


THE IMPLEMENTATION OF HEALTH COACHING THE UPPER HUME PCP PERSPECTIVE

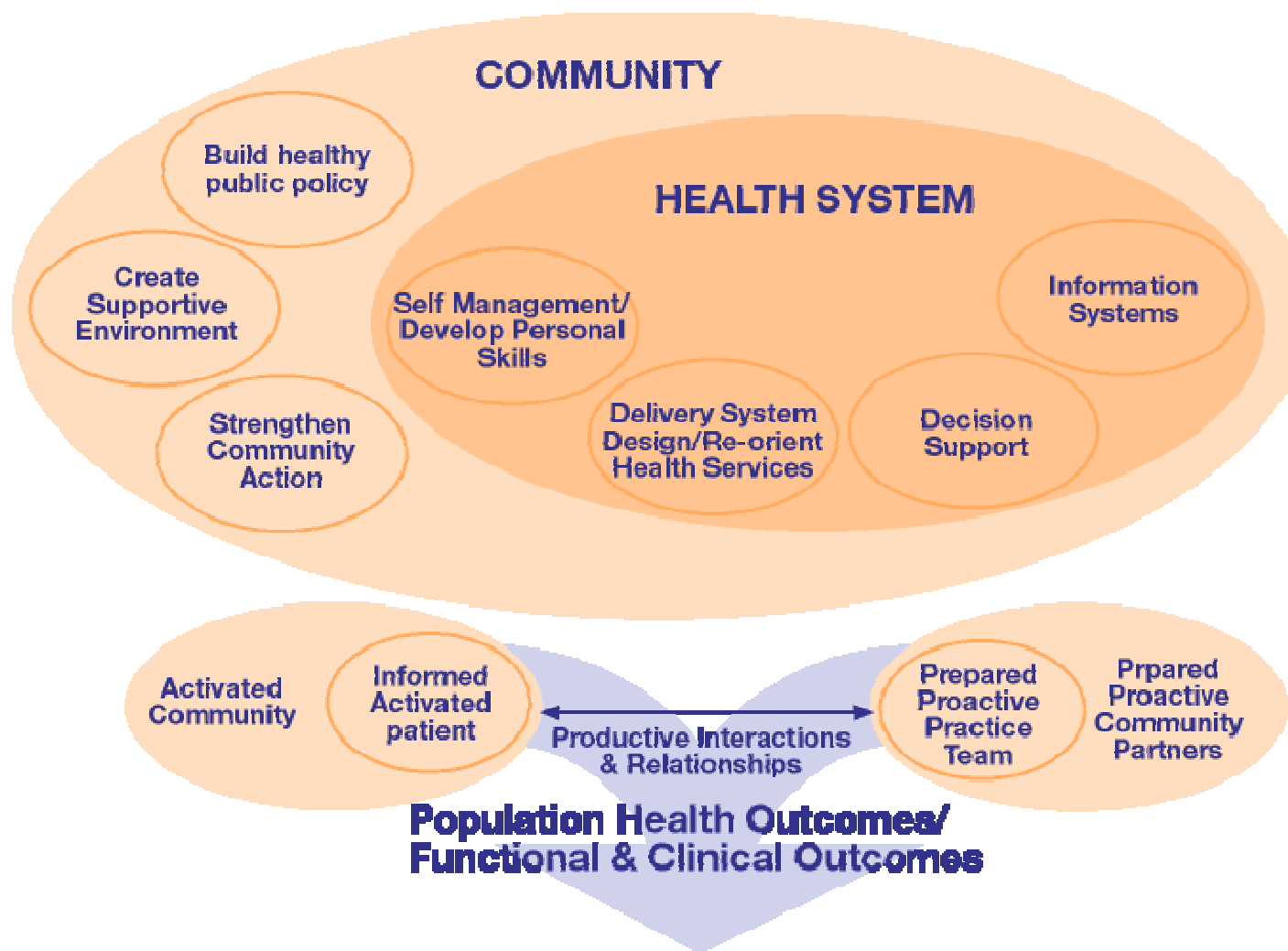
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Upper Hume PCP




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- In October 2006, the Department of Human Services released *Chronic Disease Management Program Guidelines for Primary Care Partnerships and Community Health Services*
 - These guidelines endorsed the Chronic Care (Wagner) Model for the development of approaches to support clients with chronic disease.
 - The Chronic Care Model six interdependent elements that encourage high quality chronic disease care. Self-management support is one element.



Created by: Victoria Barr, Sylvia Robison, Brenda Marlin-Link, Lisa Underhill, Anita Dotts & Darlene Revonadale (2002)
 Adapted from Glasgow, R., Orleans, C., Wagner, E., Curry, S., Solberg, L. (2001). Does the Chronic Care Model also serve as a template for improving prevention? *The Milbank Quarterly*, 79(4), and World Health Organization, Health and Welfare Canada and Canadian Public Health Association. (1986). Ottawa Charter of Health Promotion.

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- “Self-management has been identified in the National Chronic Disease Strategy as a key component of routine health care. For self-management principles to be embedded throughout the continuum of chronic disease prevention and care, a major cultural shift in work practices and service delivery is required.”

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- An identified priority for this (PCP ICDM) funding...is systems support to enhance the provision and coordination of self-management approaches across PCP catchments. All PCPs are expected to map self-management approaches within their local catchments.

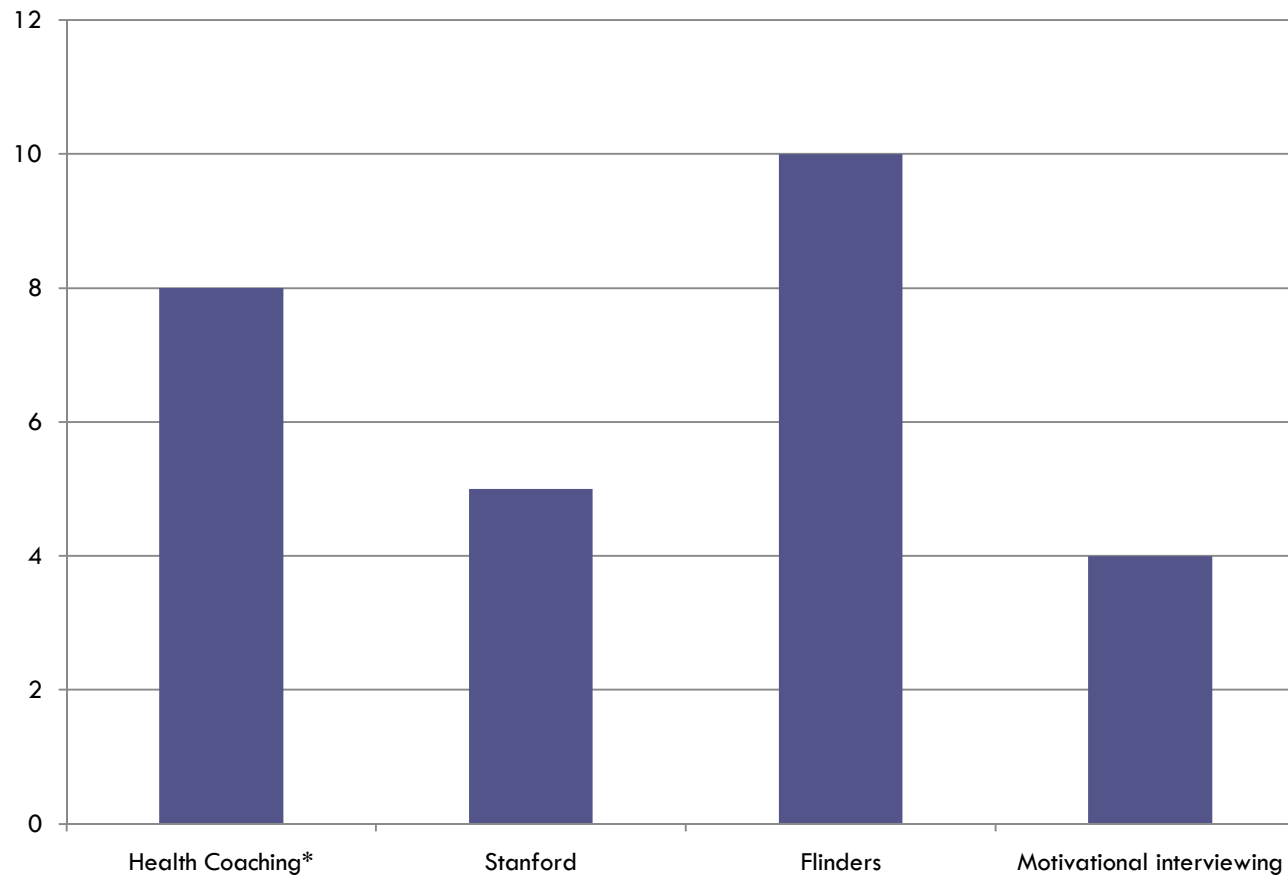
Statewide self management mapping.

December 2007

- Collected information at a PCP catchment level about:
 - Service Providers
 - Types / Range of approaches used
 - Training requirements
 - Referral pathways
 - Barriers and Enablers to providing (and accessing) self-management support

UHPCP Self Management Mapping

December 2007



* 3 of these were an introductory course only

Statewide report into self management


- Range of approaches used across the state.
- Of interest:

Flinders		Stanford		Motivational Interviewing		Health Coaching	
Trained	Using	Trained	Using	Trained	Using	Trained	Using
680	367	285	189	680	486	357	325
	54%		66%		71%		91%

Local Capacity Building

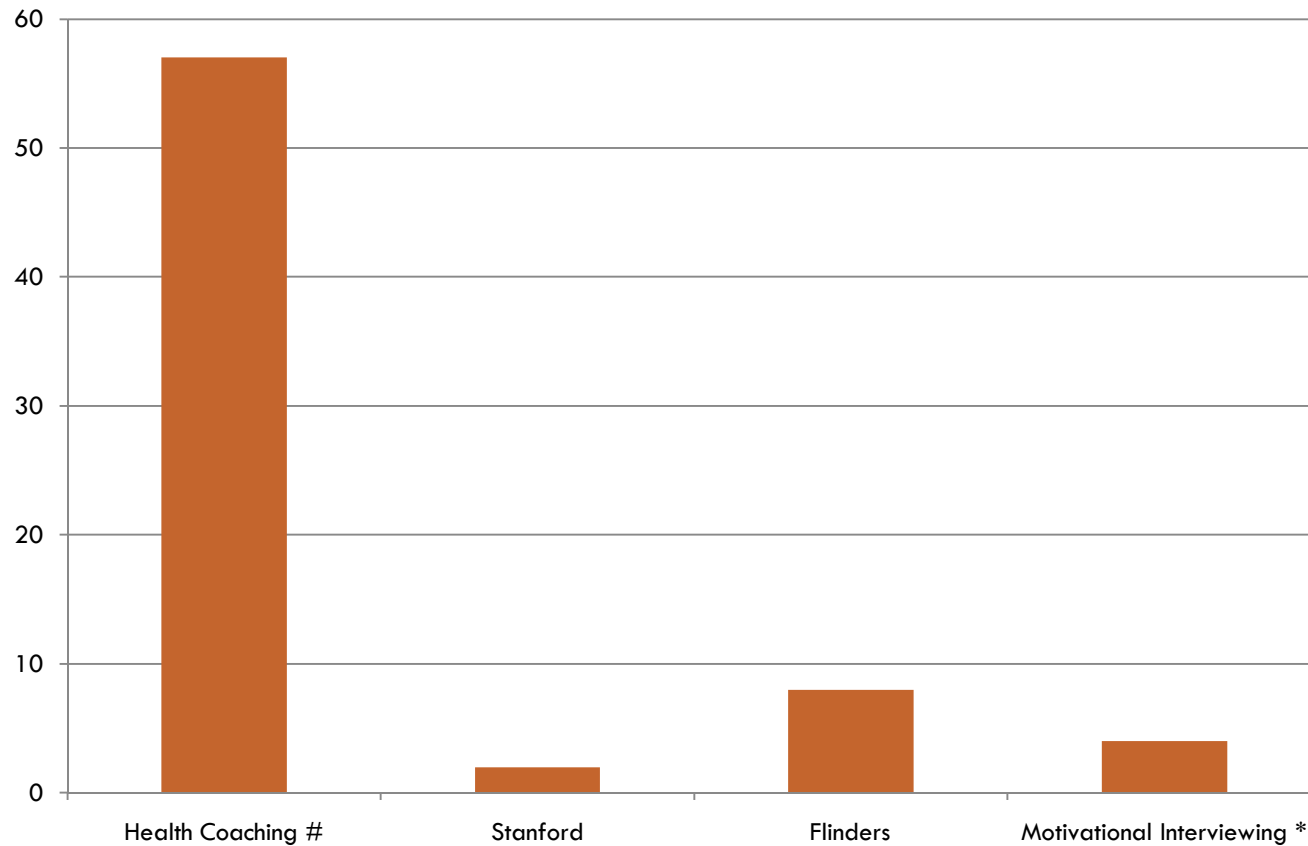


- Discussions through HARP ICDM Alliance re self management approach most appropriate to local setting
 - ▣ HARP- Flinders Model and Health Coaching
 - ▣ HACCC/Community health – health coaching/motivational interviewing- mainly due to time constraints
 - ▣ Group approach- ? Stanford

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- Increase in locally available self management training through a variety of avenues including
 - ▣ DHS supported – health coaching
 - ▣ Local Health Services
 - Indio North /Beechworth- Health Coaching
 - Tallangatta/Alpine- Health Coaching
 - Albury Wodonga Health – Flinders Model Training
 - ▣ HACC- health coaching
 - ▣ Divisions of GP- health coaching

Current numbers of trained staff

(AWH, Indigo North Health, Beechworth HS, Tallangatta HS, Alpine Health -Mount Beauty, Walwa, UMH&CS)



Estimate only, may not include all HACC staff

* Estimate only. MI training recently conducted for mental health staff- this data is not included.

Embedding Self Management into practice



Initial Contact

Intake staff aware of self management programs

INI



Assessment

Comprehensive assessment which examines self management skills/knowledge and barriers to self management eg knowledge and understanding of condition, self determination and psychological adjustment



Care Planning

Care planning takes a self management approach
A range of self management options – group, 1:1 (to suit needs of client are available).
Should also address barriers to self management.

My Health, My Life



- Characteristics of clients requiring increased levels of self management support
- No licensing requirements
- Issues of staff retention
- Embedding self management into service system

- Strong interest in UHPCP in embedding My Health, My Life into their service system
- Good workforce capacity to do this.

