



HealthChange® Methodology Consultation Framework 1-day Workshop

10 Steps to align consultations with patients' and clients' needs, save consultation time and improve patient outcomes

HealthChange® Methodology (HCM) is a proven, evidence-informed methodology used to embed person-centred practice and behaviour change into health services in a measurable way.

Benefits to health services are better health and quality of life outcomes and better satisfaction for patients, better job satisfaction for staff and cost savings via more effective use of time and resources.

HealthChange® Methodology Consultation Framework is an advanced workshop. It follows on from HealthChange® introductory workshops such as Person-Centred Practice using HealthChange® Methodology or Patient Engagement Skills for Health Professionals. It provides further guidance on how to embed person-centred care into consultations and other client interactions in a systematic and consistent way that ultimately saves considerable consultation time and repetition.

What is the 1-day workshop content?

This workshop is for health professionals who wish to conduct their consultations so that they are aligned with their patients' or clients' needs (the patient Behaviour Change Pathway introduced in HealthChange® introductory workshops). The consultation framework provides both clinicians and patients with the right information at the right time in a consultation depending on the level of health literacy, motivation and confidence of the patient. It supports fully-informed decision making and action planning and leads to better patient, clinician and systems outcomes.

The workshop contains the following teaching topics:

1. How to set the scene and explain your role to service users to engage them more effectively in consultations and health other service encounters.
2. Five steps to embed into consultations and other service encounters that help to build patient or client **importance** and **readiness** to engage effectively in treatment recommendations.
3. Five steps to embed into consultations and other service encounters that help to build patient or client **confidence** in following medical recommendations or changing health behaviours to achieve effective outcomes.
4. How to document patient self-management plans and actions in a way that follows and reinforces the HealthChange® Consultation Decision Framework and provides a useful tool for patients, practitioners and teams.

What is the 1-day workshop format?

HealthChange® workshops are for health professionals only. They are facilitated by HealthChange® Trainers who have completed intensive training in how to facilitate HealthChange® Methodology workshops and are skilled at using the methodology in practice.

The format and content of the workshop recognises the high level of skills and knowledge and the breadth of experience that the participants bring to it. Each workshop is tailored to the needs of the participants' professions and roles.

HCM is introduced via a mix of PowerPoint presentation, video vignettes, group and small group discussion and practical exercises that encourage reflection on own professional practices. Handouts and practice guides are provided at the workshop to review and embed the practical tips provided. Additional resources and videos overviewing the methodology can be freely viewed pre and post training in the Resource Library at www.healthchange.com.

For more information please contact info@healthchange.com

