

Coaching for Health



WHAT IS COACHING FOR HEALTH?

Coaching for Health is a free telephone or video conference coaching program delivered by Pain BC. It is designed to help people living with pain learn self-management skills, regain function and improve their well-being.

HOW DOES COACHING HELP?

Used in combination with primary care providers, health coaching can help improve outcomes by getting patients more involved in their own health. Coaching has been shown to be effective when a patient needs help getting started with self-management or is struggling to change behaviours that impact their health.



HOW DOES THE PROGRAM WORK?

Coaches support patients via phone or video for a 6-12 week period. Coaching for Health sessions are driven by client needs and interests rather than a one-size-fits-all curriculum. The goal of this program is to activate patients who feel “stuck” and need support to change behaviours that impact their health.

INFORMATION FOR PATIENTS:

Coaching for Health can help people living with pain:

- ✓ Get started with self-management, especially if you are feeling stuck
- ✓ Regain function
- ✓ Improve well-being/ quality of life
- ✓ Better understand pain science and how it affects your health
- ✓ Create a plan to take charge of your health
- ✓ Get support without having to leave the comfort of your home

INFORMATION FOR PHYSICIANS:

Family physicians can refer a patient to the program:

- If the patient is 18+ years old
- If the patient has a chronic pain diagnosis or has been living with stable persistent pain for 6+ months. Referrals will also be accepted if the time frame is shorter but the patient's condition is stable and they are highly motivated to self-manage.
- If the pain is interfering in the patient's daily function in one or more domains: general activity, mood, walking ability, normal work, enjoyment of life, relationships with other people, and sleep.
- If the patient desires change but is unsure how to proceed or is stuck in old habits.
- If the patient self-identifies as interested in self-management.



Email us with questions at
CoachingforHealth@painbc.ca

www.painbc.ca/coaching

HOW TO REFER PATIENTS TO COACHING FOR HEALTH:

Complete a referral form www.painbc.ca/coaching and fax it to (888) 329-5702. Patients will be contacted within 3 days of the referral.



Pain BC is a non-profit organization dedicated to improving the lives of people in pain through education, empowerment and innovation.