



Transformative Health & Wellness Coaching Workshop

What's buzzing in health
and wellness?



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**“The natural healing force in
each one of us is the greatest
force in getting well.”**

Hippocrates

Objectives

In this workshop, we will discuss the importance of staff health and wellness and highlight transformative health coaching with focus on self-care activities.

1. Intro to Transformative Nurse Coaching
2. Understanding the Process
3. Navigating Change
4. Adopt a Lifestyle Design
5. Practice Makes Better
6. Create Goals for Self-Care



1. Intro to Transformative Nurse Coaching



Why is Transformative Nurse Coaching needed?

One-third of healthcare team members struggle with significant stress and burnout resulting in increased turnover and absenteeism at micro-, meso-, and macro levels of healthcare (Webster, 2019).

Chronic burnout may result in cardiovascular diseases, migraines, and other physical and mental illnesses (Khamisa, Peltzer, Ilic & Oldenburg, 2016).



QUADRUPLE AIM



(Bowles et al., 2018)

MESO LEVEL

MEDIUM SYSTEMS:

- Neighbourhoods
- Schools
- Local organizations
- Communities
- Groups of people

*GROUPS &
COMMUNITIES*

MACRO LEVEL

LARGE SYSTEMS:

- Healthcare systems
- Policy
- Law & legislation
- Political subsystems
- International assc.

*SYSTEMIC
ISSUES*

MICRO LEVEL

CONTAINED SYSTEMS:

- Individuals
- Families
- Relationships

*INTRA- & INTER-
PERSONAL*

Elevator Speech



Imagine waking up each day feeling confident, energized, motivated, and excited about what lies ahead. That is the transformative power of health and wellness coaching.

Elevator Speech Cont.

Meet Individuals Who Struggle With:

- Need for nutrition education
- Plan for physical activity
- Roadmap for restorative sleep
- Desire for an adequate stress management approach
- Need to avoid risky substances
- Craving for positive social connections



Not only have our members learned new skills, but they also feel more connected and better prepared. *They have discovered a newfound sense of clarity, purpose, and joy, allowing them to embrace life with passion and vitality. They know that transformative health and wellness coaching can make a difference and allow individuals to thrive in every aspect of life, creating endless possibilities!*

Lifestyle Assessment



AMERICAN COLLEGE OF
Lifestyle Medicine



LOMA LINDA UNIVERSITY
HEALTH
Produced in collaboration
with Loma Linda University

Lifestyle Assessment Short Form

OVERALL HEALTH

1. Please circle your current overall LEVEL of HEALTH.

0 1 2 3 4 5 6 7 8 9 10
Very Excellent
poor health health

SLEEP

2. OVER THE LAST TWO WEEKS, how many hours of sleep did you average in a 24-hour period?

- a. Less than 4 hours
- b. 4-5 hours
- c. 6 hours
- d. 7-8 hours
- e. 9 or more hours

3. OVER THE LAST TWO WEEKS, how often did you feel tired or have difficulty staying awake during routine tasks in the day?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

NUTRITION

5. OVER THE LAST TWO WEEKS, how often have you eaten fast food, sugary drinks (e.g., soda, sports drinks, juice) or packaged foods (e.g., chips, candy, crackers, cookies)?

- a. Not at all
- b. Several days
- c. More than half the days
- d. Nearly every day

6. ON AN AVERAGE DAY, how many servings of whole fruits and vegetables do you eat (1 serving is about a handful and does not include fruit juice)?

- a. Less than 2 servings
- b. 2-3 servings
- c. 4-5 servings
- d. More than 5 servings

WEIGHT MANAGEMENT

4. What do you think about your current weight?

- a. I want to gain a lot of weight
- b. I want to gain a little weight
- c. I am happy with my weight
- d. I want to lose a little weight
- e. I want to lose a lot of weight

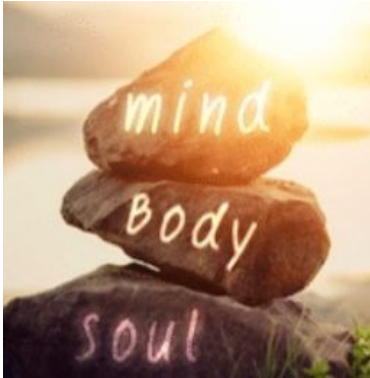
EXERCISE

7. OVER THE LAST TWO WEEKS, how many days did you exercise at a moderate to strenuous intensity (e.g., brisk walking or enough movement to break a light sweat)?

- a. Less than 1 time per week
- b. 1-2 times per week
- c. 3-4 times per week
- d. 5 or more times per week

8. DURING AN AVERAGE SESSION, how many minutes do you exercise at a moderate to strenuous

Take a Whole-Person Approach to Heal Mind, Body, and Spirit



4 Pillars of Transformative Coaching

1. Service
2. Resilience
3. Holistic Wellness
4. Transformation



2. Understanding the Process



Transformative Coach Training Series



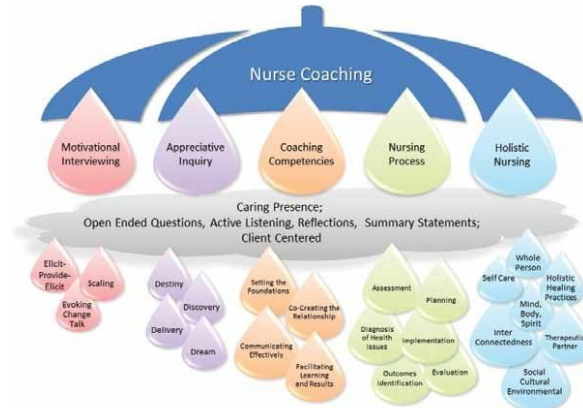
- ✓ Rediscover your passion
- ✓ Heal your patients holistically
- ✓ Implement lifestyle medicine
- ✓ Experience wellness in your own life
- ✓ Cultivate community
- ✓ 120 Nursing Contact Hours
- ✓ Become Board Certified

Giza & Lapidés (2018)

What does it mean to be a Nurse Coach?

A nurse coach is a registered nurse who has achieved additional training in the art and science of health and wellness coaching.

Luck (2019)

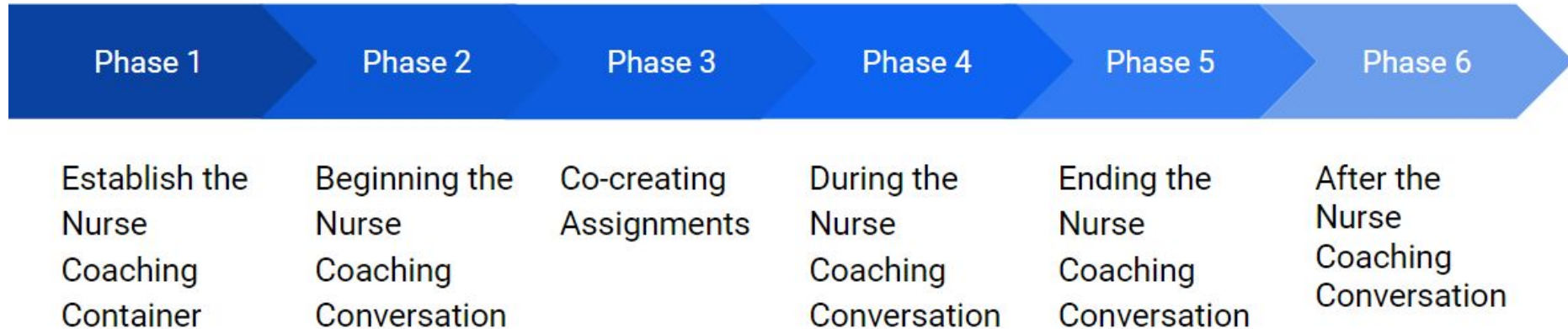


What is the role of a Nurse Coach?

A nurse coach supports patients in setting and achieving their goals with a collaborative and holistic approach at its core.

Jackson (2023)

The Transformative Nurse Coaching Process



Giza & Lapidis (2018)

3. Navigating Change

Person Led Approach



YOUR ROADMAP TO SUCCESS

A JOURNEY OF A THOUSAND MILES
BEGINS WITH A SINGLE STEP.
- LAO TZU





Co-Creating Change

- Motivation
- Values
- The Transtheoretical Model of Change Behavior (Prochaska)
 - **Stages of Change:** Precontemplation, contemplation, preparation, action, maintenance, relapse
- Motivational Interviewing
 - Habit - unconscious pattern that run our lives

Goals, Action, and Accountability

Long (2016)

4. Adopt a Healthy Lifestyle



6 WAYS LIFESTYLE MEDICINE HELPS YOU TAKE CONTROL OF YOUR HEALTH

1 WHOLE FOOD, PLANT-BASED NUTRITION
RISKY SUBSTANCES

2 PHYSICAL ACTIVITY
SLEEP

3 STRESS MANAGEMEN
CONNECTION



4 AVOIDANCE OF

5 RESTORATIVE

6 SOCIAL

(ACLM, 2023)



Where Does Lifestyle Medicine Fit?

It is important to understand the distinction between lifestyle medicine and other medical disciplines.

To view and listen to content, select each tab.

Allopathic Medicine

Preventive Medicine

Functional Medicine

Integrative Medicine

Lifestyle Medicine

Key Care Approach

- Root Causes
- Lifestyle First Interventions for Treatment and Remission
- Patient More Often in Copilot Role

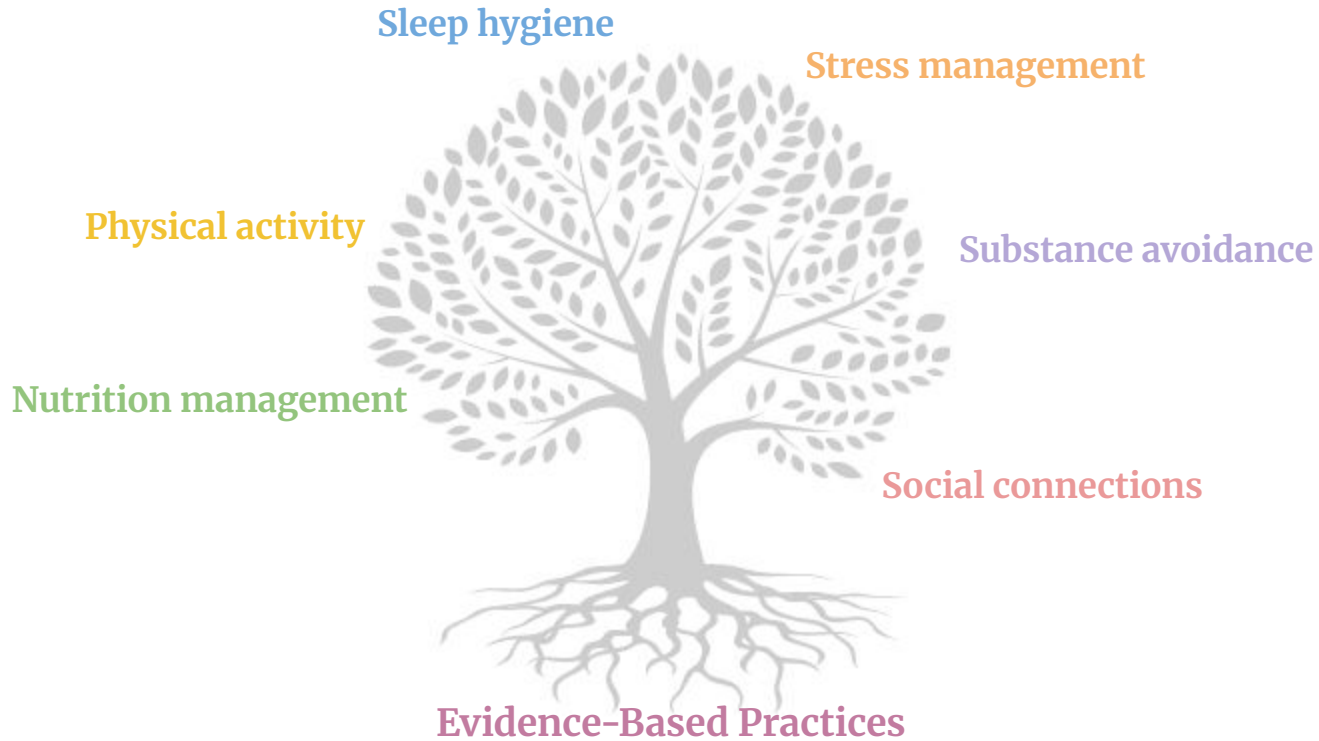
5. Practice Makes Better!



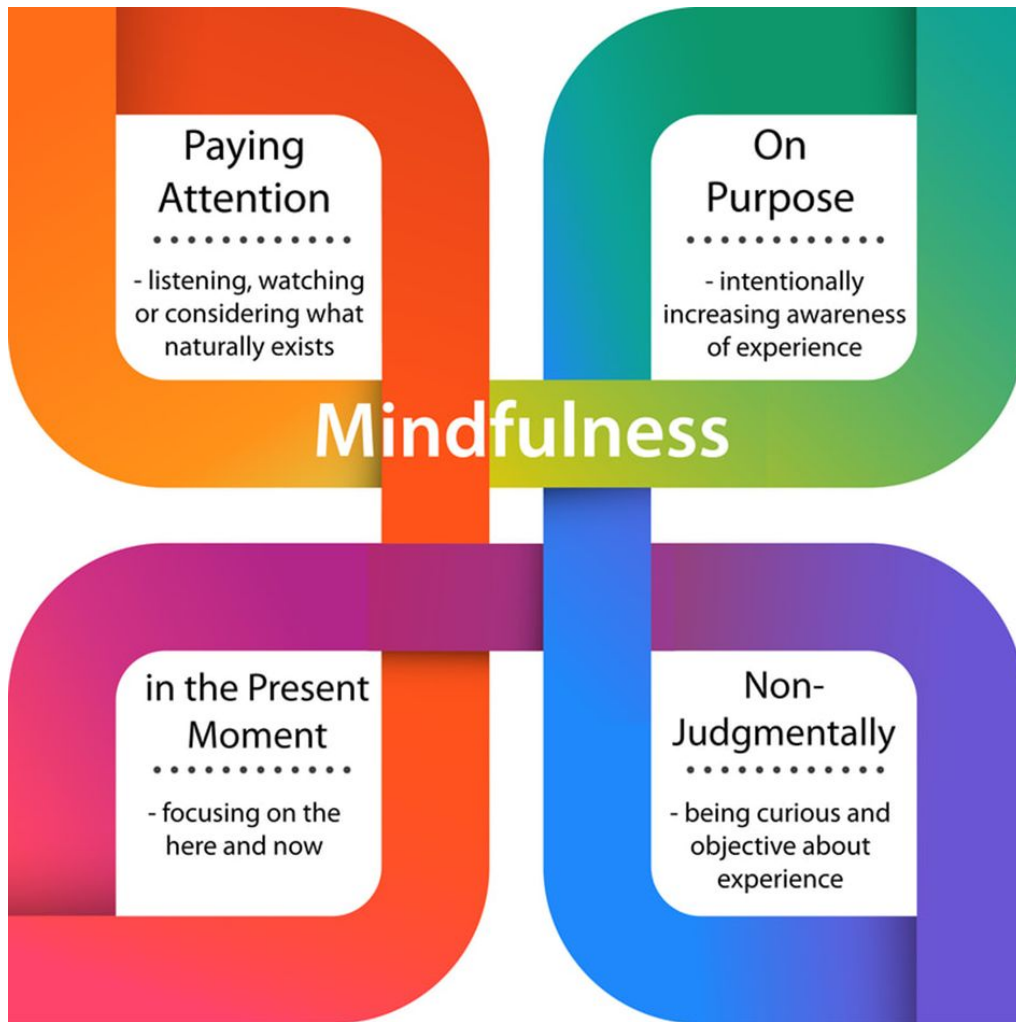
“Health coaching improves the management of chronic diseases.Health coaching is an effective patient education method that can be used to motivate and take advantage of a patient's willingness to change their life style and to support the patient's home-based self-care.”

Kivelä, Elo, Kyngäs, & Kääriäinen (2019)

This Tree Symbolizes Your Health and Wellness Journey



The roots, our evidence based practices, support the branches



Stress Management through Mindfulness Based Stress Reduction Programs (MBSRP)

3 Minute Exercise to Reduce Stress

Box Breathing



Meaningful MBSRPs should be offered as part of continuous professional development in care settings and in academia to reduce perceptions of stress and symptoms of burnout.

In return:

Employers will see decreased absenteeism rates, increased attentiveness, and safer care (Halm, 2017).

Employees will experience decreased perceptions of stress and symptoms of burnout.



6. Create Goals for Self-Care



Lifestyle Assessment

Please rank the top **THREE** areas you are most motivated to change in order to improve your current overall **LEVEL OF HEALTH** (1 being most motivated).

Sleep _____

Weight Management _____

Nutrition _____

Exercise _____

Purpose & Connection _____

Mental Health _____

Substance Use _____

Please work on 14



Transform
Health & Wellness Coaching

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