Applying The Miracle Question in Diabetes

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Disclosure to Participants

- Notice of Requirements For Successful Completion
  - Please refer to learning goals and objectives
  - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

- Conflict of Interest (COI) and Financial Relationship Disclosures:
  - Tami Ross, RD, LD, CDE, MLDE, FAADE: No COI to declare.
  - Deborah Greenwood, PhD, RN, CDE, BC ADM, No COI to declare. Financial Relationships: Consultant: Mytonomy, Lifescan Diabetes Institute; Advisory Board: Novo Nordisk

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- Off-Label Use:
  - Participants will be notified by speakers to any product used for a purpose other than for which it was approved by the Food and Drug Administration.
Learning Objectives
At the conclusion of this session participants will be able to:

2. Prepare clients to use exceptions to help attain a personal action plan and goals.
3. Improve client resilience and confidence to manage diabetes and create a future vision.

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<tr>
<th>“Traditional” Counseling Approach</th>
<th>Solution Focused Approach</th>
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<tr>
<td>Problem focused</td>
<td>Solution focused</td>
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<tr>
<td>Identify what’s “wrong”</td>
<td>Identify what’s working/going well</td>
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<td>Identify what’s lacking</td>
<td>Identify how to do more of what’s working</td>
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<td>Focus on past</td>
<td>Focus on present and future</td>
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<td>Language “judgmental”</td>
<td>Language encouraging and positive</td>
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<td>Focus on what is possible</td>
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Diabetes is the problem. Not Me. I need to be kind to myself.

Diabetes interrupts my life…every minute.

Success would look like people realizing what diabetes is and we can stop with these assumptions and jokes about diabetes.

The Theory behind SFBT
- The SFBT method focuses on “future visioning”, goals and creative solutions rather than past problems.
- Solution focused approach
- Think partner vs coach

What is Solution Focused Brief Therapy? (SFBT)

APPLYING THE 5-STEP MIRACLE QUESTION PROCESS IN DIABETES
Step 1—Introduce and answer the Miracle Question (MQ)

The Miracle Question
“Suppose tonight while you sleep, a miracle happens. When you awake tomorrow morning, what will you see yourself doing, thinking or believing about yourself that will tell you a miracle has happened in your life?”

The Miracle Question Applied to Diabetes
“If you could fast-forward to a time where you feel satisfied with your diabetes management, what will be different in your life that will let you know things are better?”

Step 2—Define and identify the “Miracle Goal”

• Allows for possibility-oriented thinking

• How will you feel when the miracle occurs?

• What will the miracle do for you? (Miracle Actions)
Step 3 – Recognize and describe “exceptions”

What is an “exception”? 
- A description of when the goal happened slightly more and “problems” happened less.
- It’s a transformation in focus – identify areas where you’ve already had some success. Don’t do anything new.

Use guiding questions to help elicit exceptions:
- What’s gone better for you today or over the past week?
- What thoughts kept you on track?
- At a time when you feel more optimistic and satisfied, what will you be doing more of or more often?

Encourage clients to end every day with a focus on exceptions:
- What worked well today?

Focus on solutions and not problems. #AADE
Step 4 – Develop an Action Plan for Change

Focus on what will be different instead of what will NOT happen anymore:
- What is desired instead of what is NOT wanted.
- What strengths do you have/use to help you manage your diabetes every day?
- How will positive thinking and action affect your life?
Step 4 — Develop an Action Plan for Change

Scaling progress
- On a scale of 1-10 with 1 being the least and 10 being the most, how would you assess your achievement towards this solution?
- If your number was above 1, how were you able to achieve that?
- On the same scale, where would you like to be in a week?

Acknowledge and assess the impact on others in your life
- What will you need from them?
- What will they need from you?

Step 5 — Recognize what worked to accomplish change

What would success look like to you?
- Perceive yourself as a person who is resilient and can confidently manage diabetes.
- Recognize abilities, possibilities and create a future vision

Implications for practice
- Identify clients who may benefit from the use of Miracle Question in practice
- Applying in individual and group settings
No one can go back and make a brand new start my friend, but anyone can start from here and make a new end. – Anonymous
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