

CARDIOVASCULAR HEALTH COACHING COURSE: HEART HEALTH CHAMPIONS™ PROGRAM

Organization details:

Name of Organization	HEALTH COACHES INTERNATIONAL
Mailing Address	PO BOX 528, PORT MELBOURNE 3207
Website	WWW.HEALTHCOACHESINTERNATIONAL.COM
Telephone Number	1300 845 990

Organization Description:

Our Vision

We strive to bridge the gaps in community health by building a Health Coach workforce that partners with every sector of the health industry for a more connected and cohesive healthcare system that enables individuals to feel they are a member of their own health team.

Heart Health Champion Definition:

A Heart Health Champion™ partners with patients and groups with cardiovascular disease or risk factors to explore how factors promoting personal health can be optimised for sustained health outcomes.

A Heart Health Champion / Cardiovascular Coach is:

- *A confidential sounding board who puts the patient at the centre*
- *A skilled listener who creates the space for patients to build the awareness they need to strive for health goals*
- *A curious partner who untaps all aspects of the patient that influences their behaviour and thoughts related to health*

Heart Health Champions support:

Self Compassion→	Self Empowerment→	Transformation→	Self Actualisation
Extending compassion to one's self in instances of perceived failure, inadequacy or general suffering	Taking control of one's own life, setting goals, making positive choices and having self-belief	Renewal, shift, revolution, adaptation, exchange, revision, reshaping, evolve, flowering, maturation, expansion, unfold, metamorphosis, advance, innovation, growth, reclamation, progressing	Realisation/fulfillment of one's talents and potentialities – a drive present in everyone

Contact Information:

Kristin McMaster, Managing Director
kristin@healthcoachesinternational.com

CARDIOVASCULAR HEALTH COACHING COURSE: HEART HEALTH CHAMPIONS™ PROGRAM

Background:

Cardiovascular disease (CVD) is a major cause of death in Australia, causing 43,963 deaths (almost 30% of all deaths) in 2016. CVD was the main cause for 490,000 hospitalisations in 2014/15 and in 2012-13, \$5.0 billion was spent providing healthcare to admitted patients with CVD in Australia.

Health and lifestyle behaviour is an important determinant of cardiovascular disease, having a high impact on population health. Motivating and assisting people to change their unfavourable health behaviour is challenging for health professionals, as our systems of care do not always provide the opportunity to deliver this level of chronic care in an affordable way. The objective of this course is to provide healthcare professionals with the skills, knowledge and tools to effectively coach patients and people at risk of cardiovascular disease to adopt healthy behaviours. By enriching the current healthcare workforce, healthcare providers will be able to nurture ongoing partnerships with patients and encourage the co-creation of health management for improved health outcomes.

Program Description:

COURSE TITLE	DESCRIPTION
CARDIOVASCULAR HEALTH COACHING COURSE: HEART HEALTH CHAMPIONS™ PROGRAM	The primary objective of this course is to establish Heart Health Champion™ teams and cardiovascular coaches within the existing clinical workforce. Health workers, liaison officers, nurses, social workers and allied health specialists are eligible to complete this training. Upon completion, Heart Health Champions™ receive ongoing Coach Mentor support.

Program Delivery Method:

This course is delivered to groups inhouse or for individuals/teams online, blending virtual classes, group and one on one mentor sessions and self-paced learning

Course Duration:

30-40 hours

Program Language:

The training program will be delivered in English

Target Audience:

The Cardiovascular Health Coaching Course: Heart Health Champions™ Program will be open to health professionals who have completed a minimum of Certificate III in primary health or allied health field. By training health specialists we will be able to more rapidly scale cardiovascular health expertise across our health networks. The course will be provided on location or on a virtual online platform supplemented with 3 x monthly group mentor webinars and one 1:1 Coach Mentoring. Rural / remote participants will also be able to complete the course online by virtual classroom.

Learning Objectives: Cardiovascular Health Coaching Course: Heart Health Champions™ Program

MODULE	LEARNER OUTCOME	CONTENT
MODULE 1: (1.5 hr) Cardiovascular disease in Australia: an overview	Define cardiovascular disease and explain the implications of CVD for Australians. Explain potential barriers and enablers to implementation of guideline-concordant CV care. Identify modifiable factors at the network, practice and individual level for improved health care service delivery.	<i>Topic included:</i> <ul style="list-style-type: none"> • Cardiovascular disease incidence in Australian communities • Cardiovascular risk factors - implications for management • Means of Assessing CV risk - Absolute Cardiovascular Risk Score • Stratification of risk • potential barriers and enablers to implementation of guideline-concordant CV care • Glossary of terms
MODULE 2: (2 hr) Heart Health Champions™ as a bridge between patients and clinicians and for improving health outcomes	Explore the impact of capacity building among Indigenous health workers both at the community and individual level	<ul style="list-style-type: none"> • Consultant versus Coach - what is the difference? • Role of the health coach in building capacity at community and individual level for cardiovascular healthcare delivery • Cultural considerations in working with diverse individuals • Nationally recognised lifestyle health guidelines for cardiovascular health
MODULE 3: (1.5 hr) Health Behaviour Change Theory – the essentials	Explain health behaviour theory and applications in health coaching	<ul style="list-style-type: none"> • Why focus on health behaviours? • Determinants of Health Behaviour • Health Behaviour Theory: Principles and Practice • Health Coaching and behavioural theory • How does coaching change behaviours? • Evidence supporting impact of achieving healthy behaviours
MODULE 4: (1.5 hr) Dealing with the emotions: depression, anxiety and heart disease	Identify common mental health related impacts of cardiovascular disease and risk factor diagnosis Demonstrate effective referral plans for supporting the mental health of CV patients	<ul style="list-style-type: none"> • Common emotional responses to cardiovascular disease diagnosis • Recognising level of emotional and mental status throughout chronic care • Effective referral for anxiety and depression • Guiding self-management for mental wellbeing
MODULE 5: (6 hr) Coaching communication for healthy behaviour changes and cardiac wellbeing	To effectively demonstrate implementation of the core coaching competencies for conducting effective coaching conversations	<ul style="list-style-type: none"> • Coaching Presence: a client-centred approach • Activated Listening • Asking Meaningful and Timely Questions - meeting the client where they are
MODULE 6: (6 hr) Goal setting, co-designed action planning and dealing with setbacks	Co-create health-related goals based on meeting patients where they are Demonstrate effective motivational interviewing	<ul style="list-style-type: none"> • Engagement and partnerships • Partnering for increased self-empowerment • Lifestyle Health assessment exercises and establishing a Health Score Card • Co-creation of Goals and action plans • Monitoring and Evaluating Progress

	<p>techniques to guide clients to goal achievement</p> <p>-Monitor and assess coaching program effectiveness for continual improvement</p>	<ul style="list-style-type: none"> • Motivation and guidance • Strategies for dealing with set backs
<p>MODULE 7: (10 hr)</p> <p>Implementing the heart health coach program: key outcome measures for coaches, patients and clinicians</p>	<p>Integrating lifestyle health guidelines for CV health outcomes</p> <p>Demonstrate competency in core coaching skills</p> <p>Demonstrate effective patient monitoring skills</p> <p>Demonstrate effective clinician reporting procedures</p>	<p>Coaching for active lifestyles:</p> <ul style="list-style-type: none"> • Australian physical activity guidelines • WHO sedentary time guidelines • The concept of activity snacks <p>Food Coaching:</p> <ul style="list-style-type: none"> • Australian Dietary Guidelines • Spotlight on vegetables <p>Lifestyle Coaching</p> <ul style="list-style-type: none"> • Spotlight on Sleep and CV health guidelines <p>Clinic Communications</p> <ul style="list-style-type: none"> • Evaluating and Continual Improvement Strategies • Communications and reporting for bridging gaps in healthcare
<p>Heart Health Coaching Tool Kit (Resource – online access)</p>	<p>To effectively structure the implementation of the Braveheart Health Coaching Program using interactive health coaching tools.</p>	<p>Coach Management tools:</p> <ul style="list-style-type: none"> • Lifestyle Behaviour Evaluation and monitoring tools • Referral tool • Monitoring my performance tool • Professional accountability tool • Self-care tool <p>Coaching Session tools -</p> <ul style="list-style-type: none"> • What is Health: article • Health Wheel • Food Behaviour Wheel • Food Habits Wheel • Physical Activity Wheel/ steps • Physical Activity Behaviour Wheel • Goal Setting Templates • Action Plan Templates • Checkpoint coaching tool • Health Coaching Library – articles/ physical activity and dietary guidelines for Australians • Motivational exercises/handouts for your clients • Trouble shooting toolkit

Entry Requirements:

Prospective students are required to be health professionals who have completed a minimum of Certificate III in primary health or allied health field. For any non-face to face component, the Zoom platform may be used for session delivery and is compatible with Windows, Mac, and Android operating systems. The course is delivered in English and prospective students are advised to have Learning, Literacy and Numeracy (LLN) skills at level 3 (Works independently and uses own familiar support resources).

Program Requirements:

Students must attend the synchronous activities as scheduled within the course and complete the evaluations and assessments provided. These measure attainment of competencies in the learning objectives of the course and provide evidence of completion of all course activities and resources. Students must achieve competency as outlined in performance evaluation criteria supplied.

Specific Criteria:

1. Attendance at all synchronous (live) activities as specified
2. Completion of tasks and activities set at a level that satisfies set performance criteria
3. Submission of assessments
4. Participation in mentoring sessions

Online Attendance:

Students' online activity completion will be recorded in the Student Management System. It is a requirement that all course resources are viewed.

Students attending virtual classroom activities are provided with a login username and password. These are automatically recorded when students login to a session. Students have the option to be visible or hidden by modifying their personal camera.

A student participation report is drawn for each student upon submission of final assessment

Program Location and Dates:

Location of Training	Dates	Time
Online / blended	Tba	30 hours
Inhouse Group Training Courses	Bookings required	2 days
Coach Mentor sessions	Tba (online virtual sessions held once monthly)	8 hours (4 sessions)

(note: If ICF credentialing is sought, please let us know so that we can provide the appropriate synchronous training hours to meet your needs)

Program Instructor Information

Instructor	Credentials and Experience	Topic Areas
Kristin McMaster	Master in Nutrition, BA Management, GradDip Business, Dip Fitness, ACC ICF, Trainer/Assessor 15+years Company Director	-Health Behaviour Change theory -Coaching Skills -Physical Activity and CV health -Nutrition for health -Heart Health Coaching Tools
Luke Burchill	MBBS PhD FRACP-Cardiologist/ researcher/ medical leader	-Cardiovascular health in populations
Health psychologist	Bachelor in Health-Psychology / Coaching certification	-mental health and wellbeing of cardiovascular patients -identifying warning signs for anxiety and depression -professional scope and referrals -motivational and interviewing techniques