

The Secret to Successful Patient Care Planning For Practice Nurses

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

HealthChange Australia has trained more than 8,000 doctors, nurses and allied health professionals in the use of its unique HealthChange® Methodology to embed patient-centred care, health literacy, self-management and behaviour change support into health service delivery. This methodology promotes confidence, time efficiency and a systematic approach to delivering clinical best practice.

With the help of experienced Practice Nurses, HealthChange Australia has developed a workshop specifically for nurses who conduct care planning in general practice. This workshop shows nurses how to make their care planning more patient-centred, systematic and effective in a way that promotes professional satisfaction and confidence in dealing with complex patient needs.

This short one-day workshop runs from 9am to 3.30pm. The aim of the workshop is to help Practice Nurses who already do care planning with patients using GPMP, TCA and any other types of care plans to do their care planning more effectively without adding any more time to their consultations.

The material taught in the workshop can also be used for any other patient consultation or interaction where the patient is required to take some type of action following the consult.

HealthChange® Methodology

- Integrates patient centred information exchange and behaviour change support into a decision framework that guides nurses and promotes patient health literacy, motivation and confidence to act on treatment recommendations.
- Helps nurses to use all of their pre-existing knowledge and skills more effectively and more time efficiently.



- Makes sure that they cover all of the important parts of care planning and patient support in a logical and systematic way.
- Takes away the frustration of going around in circles with patients who then don't act on recommendations.
- Provides evidence-informed tools for nurses to engage patients and support adherence to evidence-based referral, treatment and lifestyle recommendations for improved patient health and quality of life.
- Provides practice guides and skills development tools to build confidence and promote ongoing professional development in using HealthChange Methodology in practice.

“The workshop content will provide more meaning to care planning, providing nurses with more satisfaction as a practitioner”

(Nina, Experienced Practice Nurse)

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Experienced Practice Nurse, Nina Cheyne, comments on her use of HealthChange® Methodology and the Secret to Successful Patient Care Planning for Practice Nurses one-day workshop

Q: What benefits do you think you may have gained from learning and using HealthChange® Methodology?

Nina: I can language what I am doing, whereas before during consultations I went by intuition and a lot of guess work. I still use intuition, but I can now understand in a tangible way what I am trying to achieve with my patients and have words to explain it to others so I can teach it.

It gives structure and a framework to work with. It assists to keep me on track and intentional during consultations.

It provides structure during care plans to obtain vital information from patients and better assist them to own their personal goals.

If one strategy does not seem to be working, there are other available choices using the methodology, whereas previously I may have given up on a patient.

Now I can better understand if a patient is above the [decision] line [doesn't have sufficient readiness or commitment] or below the line [does have sufficient readiness and commitment] before proceeding with goal setting. If not, the goal will have little meaning to the patient and they will not take actions to meet their goal.



Q: What benefits might other Practice Nurses hope to get from attending the workshop?

Nina:

1. Confidence to assist patients to set realistic and tangible health goals.
2. Strategies to stay patient-centred and move away from the medical model.
3. The ability to use the tools in a systematic and focused way.
4. Develop awareness of whether a patient is ready to follow their goals or if they need more work in the knowledge area.
5. The workshop content will provide more meaning to care planning, providing nurses with more satisfaction as a practitioner.

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