

Overview of HealthChange® Methodology

Webpage

www.healthchange.com/HealthChange_Methodology

HealthChange Associates HealthChange® Methodology

HealthChange® Methodology is an evidence-informed methodology that has been created over many years by practising clinicians. It complements usual clinical pathways for the prevention or treatment of chronic conditions and rehabilitation from injury or illness.

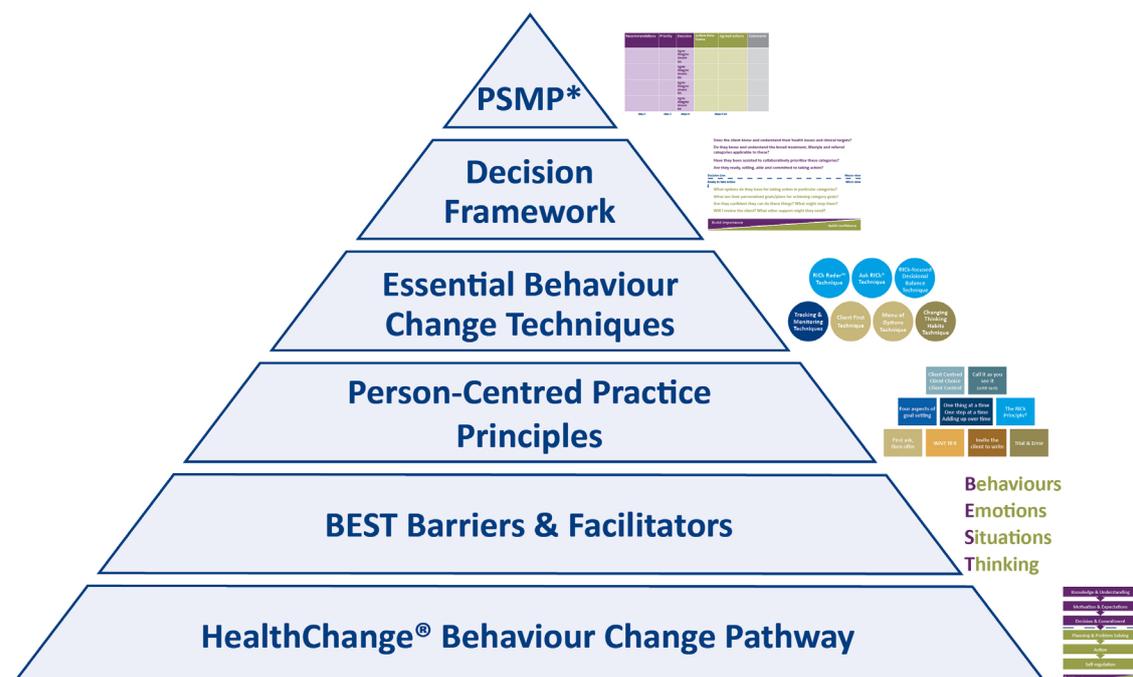
HealthChange® Methodology provides a person-centred system for understanding and working effectively with patients to promote health literacy, shared and fully-informed decision-making and evidence-based, goal-oriented treatment, self-management and health behaviours.

HealthChange® Methodology is a health service delivery methodology that enables a consistency of approach across health service teams to embed person-centred work practices into clinical consultations, care planning, discharge planning, disease management, health promotion, rehabilitation, return to work and other health services. It can be applied face to face, via telephone, in groups and via mobile technology.

HealthChange® Methodology balances clinical duty of care with a consumer's rights to make fully-informed and considered decisions about their health. The focus is on achieving the best clinical, health and quality of life outcomes possible for each person, given their unique circumstances.

HealthChange® Methodology provides a road map for work practice change. The methodology guides practitioners to conduct their consultations in a way that allows them to recognise and address potential client adherence barriers before they occur. The methodology restructures consultation tasks to align with the client or patient's information needs. It can save clinicians considerable time by avoiding unnecessary assessment, education and circular conversations, by reducing 'no show' appointments and by reducing the number of clients that don't take effective action for their health.

Layers of HealthChange® Methodology



*PSMP: Personal Self-Management Plan

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HealthChange® Methodology is comprised of an integrated suite of tools including a decision support framework to help clinicians and other service providers to work more effectively and efficiently with health consumers.

1. A simple, evidence-informed, conceptual behaviour change pathway: to help service providers to quickly assess client or patient readiness to take action on recommendations.
2. A functional way of thinking about barriers to action and facilitators for change: to enable health service providers to recognise and understand the most common types of barriers to engaging in treatment recommendations.
3. A set of clearly defined Person-Centred Practice Principles: to operationalise person-centred care and communication and make these measurable.
4. A set of Essential Behaviour Change Techniques: to identify and address potential barriers to action when they are present.
5. A 10 Step Decision Framework to guide health service providers: to align consultation assessment, treatment and education with patients' information, decision-making and goal-oriented behaviour change needs.
6. A way of documenting patient self-management plans: to support health service providers to follow the decision framework, stay patient-focused and ensure that patients are clear about what they need to do to manage their health behaviours.
7. A set of skills development, quality assurance and capacity building tools and mechanisms: for frontline staff and organisations to assist, measure and track staff transfer of training into practice and to capture client behaviour change data for correlation with clinical outcomes.

Theoretical Foundations

The model draws from principles and techniques similar to those used in motivational interviewing, solution-focused coaching and cognitive behavioural therapy. However, it differs from these approaches in that it builds on all of these skill sets and provides an overarching framework for the integration of these approaches and others into specific clinical or health promotion programs. It also refines the techniques used in these other practice models for easier, more effective use in the brief time frames required by clinical consultations and health services.

Additionally, HealthChange® Methodology integrates numerous models and theoretical concepts from the evidence-based health behaviour change literature. It bridges the gap between behaviour change theory and practice in the domain of health service provision. Go to Resource Library at www.healthchange.com for an extract from Gale and Skouteris, 2013, for a two-page summary of the theory base.

To support its training, HealthChange Associates provides skills development, quality assurance and capacity building tools and mechanisms for clinicians and health services to assist, measure and track transfer of behaviour change support skills from training into practice.

To view brief videos describing aspects of HealthChange® Methodology, go to Video Library at www.healthchange.com.

For a list of publications and articles relating to HealthChange® Methodology, go to Publications and Articles at www.healthchange.com.