



Embedding Health Coaching into Practice

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Chronic Disease Strategy:

- **Dual Strategy**
 - Direct service delivery – CCSM Program
 - embedding self management in usual care
- **Annual self management forums 2007-08**
- **Total 39 trained in Health Coaching**



2008 Staff Surveys

Survey completed:

- Staff who have undertaken Self Management training
- Using 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**
- **Date set for next meeting**
- **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

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