

Health Coaching at West Suffolk Foundation Trust

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Physiotherapists and accredited Health Coaching trainers for West Suffolk Hospital

What is Health Coaching?

“The changing nature of healthcare and the challenge of long-term conditions require a paradigm shift in the mindset and behaviours of professionals. Central to this is the quality of clinician–patient communication, which determines how responsibility is shared. Health coaching training for clinicians provides them with new mindsets, communication skills and behaviour change techniques that transform the clinician – patient relationship and enables patients to become more active participants in their care.”

Newman & McDowell (2016)

References & further reading:

- AAFP (2017) Researchers Affirm Long-term Value of Health Coaching: Most Clinical Outcome Improvements Persist One Year Later <https://www.aafp.org/news/practice-professional-issues/20160601healthcoaching.html> [Accessed 12.2.18]
- HEE (2018) Health Coaching for Behaviour Change Programme. https://eoeleadership.hee.nhs.uk/Health_Coaching [Accessed 12.2.18]
- Newman, P & McDowell, A. (2016) Health changing conversations: clinicians' experience of health coaching in the East of England <http://futurehospital.rcpjournals.org/content/3/2/147.full.pdf+html> [accessed 13.2.18]

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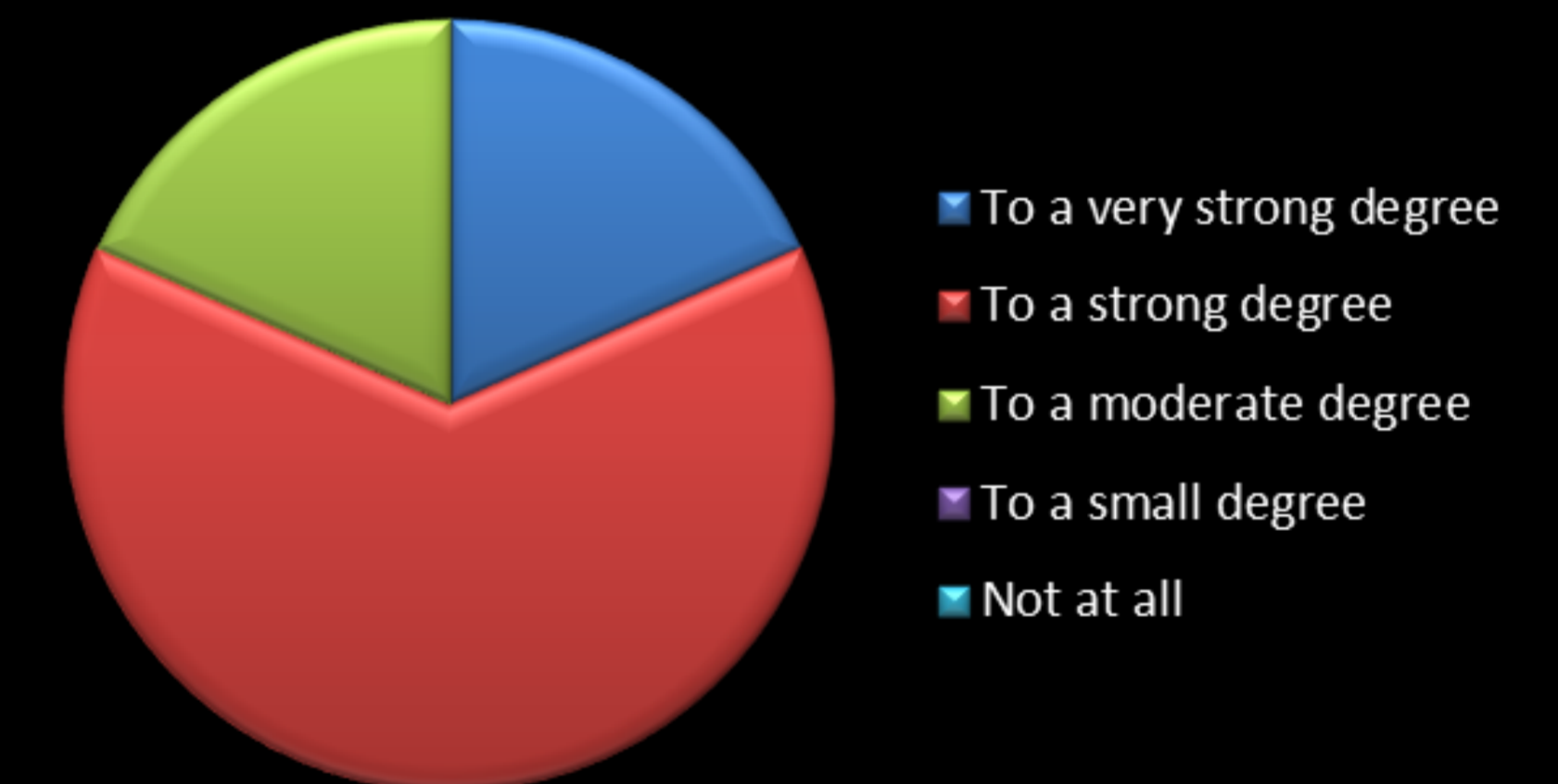
100% of staff who had received Health Coaching training felt that HC could be applied to their all consultation sessions

100% of staff who had received Health Coaching training said that Health Coaching is a useful skill, that health professionals would benefit from Health Coaching training and that they would recommend Health Coaching to colleagues.

100% of staff who had received Health Coaching training felt that HC would be helpful for patients with long term conditions and would encourage greater responsibility and self-management among their patients.

Impact on Clinical Practice

To what extent do you feel that Health Coaching training has positively impacted your clinical practice?



Testimonials

This Health coaching training enhances communication skills and can be adapted to any given situation.

Michelle Buono,
Macmillan End of Life Education Nurse

I think it is a positive training for staff and the benefit to patient's healthcare will be extremely valuable. It will improve patients' health and staff moral.