

Self-Management Case Study

This case study may be used as a practice activity or to assist in framing a contextualised case study suitable for your practice environment. The Health Coaching Education and Training Framework allows you to tailor your simulation session by selecting specific domains and capabilities that align with your local training needs.

Patient Details

Antonio Suroto is an 82-year-old male referred to your service. He has chronic cardiac disease and has experienced recent weight loss requiring intervention.

Medical History:

- Aortic Valve Stenosis, Aortic Valve Replacement, Permanent Pacemaker
- Hypertension
- Hypercholesterolaemia
- Previous Methicillin-Resistant Staphylococcus Aureus (MRSA).

Antonio's goal: I want to gain weight by following a dietitian plan.

Action plan:

1. Follow diet plan.
2. Weekly self-weigh.

Health Literacy:

- Language -English
- Culturally and Linguistically Diverse – No
- Aboriginal or Torres Strait Islander – No
- Modality – Videoconferencing
- Good understanding of health
- Good ability to self-manage.

Readiness to change

- 10 = Short term Goal / Importance
- 9 = Confidence

Readiness rule scale

How Important is this change 0 (not) –10 (very)

How Confident are you about making the change 0 (not) –10 (very)

Other services involved in care:

- Dietitian
- Outpatient / Cardiac Rehab
- General Practitioner.

Note for facilitator: Ideally have someone 'playing' the consumer and the learner as the health coach. If a consumer isn't available, provide the scenario to the learner and ask:

How would you engage with Antonio to achieve his goals? Consider how you would collaborate to develop the action plan and what other information would be useful to support Antonio.

Considerations for the facilitator to guide the learner in the activity:

1. Develop a rapport and introduce consumer to the services.
2. Use a caring tone and display comfortable body language.
3. Use plain language – no jargon.
4. Use teach-back method for clarity of patients understanding.



5. Encourage consumer to continue with existing services involved in care.
6. Use open ended questions.

You may choose to identify different health coaching capabilities as focus areas for the session according to learner needs.

Practical tips that may be useful for the learner when facilitating case study sessions include:

- Always ask open ended questions
- Note down relevant consumer information to build rapport

This resource has been adapted with thanks from Western Sydney Local Health District.

When goal setting:

- Ask the consumer what goals they would like to set or areas they would like to focus on
- Are there any concerns or challenges they anticipate in achieving their goal?
- If a consumer is unsure- try providing some simple suggestions
- How do they feel about the goal?
- Is the goal realistic for them?

When reviewing goals:

- If the goal is 'achieved', consider building on that goal.
- Is the goal still meaningful to the consumer?
- What progress has been made?
- Should the goal be adjusted to make it more attainable or realistic, based on the consumer's experience?
- Set new goals or next steps

Self-reflection

- Encourage the consumer to reflect on their journey: What strategies worked well? What could be improved next time?
- Help them identify strengths and areas for growth.

Completing the case study scenario with the learner

Close the scenario session with a facilitated reflection with the learner. Allow the learner time to reflect and develop a plan for capabilities they would like to develop further. Schedule a follow up session with the learner.