

The impact of Health Coaching Training in MSK practice

The staff perspective

Felipe Forte

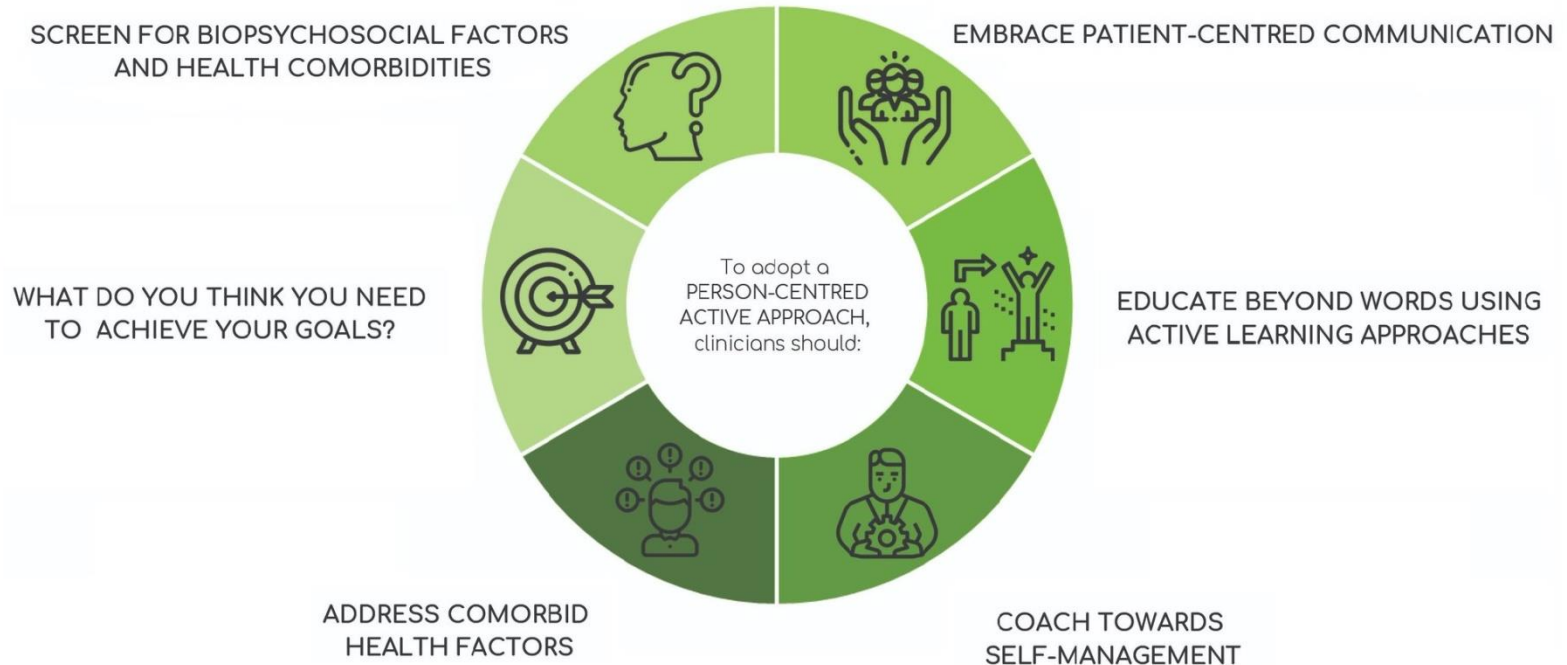
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Actions to manage a person with **musculoskeletal pain**, irrespective of body region



Caneiro JP, Roos EM, Barton CJ, et al It is time to move beyond 'body region silos' to manage musculoskeletal pain: five actions to change clinical practice. *British Journal of Sports Medicine*. Published Online First: 11 October 2019. doi: 10.1136/bjsports-2018-100488






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Physiotherapists' perceptions of learning and implementing a biopsychosocial intervention to treat musculoskeletal pain conditions: a systematic review and metasynthesis of qualitative studies

Riikka Holopainen^{a,*}, Phoebe Simpson^b, Arja Piirainen^a, Jaro Karppinen^{c,d}, Rob Schütze^b, Anne Smith^b, Peter O'Sullivan^{b,e}, Peter Kent^{b,f}

Table 2

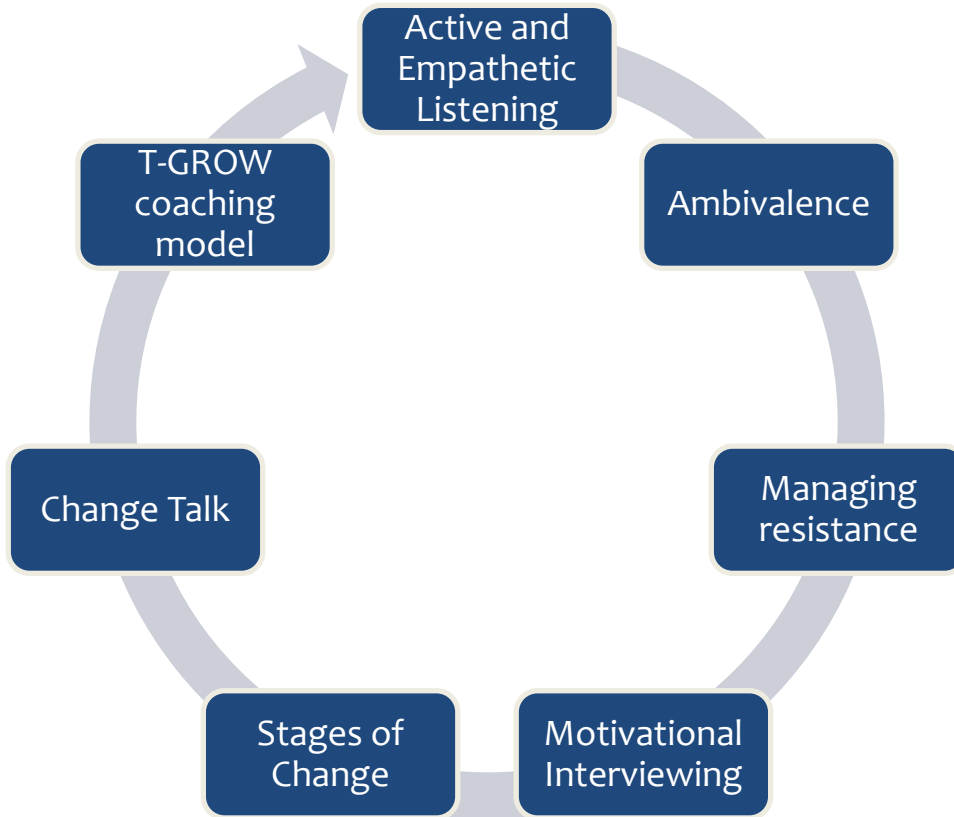
Overview of themes and subthemes.

Themes	Subthemes
1. Changed understanding and practice	Biopsychosocial understanding and application Person-centered care Enhanced therapeutic alliance and communication  Wider application of new skills
2. Professional benefits	 Increased confidence as a result of new skills Effective practice  Increased job satisfaction
3. Clinical challenges	Discomfort when dealing with psychosocial factors Consideration of professional role Resistance/questioning the new approach Overwhelmed by amount of new information Difficulty changing practices Patients' beliefs and expectations Time constraints
4. Learning requirements	Structured learning, diverse learning methods during workshops Ongoing process, support

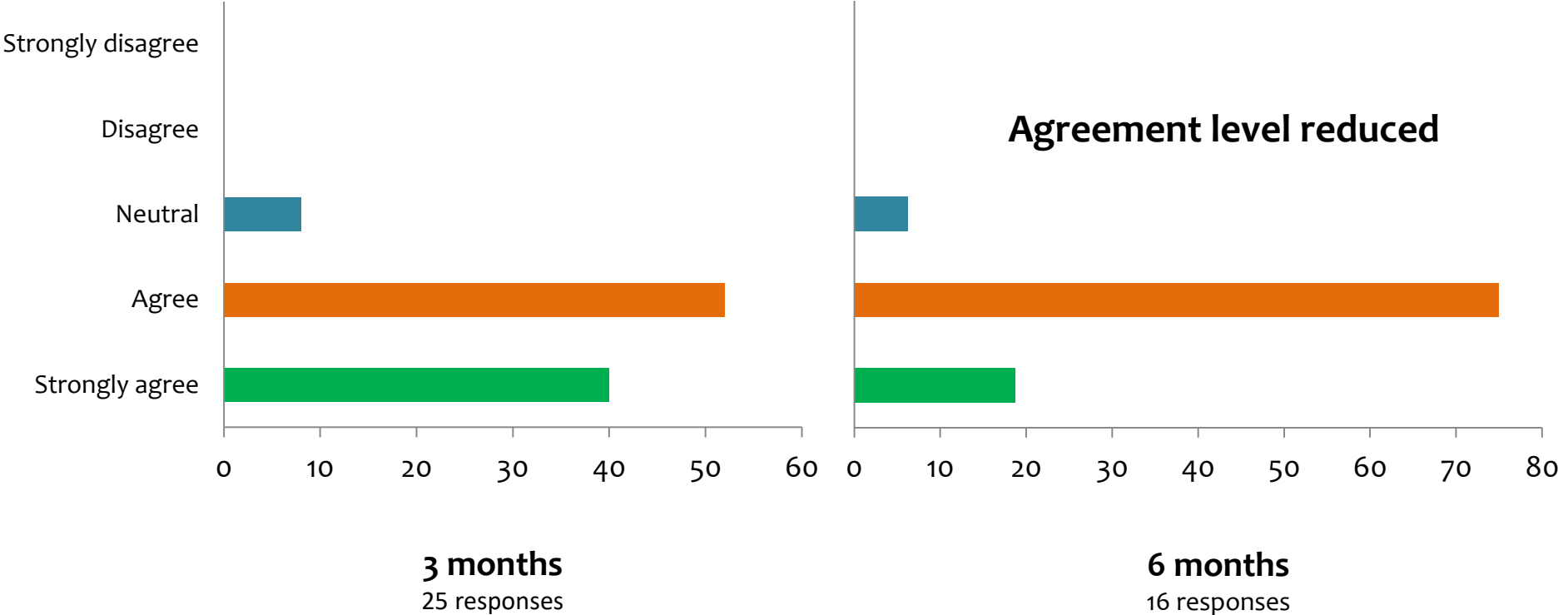
Health Coaching Training

11 hours – 1.5 days

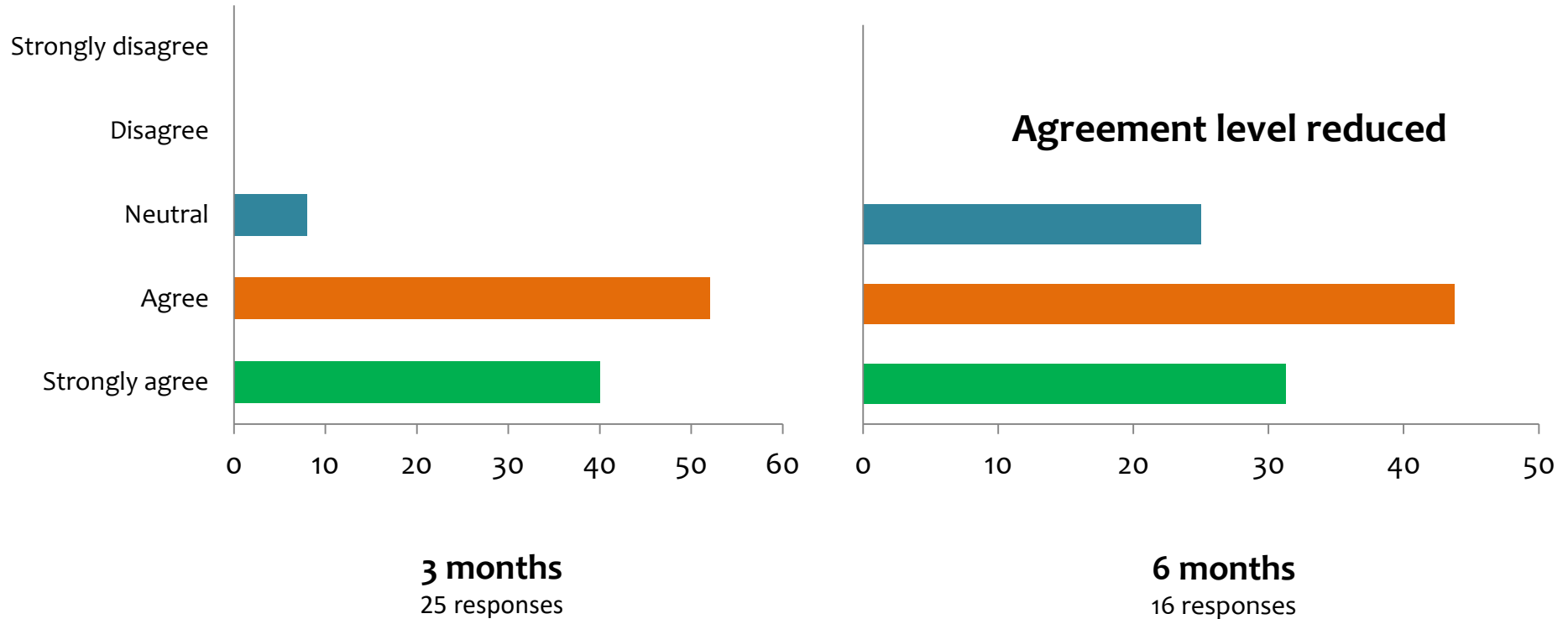
44 people in 3 cohorts:
Physiotherapists (55% MSK
team)
Podiatrists (2)
Pain Specialist Nurses (2)
Administrative (1)



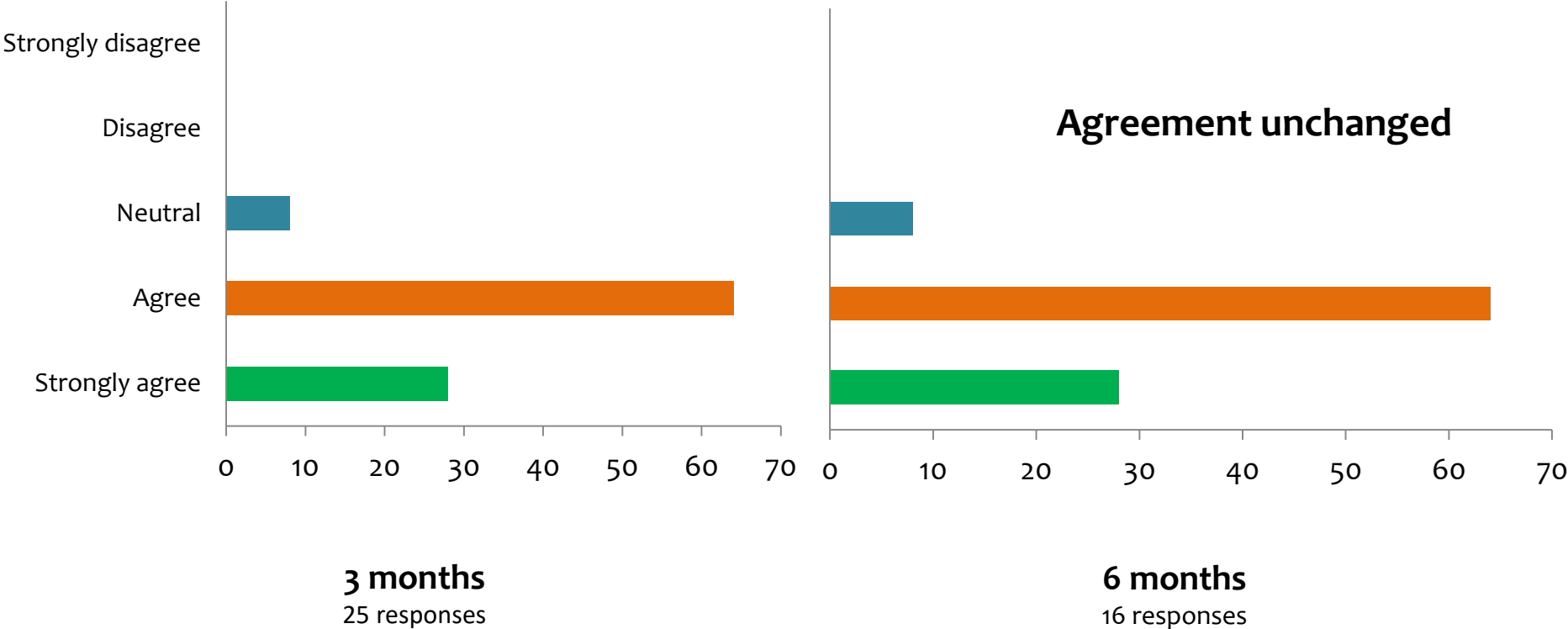
I have a good understanding of the training concepts.



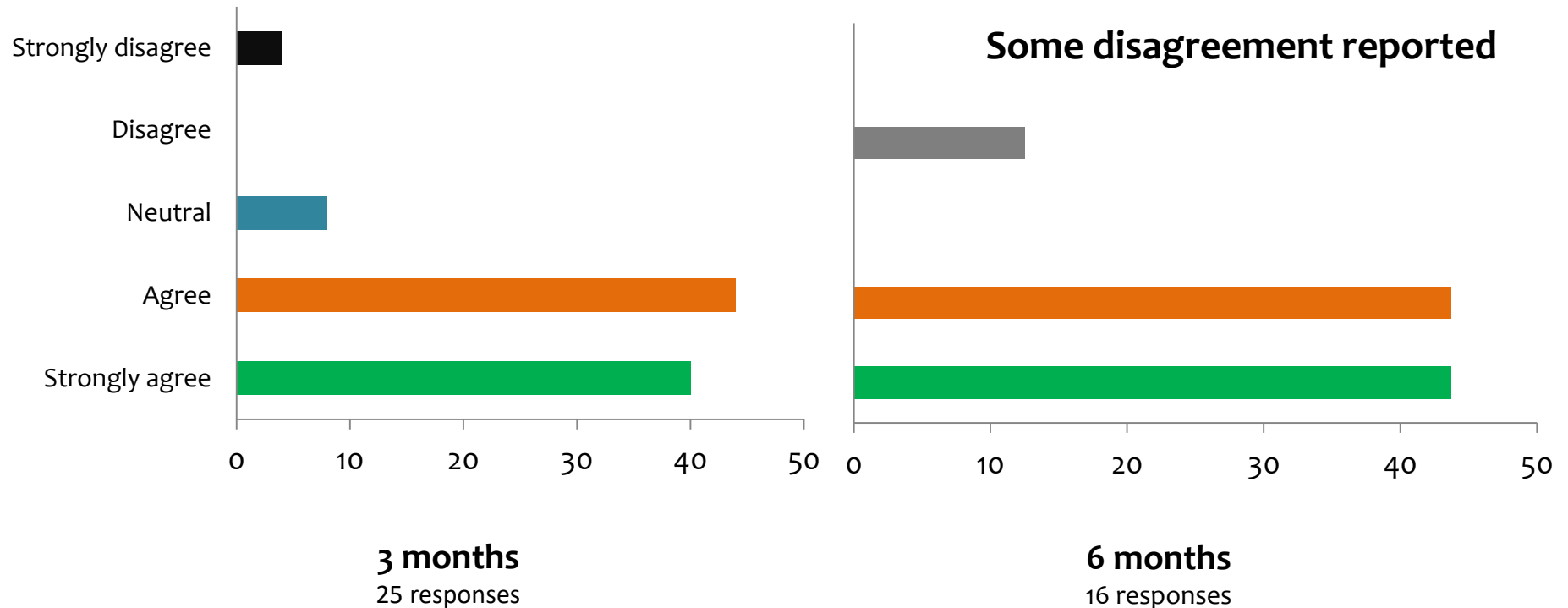
I have the skills required to include health-coaching concepts in my role.



I have confidence to apply the knowledge and skills in practice.



The training has had a significant impact on my role. I am using health-coaching principles in my day to day work.



Impact on job satisfaction and personal wellbeing

*... increased confidence
and not taken on all the
patients problems...*

*Facilitated clinical
encounters, reducing
energy requirement and
stress during difficult
conversations.*

*I genuinely feel more
satisfied when seeing
certain patient
populations such as
persistent pain...*

*... rewarding to consider
the conversations we have
had is what has supported
that change.*

Majority knowledge, skills and confidence to apply principles remained at 6 months

Majority agreed significant impact on role although some disagreement at 6 months

THANK YOU



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