

Nurses Successfully Using the Transtheoretical Model to Conceptualize Intentional Behavior Changes in Employer Sponsored Health Coaching

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Objectives & Key Words

- Recognize a patient's readiness to change and customize a plan to improve health outcomes for the patient.
- Identify strategies to reduce resistance and facilitate progress toward healthy lifestyle changes.
- Indicate to the patient, based on their readiness to change, goals to progress through the stages of healthy behavior changes.

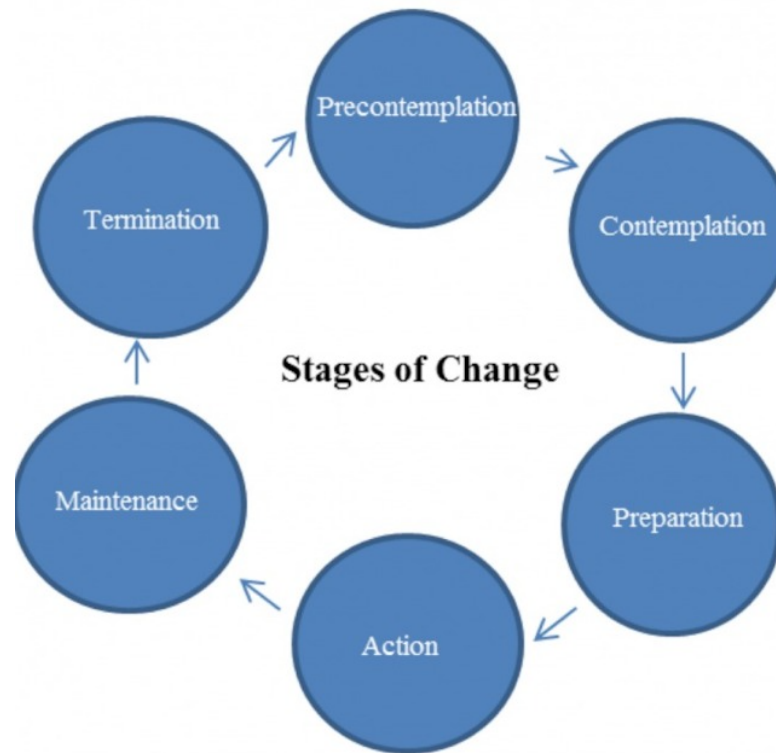
Employer sponsored health programs
Health Coaching
Workplace health coaching



Purpose

The purpose of this project was to provide employer sponsored health coaching opportunities to increase healthy behaviors among participants. Health coaches are able to customize plans tailored to each participants personal health needs. Using the Transtheoretical Model to assess readiness to change allows the health coach to determine individualized priorities for the programs. Review and assessment of each participants biometric screening and the results of their personal health assessment surveys are combined with access to insurance claims data for prescription and primary care office visits.





Participants

Age

45 (Mean) (range 27-60)

21-30 34.6% (n=47)

31-40 25% (n=34)

41-50 25.7% (n=35)

51-60 11% (n=15)

61-70 3.7% (n=5)

Race

Caucasian 83.1% (n=113)

African Am 15.4% (n=21)

Hispanic 1.5% (n=2)

Gender

Female 10.3% (n=14)

Male 89.7% (n=122)



Results

Hypertension

- 43% HTN improved to Pre-HTN
- 33% Pre-HTN improved to Normal

Glucose

- 46% Pre-diabetic decreased their glucose
 - *Of those, 50% improved to normal glucose level



Results

Weight/BMI

29% Participants had weight reduction

41% Obese had weight reduction

24% Overweight had weight reduction



Results

Smoking:

17% of smokers quit smoking



References

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