

CCP 5.0: LIFESTYLE & CHRONIC CARE HEALTH COACHING TRAINING



THE HEALTH COACHING CERTIFICATION NATIONALLY RECOGNIZED & BACKED BY INDEPENDENT STUDIES

Offered with the population health improvement industry association, the Care Continuum Alliance, the Case Management Society of America, and the National Association of Wellness and Disease Management Professionals, since 2003 the award-winning Chronic Care Professional (CCP) Health Coach program remains the top choice of employers, health plans, military health services, health systems and medical home, and state and regional collaboratives. In peer-reviewed evaluations, teams prepared in evidence-based chronic care and self-care support interventions deliver better patient-level outcomes. CCP is the only population health or health coaching training program linked with better outcomes in evaluations by partner organizations including Kaiser Permanente.

COMPLETELY REVISED AND UPDATED FOR 2013

CCP 5.0 includes the definitive manual and guidebook to lifestyle management and chronic care health coaching—complete with medical care guidelines and patient shared decision-making tools for over 25 chronic conditions. Learners can also access a new library of engaging motivational interviewing (MI) health coaching skill-building activities—including training in the 2012 Miller & Rollnick MI health coaching framework (MI remains the *only* validated approach to health coaching and is linked with better patient outcomes in 300+ clinical trials). CCP 5.0 learners have exclusive access to over 30 HealthSciences Institute faculty contributors from Mayo Clinic, Cleveland Clinic, Harvard, among others.

TUITION & PROGRAM DELIVERY

The \$1,395 bundled tuition fee includes a 350 page full-color, spiral-bound CCP manual, multimedia learning program, examination and a continuing education certificate—pre approved for nurses, physicians and case managers. Association and organization partners—and military enrollees—are eligible for tuition reductions. Once certified, CCPs have FREE access to monthly webinars by national experts (archived for on demand viewing) providing ALL CE required for recertification.

CCP fulfills the core health coaching curriculum requirement for Registered Health Coach® and CCPs are eligible for National Registry listing @ www.HealthCoachRegistry.org

Learn more or register now: <http://healthsciences.org>

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Module 1: Population Health Improvement (PHI)

- The New Health Care Environment
- Assessing & Improving Health Care Quality
- Chronic Care Improvement
- Wellness, Disease Management & Care Management Practice

Module 2: Chronic Conditions

- The Big Five Chronic Conditions
- Key Chronic Conditions
- Issues of Late-Life

Module 3: Lifestyle Management

- Diet & Nutrition
- Weight Management & Bariatric Surgery
- Fitness, Physical Activity & Mind/Body Health
- Stress Management
- Tobacco Cessation

Module 4: Health Coaching

- Behavior Change Theory, Science & Practice Applications
- Miller & Rollnick MI Health Coaching Framework
- MI Health Coaching Patient Challenges
- MI Individual & Team Skill-Building Activities

- **Bonus: Miller & Rollnick's MI Video Training Series (6 hrs)**

CHRONIC CARE PROFESSIONAL 5.0

LEARNING OBJECTIVES

MODULE 1 | POPULATION HEALTH IMPROVEMENT

- Describe why and how health care delivery and patient care are being transformed.
- Describe how chronic care differs from acute care and why it requires a new orientation.
- Identify key features and applications of the population health improvement model.
- Review wellness, disease management, and care management steps and best practices.
- Summarize population health program evaluation steps and identify common program evaluation mistakes.

MODULE 2 | CHRONIC CONDITIONS

- Compare and contrast traditional and partnership-oriented models of patient care.
- Describe the key differences between patient education and self-care support.
- List examples of the four components of the WISE model of patient self-care support.
- Highlight key signs, impacts, self-care steps, and evidence-based care for the big five chronic diseases.
- Describe common late-life conditions and key assessment and management steps.
- Review key issues that may threaten the health, independence, or quality of life for older adults.

MODULE 3 | LIFESTYLE MANAGEMENT

- Discuss how lifestyle factors influence chronic disease risk.
- Describe the critical components of a healthy diet and the specific nutritional benefits of plant-based foods.
- Provide accurate information regarding the treatment and management of the overweight and obese.
- Describe physical activity recommendations and simple strategies for introducing physical activity to patients.
- Describe the benefits and basic features of mindfulness, tai chi and yoga.
- Describe the impacts of smoking and quitting on the body, cessation medications, and steps for dealing with urges.

MODULE 4 | HEALTH COACHING

- Review leading behavior change theories and models.
- Describe the evidence-based health coaching approach.
- Apply key principles of behavior change science to health care health coaching practice.
- Summarize principles and foundations of MI.
- Apply the Miller & Rollnick health coaching framework in patient care encounters.
- Apply MI to common clinical, lifestyle management and chronic care patient scenarios.
- Create an MI professional development plan reflecting health coaching strengths and weaknesses.

