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Certified Wellness Inventory Facilitator

shs.uconn.edu/know-u-well
Purpose:

The purpose of the Nurse Coach Wellness Visit is to identify patient risk factors, provide targeted health information, and create a personalized preventive plan of care. According to the National Institute of Nursing Research, nursing science promotes health and prevents illness when focusing on wellness. This science area relates to understanding the physical, behavioral, social and environmental causes of illness; assesses behaviors that lead to healthy lifestyle choices; and develops evidence-based interventions to promote wellness.

NURSE COACH WELLNESS VISIT

Goals:

Program goals:
• Enhanced care delivery
• Positive impact on campus health
• Efficient use of clinical resources
• Increased patient engagement
• Measurable improvements in quality care

Patient specific goals:
• Promotes healthy behaviors
• Skill building
• Enhance individual accountability

SHS specific goals:
• Enhance the role of nurses in the patient care experience
• Strengthen interdisciplinary collaboration
Why a Nurse Coach?

- Caring and coaching
- Stimulating motivation
- Inspiring awareness
- Focusing on strengths
- Encouraging formulation of personal health goals
NURSE COACH WELLNESS VISIT

- Nurses constitute the largest group of healthcare providers
- They are uniquely situated for this role
- Professional nursing is rooted in efforts to assist patients to achieve optimal health through knowledge and evidence-based practice
- Nurses partner with clients to assess, strategize and plan
- They inform government agencies and various organizations about the important role they play of improving health of the nation
NURSE COACH WELLNESS VISIT

- Nurses’ philosophy of care honors the whole person
- The holistic nursing approach integrates the physical, emotional, spiritual and environmental influences into the plan of care
- Nurses are in a unique position to partner with individuals, families, and communities to identify and achieve their maximal health potential
- The nurse is trained to restore and enhance wellness and guide the student toward their best self
Guiding Theories
SOCIAL ECOLOGICAL MODEL

- **Intrapersonal**
  - Knowledge
  - Attitudes
  - Behavior
  - Self-concept
  - Skill
  - Developmental history

- **Interpersonal Processes and Primary Groups**
  - Formal and Informal social network and social support systems, including family, work group and friendship networks

- **Institutional Factors**
  - Social Institutions and organization characteristics, and formal (and informal) rules and regulations for operations

- **Community Factors**
  - Relationships among organization, institutions and informal networks with defined boundaries

- **Public Policy**
  - Local, state and national laws and policies

https://www.acha.org/HealthyCampus/Implement/Ecological_Model/HealthyCampus/Ecological_Model.aspx?hkey=f5defc87-662e-4373-8402-baf78d569c78
SOCIAL COGNITIVE THEORY

STAGES OF CHANGE

NURSE COACH WELLNESS VISIT

- Creates a personalized plan of care
- Provides targeted health coaching
- Evidence-based approach
- Promotes health and prevents illness
- Understanding the physical, behavioral, social, and environmental causes of illness
- Holistic approach
- Process for developing healthy behaviors
- Lays the foundation for life-long health

Healthy Husky  Healthy Campus  Healthy Graduate
Health Risk Assessment
Completion of a questionnaire to assess health risks. This includes screenings for depression, tobacco and alcohol use.

Biometrics
Measures of blood pressure, height, weight, body mass index. The student would be referred to a clinician for additional testing such as glucose and lipid panel.

Preventive
Assess for and recommend preventive immunizations including HPV and influenza.

Utilize a Nurse Coach Model
Facilitate a behavior change process through the use of S.M.A.R.T. goal setting and motivational interviewing techniques to enable students to improve their health.

Plan of Care
Develop a personalized plan for improving one's health and well-being. Discuss and develop a plan for relapse prevention and ways to sustain healthy behavior change.

HEALTHY HUSKY HEALTHY CAMPUS HEALTHY GRADUATE
Post-visit Survey

Question 1
How satisfied were you with the amount of time dedicated to you during the wellness visit?
- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

Questions 2 - 5
Please indicate your level of agreement with the following statements:

<table>
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<th>Strongly agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly disagree</th>
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<td>4</td>
<td>3</td>
<td>2</td>
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The nurse coach listened carefully to my concerns.

I feel this visit helped me identify at least one health habit that I can improve on.

I feel motivated to change my health habits after this visit.

I was given guidance from the nurse coach on how to start developing healthy lifestyle choices.

Question 6
Do you have any suggestions for how we could improve this wellness visit?
Outcome Measures of the Nurse Coach Wellness Visit:

- 100% of students will set at least one goal as part of their personalized plan of care
- 80% of follow-up visits will be face-to-face
- 90% of students will agree that they feel motivated to change their health habits after the Nurse Coach Wellness Visit
During the Nurse Coach Wellness Visit, we will create a personalized plan geared towards your specific needs. This evidence-based approach will help you better understand the physical, behavioral, social, and environmental causes of illness that influence your health and well-being. This holistic approach begins the process for developing healthy behaviors, and laying the foundation for life-long health.

**Health Assessment**
Meet with the nurse coach to determine factors that may impact your health.

**Biometrics**
Measures of your blood pressure and other vital signs will be taken during the visit. Recommendations for additional testing will be referred to a clinician appointment.

**Preventive Care**
We will review and provide preventive health care such as immunizations for HPV and influenza.

**The Nurse Coach**
The use of S.M.A.R.T. goal setting help you set health goals. The nurse coach will provide you with the encouragement and motivation needed to achieve them.

**Plan of Care**
A personalized plan for improving your health and well-being will be developed and will include ways to sustain healthy behavior change.