Guidelines for Longitudinal Preceptors regarding Health Coaching

Health Coaching involves students working with one of your patients, independent of office appointments, for 3 one-on-one sessions from February, 2017, to April, 2017. During these meetings, the students will be completing the following:

- Explain the health coaching process which is to encourage your patient to set one small goal to improve control of chronic health conditions including: Hypertension, Diabetes, Asthma, Obesity, or Sedentary Lifestyle. This is patient-centered, and the medical student does not give medical advice or choose the goal. Samples might be to take medications more consistently, increase exercise, or complete an educational program to learn about the disease. Patients who successfully make progress on one small goal are more likely to successfully accomplish more difficult changes in self-management of their chronic illness.
- Follow the patient in subsequent sessions to see progress on the patient goal, and to consider additional goals.

Educational activities that the student has accomplished prior to meeting with your patient:
- Three modules of didactic information
- An Objective Structured Clinical Exam (OSCE) with standardized patients
- A peer on peer activity with feedback to allow further refinement of health coaching skills

Your responsibilities in Health Coaching are to assist the student:
- As the student identifies a patient under your care during their sessions in November/December, 2016, who is not to goal on the chronic conditions. You are not required to be the managing physician for these conditions. Please also see the "Detailed Instructions for Students/Preceptors/Practice Managers on How to Find a Health Coaching Patient via IHIS". If you are unable to find a patient, we will have a pool of volunteer patients available to the student for this activity.
- If the patient is a minor, you will need to explain and sign a consent form with your patient regarding this educational activity, (see attached). The student also signs a form that they will not give medical advice.
- As the student and patient determine a suitable meeting place and time at the practice or an outside meeting location that will not interfere with your office functioning. This could be an unused exam room.
- Please note that you will not be evaluating the student on their Health Coaching or be present to supervise the student. This is a patient-centered activity, and the students will instruct the patient to direct all questions of medical advice or treatment to the attending physician or office staff involved with the specific medical problem.

Health Coaching Objectives and Outcomes:
- Increase medical student empathy, patient-centered communication skills, and knowledge of health coaching as one tool to improved self-management of chronic health conditions.
- Students will present to the Longitudinal Group, and obtain professional health coach feedback in a small group setting. The final activity will be to assess and integrate the lessons learned in Health Coaching in a longitudinal group setting.
- Health coaching notes written by the medical student are stored in a separate, secure database, and this is not automatically a part of your patient medical record. Please feel free to ask your student about the patient goals and accomplishments during this activity.

For more information on Health Coaching please contact:

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