**Chronic Disease Management Health Coach – Post-program Individual Assessment**

**NAME:**

**CASE STUDY 1**

Congratulations! You have been hired as the first health coach for a stress management and wellness health coaching program at a local Community Health Centre. Recognizing that this is new program, you inform your Director that you would like to plan the program using the Donabedian framework in order to *assess the impact* of health coaching.

Reflecting on: a) the Donabedian framework; b) intervention fidelity; and c) how to evaluate complex programs (slides from class), please provide **2** examples for each domain that you would assess.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Definition** | **1** | **2** |
| **Structure**  | Examines the setting in which care is delivered |  |  |
| **Process** | Examines how care has been provided |  |  |
| **Outcome** | Examines end points of care |  |  |

Adapted from A. Donabedian, JAMA, 1988.

*Continued…*

Finally, after 6 months of running the stress management and wellness health coaching program, your Director informs you they will be hiring two more coaches. How would you ensure coaching fidelity? List **2** strategies you would implement to ensure coaching fidelity and briefly explain ***why*** these strategies would ensure that health coaching is delivered consistently and as planned:

**Strategy #1:**

Why?

**Strategy #2:**

Why?

*Continued…*

**CASE STUDY 2**

You are working full-time in a Health Coach role seeing adults who have complex or multiple chronic conditions. Your next client comes in to see you and here is the information that you have included on your referral:

* Grace Smith: 67 year old female
* Diagnosis: Diabetes, Chronic Fatigue, Glaucoma, Concussion, Total Left Knee Replacement 4 years ago, Wrist fracture eight months ago (resolved).
* Reason for referral: Recent fall in bathroom getting out of tub resulting in concussion.
* Social: Lives alone in seniors’ subsidized housing

**TASK A: Given the referral information, circle the areas on the Functional Health Framework that you may be concerned about with Grace:**

# What physical challenges might Grace have? (Check box). In notes section, provide further explanation.

FUNCTIONAL HEALTH ASSESSMENT FRAMEWORK

|  |  |  |
| --- | --- | --- |
| STRUCTURE | SKILL | FUNCTION |
| [ ] ROM, MMT, Grip & Pinch[ ] Balance, Proprioception [ ] Vestibular, Coordination[ ] Vision, Visual-Perception[ ] Hearing, Taste, Smell[ ] Pain, Temperature, Touch[ ] Coordination[ ] Gross Motor, Fine Motor[ ] Sleep, Nutrition[ ] Medical conditions & history[ ] Sensitivities: Tactile, Light, Noise[ ] Endurance | [ ] Lie[ ] Sit [ ] Stand[ ] Walk[ ] Run[ ] Jump[ ] Bend[ ] Reach[ ] Squat[ ] Kneel[ ] Transfer[ ] Crawl[ ] Climb | [ ] Personal Care[ ] Work, School[ ] Caregiving[ ] Instrumental Tasks[ ] Leisure & Sport |

|  |
| --- |
| Check all that apply: These physical challenges are potentially affected by: [ ] Cognitive factors [ ]  Psychosocial factors [ ] Environmental factors: |
| NOTES:  |

# 2. What cognitive challenges might Grace have? (Check box). In notes section, provide further explanation.

|  |  |  |
| --- | --- | --- |
| STRUCTURE | SKILL | FUNCTION |
| [ ] Physical Structures[ ] Chemistry [ ] Electrical [ ] Vascular, CSF Systems | [ ] Orientation, Temporal Awareness[ ] Attention – Sustained, Selective, Divided[ ] Memory – Immediate, Delayed, Long-term, Semantic, Prospective[ ] Following Directions – simple to complex[ ] Sequencing, Constructional ability[ ] Problem-solving – simple to complex[ ] Mental Flexibility[ ] Executive Functioning – goal setting, planning, prioritizing, organizing, reviewing[ ] Insight, Foresight, Decision-making, Judgment[ ] Comprehension, Communication, Abstract Reasoning[ ] Information Processing Speed, Endurance | [ ] Personal Care[ ] Work, School[ ] Caregiving[ ] Instrumental Tasks[ ] Leisure & Sport |
| Check all that apply: These cognitive challenges are potentially affected by: [ ] Cognitive factors [ ]  Psychosocial factors [ ] Environmental factors: |
| NOTES:  |

# What psychosocial challenges might Grace have? (Check box). In notes section, provide further explanation.

|  |  |  |
| --- | --- | --- |
| STRUCTURE | SKILL | FUNCTION |
| [ ] Mood[ ] Education[ ] Values[ ] Beliefs[ ] Spirituality[ ] Sexuality[ ] Aggression[ ] Culture | [ ] Adaptive/Maladaptive[ ] Relationships (social)[ ] Coping Skills[ ] Risk Taking[ ] Addiction[ ] Violence[ ] Lawfulness/Unlawfulness[ ] Self-esteem | [ ] Personal Care[ ] Work, School[ ] Caregiving[ ] Instrumental Tasks[ ] Leisure & Sport |
| Check all that apply: These psychosocial challenges are potentially affected by: [ ] Cognitive factors [ ]  Psychosocial factors [ ] Environmental factors: |
| NOTES:  |

 *Continued…*

**TASK B: Briefly describe (in bullet points) the key components of your assessment plan for Grace that you will complete during your one-hour session with her.**

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| Assessment Plan:  |

**TASK C: You have now completed your assessment plan and first session with Grace. List the top three goals for your health coaching plan. For each goal, briefly describe the activities for that goal, the timeframe, and how you will know that goal was successful in the table below.**

GOAL 1:

GOAL 2:

GOAL 3:

|  |
| --- |
| **PLAN** |
| FOR GOAL 1: (activities) | FOR GOAL 2: (activities) | FOR GOAL3: (activities) |
| TIMEFRAME: | TIMEFRAME: | TIMEFRAME: |
| How will we know it was successful?  | How will we know it was successful? | How will we know it was successful? |
| Actual Outcome:  | Actual Outcome:  | Actual Outcome:  |
| Reflection:  | Reflection:  | Reflection:  |

*End*