

HEALTH COACHING

Moreton and Meols PCN HWBC newsletter



What is Health Coaching?

Give a man a fish, you feed him for a day. Teach a man to fish, you feed him for a lifetime.

"They focus on improving health related outcomes where lifestyle modification and self-management have a significant impact on outcomes and prognosis, by working with the person to set personalised goals. They support people with their physical and mental health and wellbeing. They use coaching skills, models of behaviour change and positive psychology to guide people on how to meet their personal health and wellbeing goals.

Coaches support people to think through their own challenges and goals, increasing their self-efficacy, motivation and commitment to move forwards to make changes to their lifestyle and improve their health. For some patients the earliest stages of health coaching involve generating enough psychological safety to start to engage with support. Many people need this initial confidence building support before they can develop their own health and wellbeing goals."

(National Development Framework for HWBCs)

PROJECT UPDATES

WALKING GROUP

Sets off from the cross outside Moreton Methodist Church every Wednesday at 10am. Currently, we have around 10 regular attenders. It is a wonderful group of people; some have even formed their own walking group on Sundays. All abilities are welcome!

HEALTHY ME

We noticed that the majority of referrals we received were around weight loss. So, we decided to pilot a weight management program – Healthy Me. We have had good feedback so far and will be running another programme in August. Patients are recruited from our existing caseload.

CASE STUDY - PATIENT A

Patient A was 61 years old and initially referred for anxiety and depression following a health check with the PCN's nursing associate. Their **blood pressure** was **140/90** and they struggled with **health anxiety**; they wouldn't even let the nurse take their bloods.

During the initial appointment, they felt like they were “**stuck in a fog or gloom**” and constantly thought to themselves “why bother?”. However, Patient A had lots of positive intentions to lose weight, exercise more, join groups, and get better with computers. They **wanted the future to be something to look forward to**.

Their Journey

At the second appt, we explored Patient A's anxieties and depression in more depth. We used the 4Cs model of behaviour change to explore how the patient could rationalise their worries which led to the simple action of making a plan and enjoying it. Something which they struggled to do.

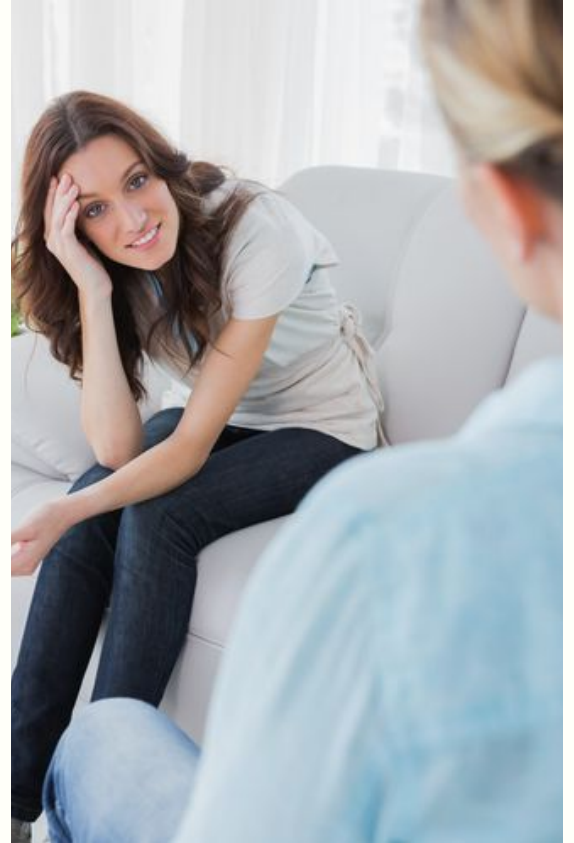
By the third appt, they had already started to have less thoughts of ‘why bother?’ and were feeling more proactive. However, Patient A was concerned about sustaining change and so we talked through resources around mindset towards change. They also started to consider how to spend their free time and set intention of volunteering as a reading assistant in a local school. Patient A also agreed to join in the **Healthy Me weight management pilot**.

By the fourth appt, they were continuing to make progress with physical and mental health. They now felt able to start swimming again and going on more walks. Patient A also had an epiphany about how much she catastrophises situations. We revisited mindset towards change and fear of failure.

Patient A was seeming much more independent. At the **fifth and final appt**, we went through the Reflection and Planning Ahead document to reinforce lessons learnt.

Outcome

Patient A's **SWEMWBS** score improved by **26%** (from low to moderate). They were more able to rationalise worry and began exploring new ways to bring meaning to their life. They also engaged with the Healthy Me weight management pilot and **lost 2kg** within the first 4 weeks, with their blood pressure reducing to **130/90**. Their main lesson was that “things are not as bad as you think they are”, which speaks to the strides they made in addressing their health anxieties.



Learning

Useful tools:

- 4Cs Model of Behaviour Change
- Mindset towards change handout
- Healthy Me Weight Management Pilot
- Reflection and planning ahead document

Throughout process, encouraged Patient A to engage with counselling. By the 5th appt, they had begun to pursue counselling through Wirral Mind.