Selected references for health coaching

Objective: Chronic diseases account for 70% of U.S. deaths. Health coaching may help patients adopt healthy lifestyle behaviors that prevent and control diseases. This integrative review analyzed health coaching studies for evidence of effectiveness and to identify key program features. Data Source: Multiple electronic databases were utilized, yielding a final sample of 15 documents. Study Inclusion and Exclusion Criteria: The search was limited to peer-reviewed research articles published between 1999 and 2008. Studies were further analyzed if they (1) specifically cited coaching as a program intervention, and (2) applied the intervention to research......

Purpose: The purpose of this study was to evaluate the effectiveness of integrative health (IH) coaching on psychosocial factors, behavior change, and glycemic control in patients with type 2 diabetes. Methods Fifty-six patients with type 2 diabetes were randomized to either 6 months of IH coaching or usual care (control group). Coaching was conducted by telephone.....


Background: Well-executed communication among hospital providers, patients, and receiving providers at the time of hospital discharge contributes to better health outcomes and lower overall health care costs. The Care Transitions Intervention has reduced 30-day hospital readmissions by 30% in a randomized controlled trial in an integrated health system but requires real-world testing to establish effectiveness in other settings. We hypothesized that coaching would reduce 30-day readmission rates for fee-for-service Medicare beneficiaries, even in open, urban health care delivery systems.

http://www.modernmedicine.com/modernmedicine/article/articleDetail.jsp?id=734950

Wise J. Shared decision making must move from rhetoric to reality, says King’s Fund. BMJ 2011;343:d 4734
The Department of Health claims that it wants to put patients’ needs and wants at the heart of clinical decision making, but a report from the King’s Fund says there is a long way to go before shared decision making becomes the norm. Health secretary Andrew Lansley coined the phrase, “Nothing about me, without me,” but there has been little guidance on what this really means and how the government intends to support shared decision making nationally, concludes the report Making shared decision making a reality.Angela Coulter, co-author of the report, told the BMJ: “It’s time that the rhetoric around ‘Nothing about me, without me’ is made a reality. There is no plan at the moment, just a muddle.” Patient surveys suggest that at least half of those who experienced a hospital episode would ...
http://www.bmj.com/content/343/bmj.d4734

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