



# AMERICAN ACADEMY OF FAMILY PHYSICIANS

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## F O U N D A T I O N

### **Abstract of Study Supported by a Resident Research Grant in 2013**

#### **Pilot of an Ultra-Brief Health Coaching Curriculum for Hospital Volunteers (G1302RRG)**

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#### **Abstract**

The proposed project will examine the feasibility and effectiveness of using an ultra-brief health coaching curriculum to prepare lay health coach volunteers to support primary care patients in managing chronic diseases and changing unhealthy lifestyle behaviors. The study will measure the degree of fidelity with which health coaches can implement the curricular intervention with chronic disease patients following just 3 hours of video training and 5 hours of live skills training. The study will examine patients' satisfaction with the lay health coaches and the satisfaction of health coaches with the training program. Using a pre-post design, coaches' levels of confidence and self-efficacy in using behavioral methods to facilitate health behavior change will be measured. Descriptive data will be collected to evaluate the feasibility of the intervention from the perspective of the practice staff. Debriefing interviews of health coaches will enrich the dataset. The coaching curriculum has been developed by an experienced behavioral science educator and research investigator who will draw upon evidence-supported practices from the health coaching literature. The twenty volunteer lay health coaches will be integrated into outpatient Family Medicine residency practice teams where they will provide health coaching to patients for 4 months. The curriculum and materials will be available online. This study will be submitted for publication to Family Medicine journals, and we will submit this as a seminar for presentation at the AAFP-STFM Conference on practice Improvement, the STFM Annual Spring Conference, and the FMEC Northeast Regional Meeting. Findings from this study will serve as pilot data for the resident's subsequent fellowship research project, and for subsequent grant applications for a more formal test of outcomes.