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WHITNASH MEDICAL CENTRE



LEAMINGTON SPA  
Primary Care Network



UK & INTERNATIONAL  
HEALTH COACHING ASSOCIATION

# Health Coaching in Primary Care - approach and outcomes

Dr Jo Fleming (Health and Wellbeing Coach)





# Topics for today

- ▶ How does health coaching fit into primary care?
- ▶ The Leamington PCN approach / model
- ▶ Our Outcomes so far...

# Health Coaching in primary care

## Health Coaching Services

- ▶ Health coaching as a new stand-alone service targeting a specific group e.g. supporting healthy behaviour changes in diabetes



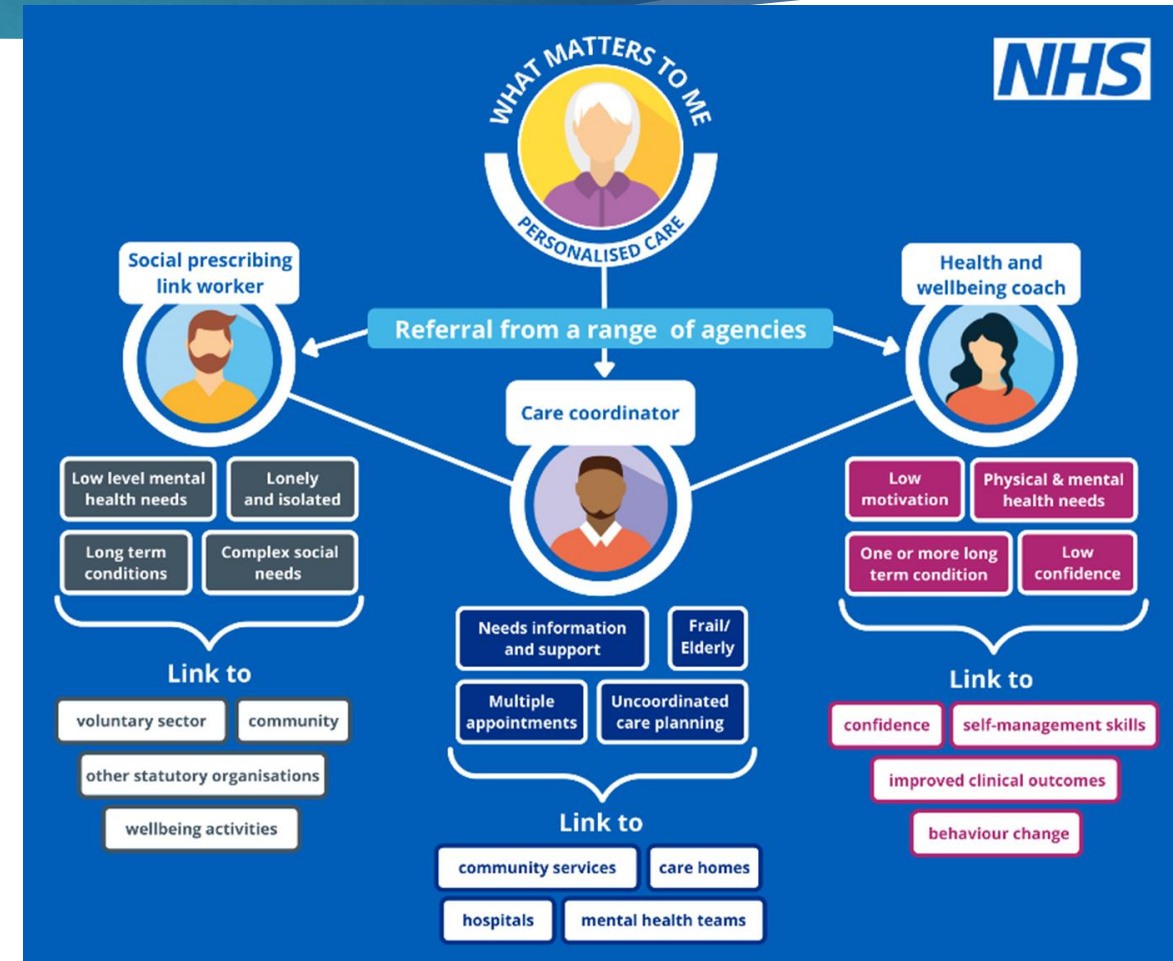
## Health Coaching Skills

- ▶ Training health and social care staff and voluntary sector representatives or carers to use health coaching skills as part of their consultations or conversations, as an approach to practice or mind-set. Health coaching skills can be used to enhance an existing service, as part of wider workforce development.

# Health & Wellbeing coaches in primary care

- ▶ Additional Roles Reimbursement Scheme (ARRS) **provides funding for additional roles to create bespoke multi-disciplinary teams.** PCNs assess the needs of their local population.
- ▶ Health and Wellbeing Coaches form part of this.
- ▶ NHS England: Workforce Development Framework for Health and Wellbeing Coaches produced February 2023

<https://www.england.nhs.uk/publication/workforce-development-framework-health-and-wellbeing-coaches/>







WALK  
TALK  
WALK



RUN TALK RUN



Self-referral    HCP referral    Population search



Lifestyle Group Clinic: 6-12 people 4 sessions  
Led by HWC and lifestyle GP.  
Supported by social prescribers and dieticians

Select patients



1. Happy Healthy Me

2. Behaviour & Community

3. Food & Nutrition

4. Physical Activity

All patients

Allocated to additional **1:1 support**  
Health and wellbeing coach  
Dietician  
Social Prescribing Link Worker

### Weekly community activities

Free community physical activity sessions run by PCN staff & patient volunteers



WALK TALK WALK



RUN TALK RUN



mental health swims

Swim England




Practice to parkrun

parkrun



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# Data collection

## Lifestyle Clinics

- ▶ Attendance (since recording in 2022): 589 patients booked onto/discharged from Lifestyle Clinic - 56 current patients, or waiting to start.
- ▶ Baseline and 3 month follow-up for all patients including: weight, BP, mental health (Warwick-Edinburgh mental health scale) and EQ-5D (online via text)
- ▶ **Coventry University Lifestyle Clinic service evaluation (online surveys via text)**
- ▶ **Post clinic Feedback survey (online via text)**

## Health Coaching

- ▶ **Pre-and post health coaching session: EQ-5D (paper copy during session)**
- ▶ **Post health coaching feedback survey (online via text message)**

# Outcomes and Impact - Lifestyle Clinics

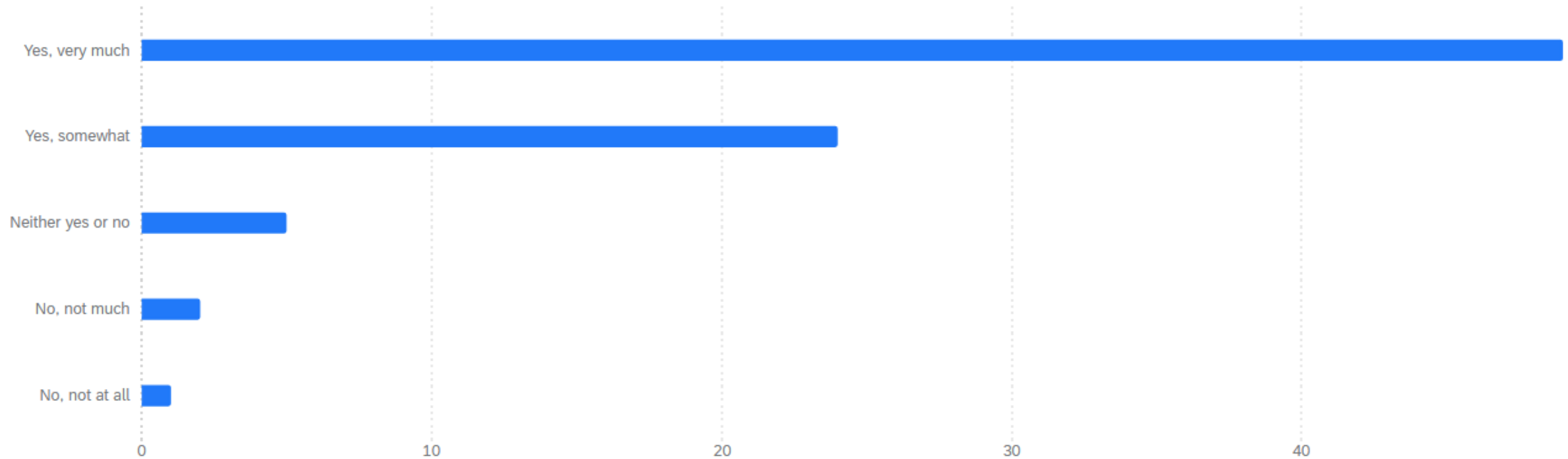
## Coventry University 12-month service evaluation report (Fully funded)

### Findings:

It is plausible that the lifestyle clinics have:

- 1) increased physical activity behaviour
- 2) increased readiness to change physical activity behaviour
- 3) improved health status in females
- 4) improved mental wellbeing
- 5) improved patients' knowledge and understanding of physical activity, sedentary behaviour, diet and nutrition

Has the Lifestyle Clinic increased your confidence in making positive changes in your life? Please select one and explain your answer where possible.

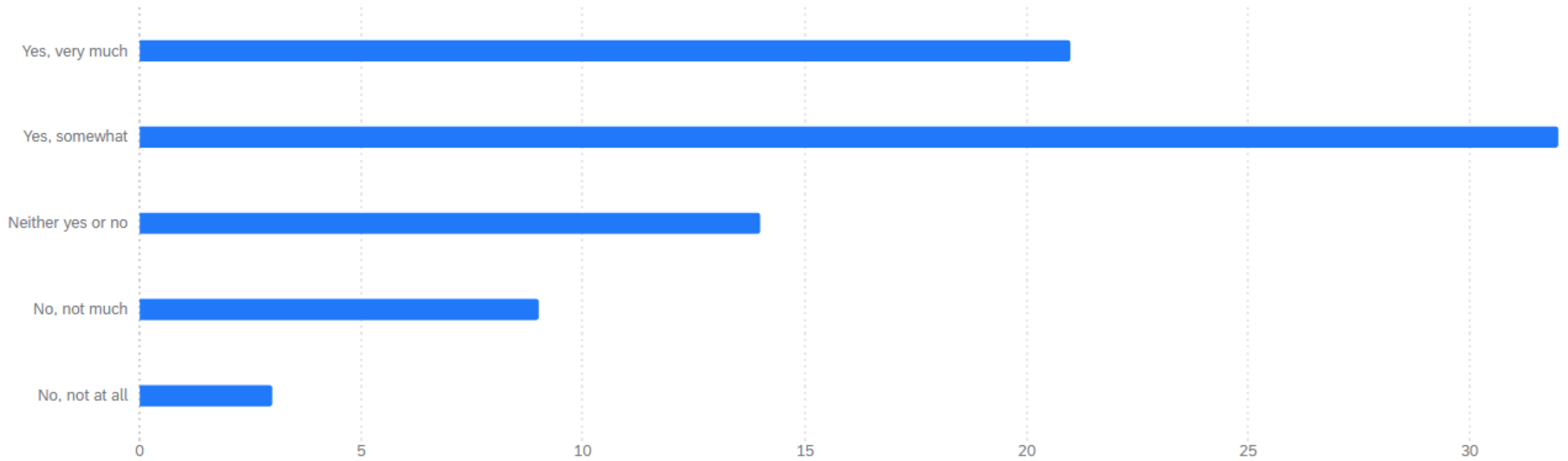


73/81 (90%) of patients said YES, very much, or somewhat

“I feel comfortable about making small changes instead of going all out and being depressed when I’ve not achieved. So small steps at a time”.

5. Have you noticed any positive impacts on your physical health since attending the Lifestyle Clinic? Please select one and explain your answer where p...

79 ⓘ >

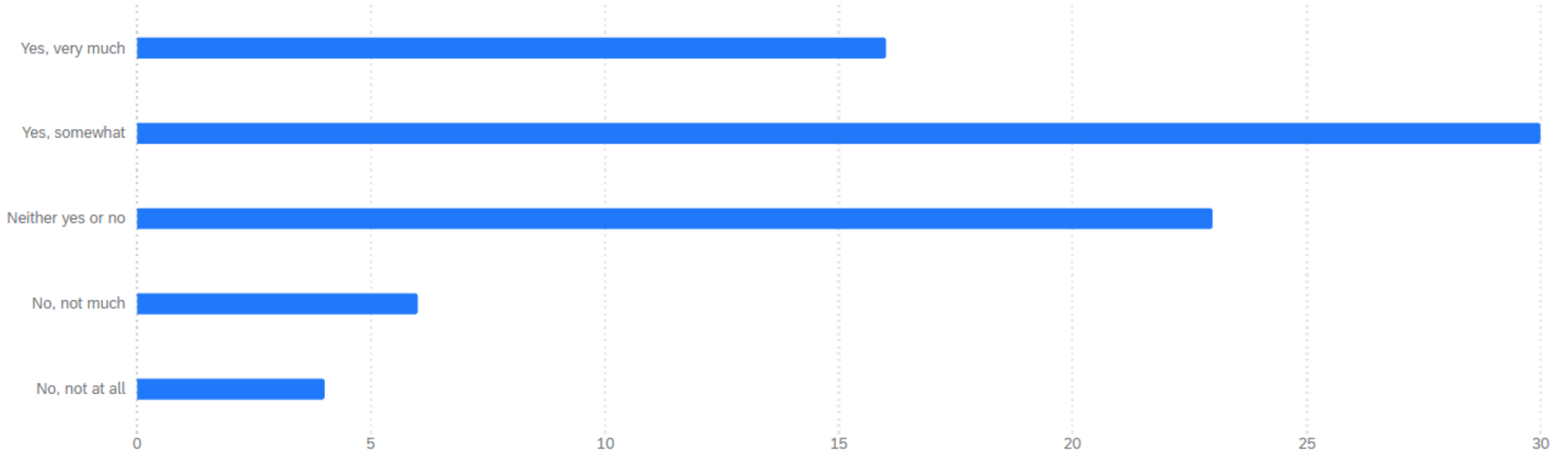


53/79 (68%) said YES, very much, or somewhat

“I have lost weight, my BP is lower and I am more active”

Have you noticed any positive impacts on your mental health since attending the Lifestyle Clinic? Please select one and explain your answer where possi...

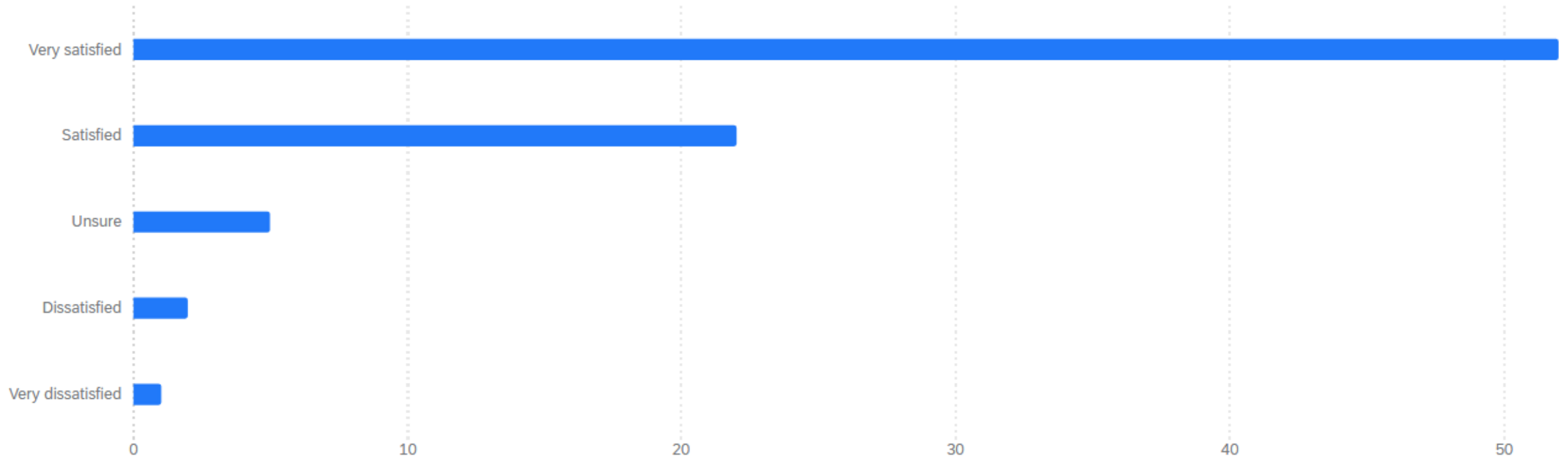
79 ⓘ >



46/79 (58%) YES, very much or, somewhat

“I’ve started to think about me more”

What was your overall experience of the Lifestyle Clinic? Please select one and explain your answer where possible. 82 ⓘ >



74/82 (90%) Very satisfied or satisfied

“I’m really glad I went as it was good to talk to others about struggles and not feel so alone”

“I feel as if more is being done to help you come to terms with health issues”

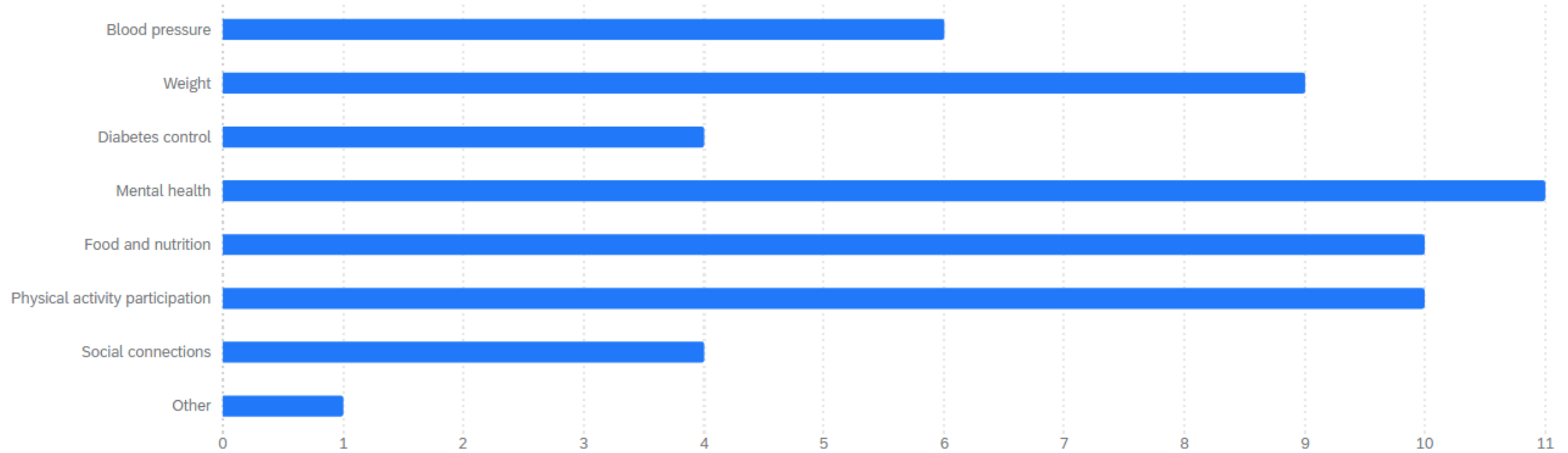
# Health Coaching

- ▶ Based in one GP practice - 5 slots a week for 1:1 (Since May 2023)
- ▶ Up to 6 sessions, first session - 1 hour, next 5 sessions - 45mins. Patient decides how many and how long to leave between sessions.



Have you experienced any improvements in the following, since attending health coaching sessions? Tick all that apply and please explain where approp...

13 ⓘ >



“Yes, as a result of alcohol cessation for over three months, my last reading on 22 April was 109/66”

“More confident. Less anxious”

“Set in place swimming program and helped to give me a more positive outlook”

# Health Coaching feedback

“Excellent approach that has enabled me to take stock of my lifestyle”

“I have made changes to my life although only small ones and they have made a big difference. I am more confident in myself and my fitness has improved”

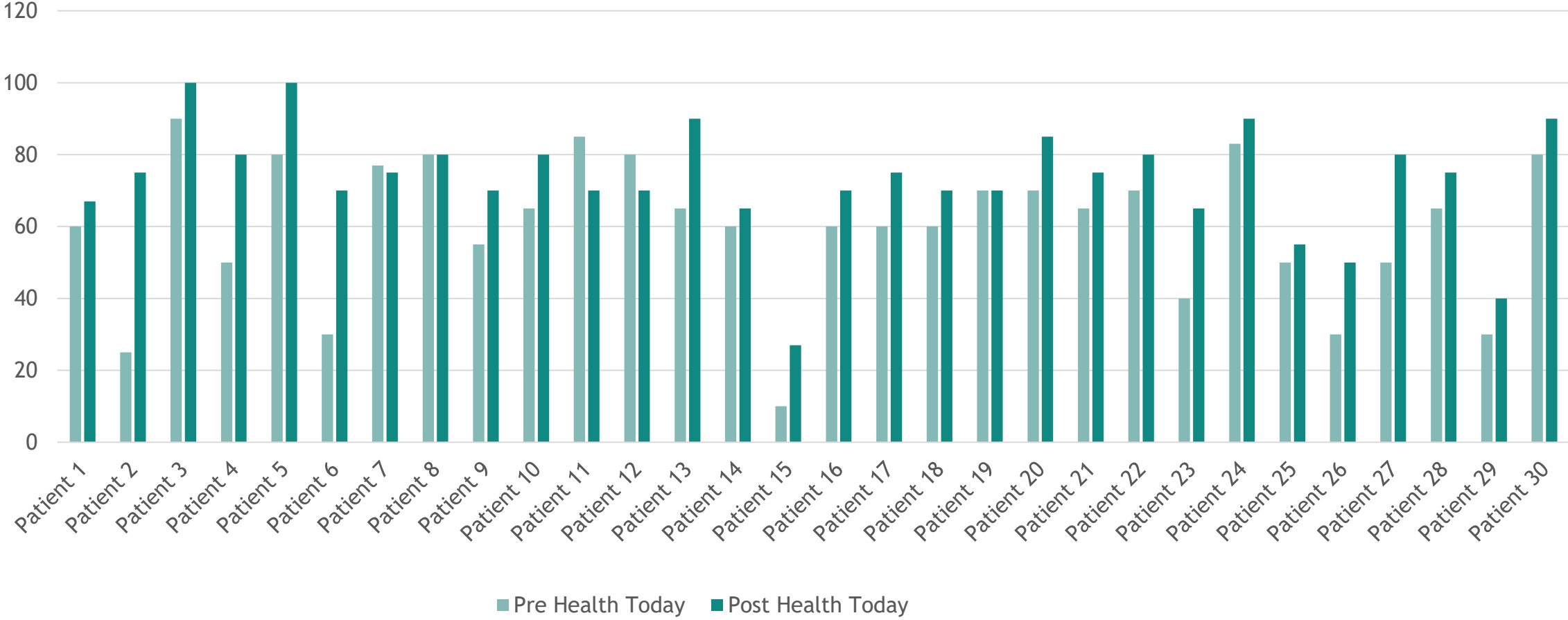
“Now trying to do some physical activity everyday. Joined in groups eg. Walking, swimming, yoga, Pilates”

“[Health coach] was pleasant and easy to talk to. Brought up different topics that we discussed and found a way forward. Surprised myself when I voiced something I wanted to achieve but didn't realise”



# The EuroQol 5-Dimension (EQ-5D)

*“Rate your health today on a scale of 0-100”*



What next?

