

Health Coaching Topics Continued

Ask Me 3: Preparing Patients for Medical Appointments

Ask Me 3 is an educational program that encourages patients to ask 3 specific questions of their providers to better understand their health conditions, and what they need to do to stay healthy.

Agenda Setting

Lack of time spent with patients is a common issue in health care. This session looks at ways to ensure that concerns have been addressed for the patient during an appointment.

Action Planning

Action planning is an important tool in self-management. Learn how to support patients in setting short term, meaningful goals that are achievable.

A Strength Based Approach to Care



Using a strength based approach in health care empowers a patient to take control of their own lives in meaningful and sustainable ways. This session looks at ways that providers and organizations can collaborate with patients to help motivate change.

Other sessions can be tailored to suit the needs of your organization on any chronic disease self-management topic.

Implementation Support and Outcome Evaluation

Living Healthy Champlain can help with every step from planning and implementation to evaluation, in order to maximize success and sustainability of acquired behaviour change skills. In addition to group trainings, we offer individual mentorship and ongoing organizational support.



For more information, please contact

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Training and Mentorship for Healthcare Providers in Chronic Disease Self-Management



Living Healthy Champlain offers trainings for health care professionals that will help them to empower their clients/patients to make behaviour changes and become an active participant of their health care team.

Training sessions include:

- ◆ Behaviour Change Training
- ◆ Advanced Behaviour Change Skills
- ◆ Health Coaching Topics
- ◆ Implementation Support and Outcome Evaluation

Behaviour Change Training

Choices and Changes

The Choices and Changes workshop is based on theories and models of change, communication and education. It provides healthcare professionals with efficient and effective tools to help motivate patients' health behaviour changes and adherence to treatment plans.

Brief Action Planning

Brief Action Planning (BAP) is a structured way of interacting with individuals interested in making a concrete action plan for some aspect of their health. It is based on the principles and practice of Motivational Interviewing and is supported by evidence from behavioural science and self-management support. The core skills of BAP can be learned by anyone interested in supporting others to make change.

For Choices and Changes and Brief Action Planning, sessions need between 6 and 20 participants. Certification is available and the length of the workshop can be tailored to meet your needs.

The Principles of Self-Management Support

A session to inform the whole practice about the principles of SMS and to provide evidence for its effectiveness. This session is recommended for organizations that are experiencing barriers in putting training into practice– ranging from lack of provider buy in, to organizational issues.

Advanced Behaviour Change Skills

For organizations that have received previous training in Choices and Changes or Brief Action Planning. Sessions are determined by which behaviour change skills your organization would like to further develop.

Motivational Interview Skills– Interaction Techniques

This session focuses on the basic approach to interactions in Motivational Interviewing that includes open ended questions, affirmations, reflective listening and summaries.

Brainstorming Scenarios

This session provides the opportunity for staff to present cases they are having difficulty with to the group. Together the group brainstorms ways of moving forward and practices behaviour change skills.

Tailored Workshops

Other tailored workshops on advanced behaviour change skills can be developed to meet the needs of your organization.

Health Coaching Topics

Health Coaching Topics can be offered individually in a “Lunch and Learn” format for one hour, or topics can be combined into a workshop format for up to four hours.

Introduction to Health Coaching

Health coaching is another tool that can help support a patient in becoming an active participant in the self-management of a chronic illness. Learn more about health coaching and ways it can elicit behaviour change.

Health Literacy

Over 60% of adult Canadians lack the capacity to obtain, understand and act on health information and services, and the ability to make appropriate health decision on their own. Increase your awareness and learn skills to address this major barrier to health care for your patients.

Teach Back: Ask Tell Ask

Ask Tell Ask is a collaborative communication method that includes asking patients open-ended questions and assessing their existing knowledge before sharing information.

Medication Reconciliation

This session looks at barriers that prevent someone from taking medication as prescribed, and interventions to help increase their understanding and adherence.