

Case Study

Health and Wellbeing Coach helps Dave* to improve his mobility, increase his motivation levels and lose weight

Summary and Background

Dave's initial referral to the Health and Wellbeing Coach came from within the Primary Care Network's Wellbeing Team. Dave was not managing his diabetes well and was severely obese (BMI 56.47).

It became clear that Dave didn't have a routine or family support to make changes. He was a high frequency surgery user, struggled to catch his breath, walk any distance (he walked with a stick) or keep his home clean and tidy. His diabetes was out of control as he regularly forgot to take medications.

His goal was to make a difference with the diabetes, lose weight, feel better in himself and increase his mobility. He felt in five years' time he would 'be in a box' if he didn't make changes.

What happened next?

“ I'm a different person...this (coaching) has done me good...I wanted to get rid of some tablets...this gave me a chance to turn things around

The Health and Wellbeing Coach held 12 sessions with Dave.

Since working together, Dave has lost 7 stone and his HbA1c (blood sugar measure) has gone from 146mmol/mol to 49 mol, resulting in the medical team looking at reducing Dave's medication. His clothing has gone down four sizes and he can put on his own socks, walk to appointments and doesn't use a stick (he is only at the doctors once a month now). Dave does all his own washing, keeps his home tidy, his leg ulcers have healed and he is now swimming daily. Dave is also thinking about returning to work.

The regular sessions with his Health and Wellbeing Coach gave Dave accountability and the opportunity to chat with someone who was there just for him. His wellbeing score has gone from 55% to 95% and he feels his activation level (motivation) is now 4 (originally a 2).

Herefordshire Primary Care Networks
HEALTH AND WELLBEING COACHES

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

* Not client's real name