Person-Centred Practice using HealthChange® Methodology

Workshop Description

Health providers play an important role in helping patients gain the knowledge, skills and confidence to achieve their health goals. Despite a strong commitment to quality patient care, health providers encounter obstacles to conduct consults in a way that meets their patient’s needs. HealthChange® Methodology guides providers to effectively and efficiently embed self-management support into every interaction, transforming the way providers work with patients. The Methodology promotes health literacy, shared decision making and behaviour change. It supports health providers to understand and assess patient readiness, enabling individual providers and teams to provide best-practice care and communication to patients and families.

The HealthChange® Methodology can be applied to any individual or group setting where clients or patients would benefit from taking action to achieve better health or quality of life outcomes.

Workshop Objectives

The key learning objectives of this interactive workshop are to:

1. **Understand** what HealthChange® Methodology is
2. **Define and operationalize** Person-Centred Practice in a systematic and measurable way
3. **Understand** what a person’s needs are in order to take action or make a change
4. **Assess** a person’s Readiness, Importance, Confidence and knowledge to engage in action
5. **Learn** how to support a systematic, team approach to person-centred care
6. **Understand** how to do effective, person-centred goal setting that ensures sufficient health literacy, patient readiness and patient choice
7. **Understand** how to promote shared decision making in a way that balances clinical duty of care with a patient’s right to make fully-informed decisions about their health

Target Audience

Healthcare providers working in primary health care or chronic disease management.