

Improving adherence to treatment advice - the Health Coaching approach.

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In all areas of physiotherapy practice- musculoskeletal, respiratory or neurological, patients are advised to take action to optimise their health. This may take many forms, for example the prescription of specific or generalised exercise, better planning of sporting or daily tasks, alteration of postural habits or implementation of management strategies. Unfortunately the way advice and education is often presented to patients unwittingly results in non compliance or further resistance to health behaviour change. Research consistently highlights the problem of patient adherence to treatment advice. By developing better communication and interviewing skills physiotherapists have an opportunity to improve patient adherence to advice. We often know what the patient needs to do but do not necessarily know how to impart that knowledge in the consultation in a way that facilitates behaviour change. The 10 step Health Coaching Australia model of health coaching is a practical system of evidence-based behaviour change principles and techniques. It is designed to be used in any clinical encounter where a client is asked to take action to manage an aspect of his or her health. Based on the cognitive behavioural model the 10 steps aim to help health practitioners to assess and improve client readiness, willingness and ability to adhere to medical and lifestyle treatment recommendations, in a time efficient manner. This presentation outlines my experience in implementing the health coaching model into clinical private practice.

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