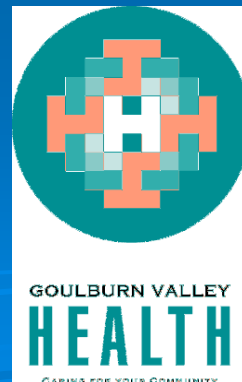


# Embedding Health Coaching into Practice

Tracey Forster  
GV Health



# GV Health

## Chronic Disease Strategy:

- **Dual Strategy**
  - Direct service delivery – CCSM Program
  - embedding self management in usual care
- **Annual self management forums**
- **Total 40 trained in Health Coaching**



# 2008 and 2010 Staff Surveys

## Survey completed:

- Staff who have undertaken Self Management training
- Use of skills learnt in usual practice



# Results of the survey

- **Clinicians attending training and not embedding into practice**
- **Clinicians' reported:**
  - **Not feeling confident to use new skills**
  - **No time**
  - **Current forms did not reflect new practice**
  - **No time to make changes to practice**



# Self Management Network:

- **Define Self Management**
  - What staff thought it was
  - Then gave definition
  - Ask if they practice self management now
- **Decision balance:**
  - Pro's/cons of changing to practice to include Self Management Support



# Self Management Network:

- **Activities of the network: (brainstorm)**
  - **Case studies**
  - **Practice tools**
  - **Practice reflection**
  - **Thinking around changing forms to include self management principals**
  - **Thinking about current care plans**
- **Developed Terms of Reference**



# Network outcomes to date:

- **Formation of Network**
- **Agreed, clear purpose of Network**
- **Meeting Dates set for the year**
- **Staff excited about the Network**
- **Discussing changes to assessment forms**
- **Discussing changes to care plans**
- **Feel like they will have more support**
- **Benefit of training, “will be able to use it now!”**



# Things to keep in mind:

- **Need Senior Management Support**
- **Need a Policy or Strategy supporting the training**
- **Guidelines/agreement of what is expect after the training:**
  - Integrate into practice
  - Review practice regularly
- **Support after the training, such as a Network**
  - Have a person responsible to driving the network
- **Update training with a consolidation workshop**
- **Review current forms, tools and assessments to include Health Coaching prompts**





**Thank you**

**Contact details:**

**Tracey.Forster@gvhealth.org.au**  
**09) 5832 3100**

