



Health and Wellness Coaching



INFORMATION

Have you ever left a doctor's appointment confused? You are not alone... A health and wellness coach is a volunteer who is trained to bridge the gap in communication between you and your physician. Health coaches also partner with patients to enhance their care by implementing lifestyle changes that align with your beliefs in order to increase your quality of care. Health coaches advocate for their patients and show unconditional positive regard with their care.

INTRODUCTION

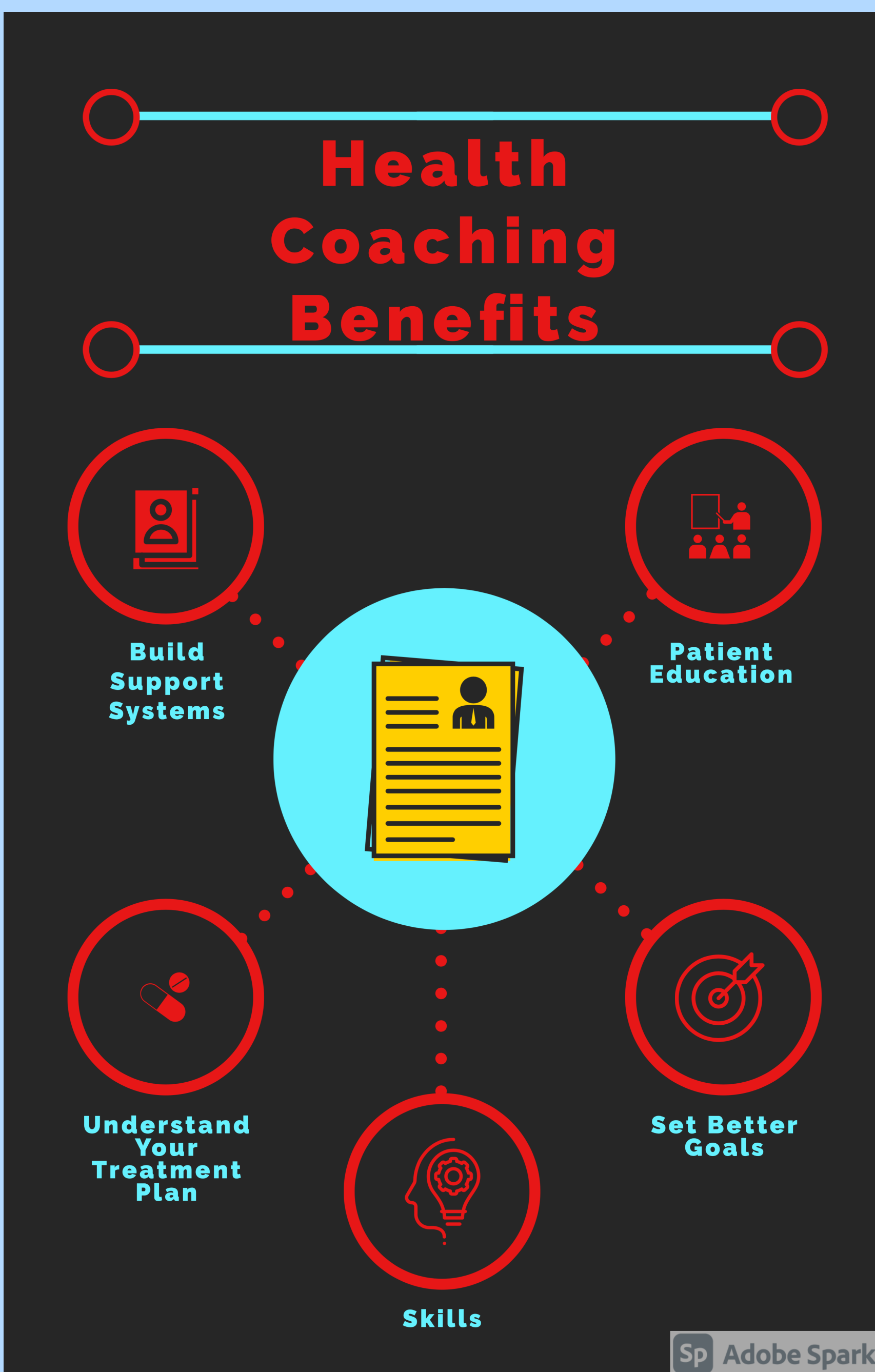
It is the utmost importance to bridge the communication gap between physicians and elderly patients by implementing a local community health coaching program. The untapped potential in a health coaching program needs to be brought to attention and it would be a disservice to the community members to pass up this opportunity. In the local area, much of the elderly population is uninformed about their health and treatment of care with their local physician. There is a large communication gap between physicians and elderly patients which hinders the doctor's ability to treat these patients.

RESULTS

Research has shown patients enrolled in health coaching programs have seen increased medication safety and treatment compliance, reduction in chronic disease severity, increased patient longevity, cognitive and behavioral improvements, physical improvements, and improved outcomes in cancer and diabetes

THE PLAN

Volunteers will be recruited from the Pre-Professional Club at Arkansas State University by offering them a great way to get direct patient care volunteer hours. These patients will be trained in health and wellness coaching and receive a certificate. Qualified students will sign HIPPA forms and will then partner with local doctors' clinics to bridge the gap in communication between physicians and patients. Volunteers will attend your doctors' appointments and perform biweekly, in house evaluations with you. The volunteer will talk with the you and create a positive atmosphere while answering any questions you may have about treatment or life. Research has shown that implementing health coaching in rural communities to keep the elderly patients on track with their treatment plan has tremendously increased the quality of care received by these patients.



PATIENT EVALUATION

Participants would be required to take a baseline survey or test before enrolling in the program which will be retested to measure progress.

YOUR GOALS



CONCLUSIONS

Having an internship in the medical community along with the countless hours I have spent reading research journal articles as a senior biology student and taking classes in health coaching, I have acquired the knowledge to be able to design and implement a plan that will serve our local community for the better and make significant improvements. All in all, health coaching would be a great fit into our community due to the biological, psychological, and lifestyle improvements it can provide especially in rural areas where patient to doctor ratios are low. I firmly believe that after health and wellness coaching implementation, we will see a sharp rise in patient knowledge of treatment plans and medication use along with an increased ability for the patient to care for themselves.

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FIND A HEALTH COACH TODAY

