

Case Study

Health and Wellbeing Coach helps John* get back into his wetsuit!

Summary and Background

John was referred to the North and West PCN's Health and Wellbeing Coach following an annual diabetic review by a diabetes nurse at his surgery.

At that appointment, the nurse realised that John's diabetic control was worsening and he was in a pattern of weigh gain.

What happened next?

The Health and Wellbeing Coach saw John for six 45-60 minute sessions, face-to-face at the GP practice.

At the first session, she focused on building rapport and making John feel comfortable and not judged. Time was spent discussing John's reasons for wanting to make a sustainable change to his lifestyle, and building a picture of what his life would look like if he could reach his goals.

John's main motivation to lose weight and improve his diabetes was to be able to spend more time enjoying life with his young son and not to feel so unfit and tired. He also wanted to be able to fit into his expensive wetsuit to enjoy his coastal holiday in the summer!

The Health and Wellbeing Coach was confident that John's motivation levels to change were high. She felt that he would be able to change his behaviour with the right conversations and approaches.

Together, John and his Health and Wellbeing Coach focused on managing John's expectations, creating small, achievable goals session by session to help build his confidence in his own success.

Herefordshire Primary Care Networks
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Working alongside GP Surgeries to offer patients access to non-medical support within their local community

* Not client's real name

Case Study (2)

Outcomes

Over seven months, John was able to lose and maintain two and a half stone of weight loss and improve his diabetes blood sugar levels.

John's weight improved, his diabetes improved - and he didn't need to buy a new wetsuit!

John says: "I have had a complete lifestyle change and have no desire to go back to old habits."

In the coaching completion questionnaire, John added: "It has literally changed my life. I have started running, lost nearly 2½ stone and feel personally empowered to take on new challenges. The Health and Wellbeing Coach has made a lasting and positive impact on my wellbeing."



I have had a complete lifestyle change ... It has literally changed my life.

The Health and Wellbeing coach has made a lasting and positive impact on my wellbeing.



Health and Wellbeing Coaches work alongside other healthcare professionals in GP surgeries to identify what motivates you and to find a way to help you make **choices** that improve your lifestyle.

They are non-judgemental and will spend time with you to talk about something that has been impacting your health and wellbeing.

For further information, please ask your surgery receptionist.

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