

Case Study

Health and Wellbeing Coach helps Jayne* to improve her physical health and wellbeing

Summary and Background

Jayne was referred to the Health and Wellbeing Coach with very high Body Mass Index (BMI), anxiety, high blood pressure, diabetes (a recent hbA1c (sugar level) test scored 67) and very painful knees. Jayne was desperate to take action to improve her physical health and wellbeing. She explained that she had already undertaken some research and had decided to try a keto (low carbohydrate) diet.

What happened next?

“ I feel more in control of my health and supported in making positive choices that improve my health and life

Within five months of being referred to the Health and Wellbeing Coach, Jayne had achieved a weight loss of over three stones. Her blood pressure had reduced and a recent hbA1c test showed a reading of 48.

In addition, Jayne noticed that carbohydrates were linked to inflammation in her knees. So, a change of diet helped to reduce knee pain to the point where painkillers were no longer needed.

Being successful with weight loss meant that patient's confidence started to grow and she felt in control of her health which then helped to improve her overall wellbeing.

Those changes did not happen overnight and required commitment, planning and self-control. Engaging with health coaching transformed Jayne's attitude towards her own health. She became more resourceful and able to filter through various coping strategies to find ones that made positive difference to her and helped her deal with anxiety.

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