methods to motivate and encourage plans to change (adhere to diabetic self-care recommendations):* |
| Preparation (intends to take action within the next month and has taken behavioral steps towards change) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *Methods to assist the diabetic individual to develop and implement plans and goals to adhere to self-care recommendations:* |
| Action (has changed behavior for less than six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *What type of feedback, support, or help with problem solving can be provided to reinforce the change (utilization of immunizations?)*  |
| Maintenance (has changed behavior for more than six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *How can we assist with coping, reminders, and maintenance of change (utilizing immunizations)?*  |