

Introduction to HealthChange® Methodology

One-day workshop for health service providers

Achieve better satisfaction and outcomes for you and your clients without adding time to your consultations

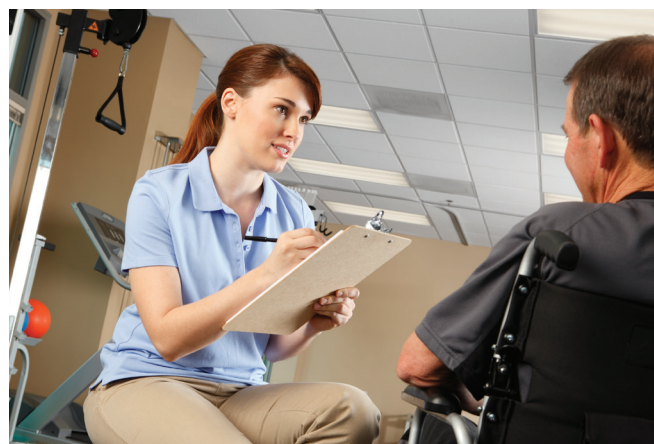
HealthChange Australia has trained more than 8,000 doctors, nurses, allied health professionals and other health service providers in the use of its unique service delivery methodology.

At the heart of HealthChange® Methodology is a Decision Framework that enables health service providers to deliver genuinely person-centred care and promote client health literacy, shared decision making, self-management and behaviour change effectively and consistently within consultations and other health services.

The methodology promotes confidence, time efficiency and a systematic approach to delivering clinical best practice. It is used throughout Australia and Canada in the domains of preventive health, early intervention, disease management, chronic condition management and recovery from injury and illness.

HealthChange® Methodology:

- Provides a systematic way of delivering person-centred care.
- Integrates consultation tasks with person-centred information exchange to promote client health literacy and empowerment.
- Provides a framework to build patient motivation and confidence to act on evidence-based referral, treatment, lifestyle or social recommendations given to them by health service providers.
- Balances service provider duty of care with a person's right to make fully-informed decisions about what action they will take to improve their health and quality of life.
- Respects service providers' current skill sets and helps them to use these more consistently, effectively and time-efficiently.



- Improves service providers' ability to identify and address common barriers to action and build enduring health and life self-management skills.
- Takes away the frustration of going around in circles with patients who don't act on recommendations.
- Improves service provider and client satisfaction and outcomes without adding to consultation times.

This one-day workshop is only available to organisations wishing to train groups of service providers in-house. It contains 6 CPD hours of content delivery (not including breaks).

The workshop introduces HealthChange® Methodology via a mix of PowerPoint presentation, discussion, video vignettes and practical exercises. HealthChange Australia training facilitators are a multidisciplinary team of experienced clinicians who use the methodology themselves in their clinical work.

Handouts and practice guides are provided at the workshop. Additional resources and videos overviewing the methodology can be freely viewed in the Resource Library at www.healthchange.com.

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