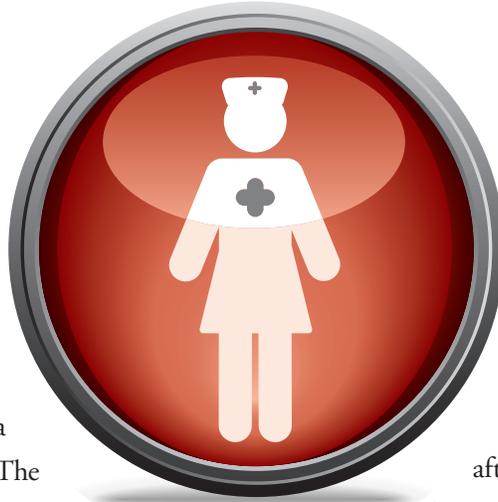


Navigating the healthcare landscape with an RN Health Coach

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It's tax time again and very few of us feel competent to do our own taxes. Most of us rely on an expert to guide us through the IRS plethora of rule and regulations that seem to change each year. Yet when it comes to the healthcare landscape many rely on a gut feeling, a friend or neighbors advise. The benefits of utilizing a case manager to assist with your healthcare decisions are many.

I recently was approached by my neighbor who wanted advice. His question was should he stay at home or move to an assisted living facility as his children suggest. His children live out of town and are worried that he can no longer care for himself. His wife had passed away over the weekend. He did not want to leave the home that he and his wife had loved so much.

This is a familiar circumstance for many seniors. The utilization of a RN Health Coach can assist you to navigate the healthcare landscape and help you stay at home.

The RN Health Coach is instrumental in assisting individuals with chronic illness to understand the relationship between taking medications, eating the right diet and feeling better. Together, with your RN Health Coach you will create your wellness vision. The wellness plan will include physical, emotional, social, spiritual and financial realms of your

life. The wellness plan will provide specific and clear direction to allow you to live to your unified highest potential state of health. This is achieved by collaboratively setting goals to reach optimum health. During the motivational interviewing process, after strengths, values and desires are determined and client's vision is set in place, specific goals are set so client is able to move in the direction of his/her optimal wellness.

Some noted benefits of a RN Health Coach are significant improvement in A1C in individuals who have diabetes. This is because coaching had a positive effect on patient's knowledge, skill, self-efficacy and behavior change. For those who had coronary heart disease coaching can significantly impact a change in total cholesterol. In addition to the fore mentioned individuals who utilize a RN Health Coach to quit smoking have an increased success rate of at least 30% and for those under the care of a RN Health Coach trying to lose weight their success rate increases by nearly 60%.

If you or someone you know would like more information contact the Personal Services Department at 603-663-4017. We will be happy to answer any questions you may have. Congratulations of taking the first step to a healthier you!



VISITING NURSE ASSOCIATION
of Manchester & Southern New Hampshire