

LIFE COACHING HEALTHCARE SCIENTIFIC EVIDENCE STUDIES & ARTICLES

There is growing evidence that demonstrates life coaching engages and empowers cancer patients to proactively manage the experience and then create sustainable change and a pathway to thriving. Life Coaching provides the self-knowledge and tools needed to transform good intentions into action and sustainable change.

Coaching as part of integrated, personalized survivorship care can:

- Empower patients to take charge of their lives
- Create a measurable difference in ability to follow recommendations, identify and implement changes to be healthier or prevent recurrence, and create sustainable healthy behavior
- Increase ROI/decrease cost of care through less preventable readmissions, increased patient loyalty, reduced number of visits
- Bridge the gap when active treatment ends by providing motivation, support structure, and tools to create and sustain survivorship plan and healthy lifestyles

Wellness Coaching Study Finds Long Term Benefits for Cancer Survivors.

Longitudinal Benefits of Wellness Coaching Interventions for Cancer Survivors

The International Journal of Interdisciplinary Social Sciences, Volume 4, Issue 10, pp 41-58

By [Mary Louise Galantino](#), [Pam Schmid](#), [Anthony Milos](#), [Sheila Leonard](#), [Stasia Botis](#), [Courtney Dagan](#), [William Albert](#), [Janet Teixeira](#) and [Jun Mao](#).

New research published in the International Journal of Interdisciplinary Social Sciences and conducted by The Richard Stockton College of New Jersey, showed that wellness coaching, a relatively new type of health intervention, had significant, immediate, and lasting impact in reducing anxiety and depression, while simultaneously improving quality of life and increasing other healthy lifestyle behaviors. This study is of interest to oncology nurses for several reasons. With the growing number of cancer survivors, approaches to keeping them engaged in maintaining good health are needed.

http://www.pamschmid.com/healthyandfitaftercancer/index_assets/OfficialCopy_LongitudinalBenefitsofWellnessCoachingInterventionsforCancerSurvivors_final.pdf

The Impact of Life Coaching on Goal Attainment, Metacognition, and Mental Health - ANTHONY M. GRANT: University of Sydney, NSW, Australia, SOCIAL

BEHAVIOR AND PERSONALITY, 2003, 31(3), 253-264 © Society for Personality Research (Inc.)

This study has shown that solution-focused, cognitive-behavioral life coaching can indeed be an effective approach to creating positive change, enhancing mental health and life experience and facilitating goal attainment. In addition to these therapeutic aspects, life coaching and coaching psychology provide a

useful framework from which to further develop our knowledge of the psychological processes involved in purposeful change in normal, nonclinical populations.

<http://camoni.xnet.co.il/fileup/1/6/8/9/2/7/-/-/168927/1264073544.pdf>

Healthcare Reform and Readmissions

Pam Phillips, vice president of missions, Bon Secours DePaul Medical Center , Jim McMillen, M.D., F.A.C.P., medical director, Heartland Health , Jan McNeilly, R.N., B.S.N., FACHE, director, clinical client management, Premier Danielle Lloyd, M.P.H., senior director, reimbursement policy, Premier

Reports that the inclusion of life coaching in their program

- Improved quality of life for enrolled patients
- High patient satisfaction
- Appropriate Emergency Room Utilization – Less wait time
- Improved through-put/ patient flow
- Preventable Hospitalizations for Chronic Diseases
- Decreased cost/case for medically complex patients

<https://premierinc.com/advisorlive/Presentations/ExecSummaryAL061710readmissions-EXTERNAL.pdf>

Hospitals find ways to limit return visits

By [Amy Jeter](#) The Virginian-Pilot © March 1, 2012

Bon Secours Hampton Roads Health System in Norfolk, Va., has found that using hospital "life coaches" reduces preventable readmissions and saves money for low-income and uninsured patients. Only 12 of 1,000 patients seen by DePaul Medical Center's two life coaches in 2010 returned to the emergency department for the same complaint that year, and the Norfolk hospital saved an estimated \$150,000.

- Preventative Hospitalizations and re-admittance
- Decreased cost care for medically complex patients
- 90 percent follow through with the coaching plan for ongoing care
- Improved quality of life of patients

<http://hamptonroads.com/2012/02/hospitals-find-ways-limit-return-visits>

Coaching for Behavior Change in Psychiatry

Frates EP, Moore MA, Lopez CN, McMahon GT: Coaching for behavior change in psychiatry. Am J Phys Med Rehabil 2011;90:1074Y1082.

Health and wellness coaching is emerging as a powerful intervention to help patients initiate and maintain sustainable change that can be critical to psychiatry practice. Preliminary studies indicate that health and wellness coaching is a useful and potentially important adjunct to usual care for managing hyperlipidemia, diabetes, cancer pain, cancer survival, asthma, weight loss, and increasing physical activity.

- Promote effective collaboration
- Improved measures in healthy lifestyles
- Motivation to start and sustain exercise programs, to make healthy dietary choices
- Harness heartfelt motivation connected to life values and purpose

<http://www.wellcoaches.com/images/pdf/Coaching-Am-Journal-Physical-Medicine-Dec-2011.pdf>

Coaching the Patient-Physician Relationship: A Successful Approach to Lower Healthcare Costs with Improved Medical Outcomes

Michael G. Cassatly, DMD, William Bergquist, PhD, Medical Practice Management, January-February 2010

In this article, professional coaching skills are presented that show how to regain the quality of the physician-patient relationship. This improved rapport will result in more successful patient outcomes and reduced health-care costs.

- Improve patient/physician relationship
- Three times more likely of patient follow through
- Better patient outcomes result in more available time due to fewer visits
- Reduced healthcare costs
- Personal feeling of satisfaction, less personal stress, more leisure time, and a less stressed office staff.
- Enhance physicians skill set

http://www.medachieve.com/MedAchieve/Publications_files/JMPM_1.pdf

Coaching With Compassion Can 'Light Up' Human Thoughts:

ScienceDaily (Nov. 19, 2010)

An internally funded research at Case Western Reserve has documented reactions in the human brain to compassionate and critical coaching methods. The results start to reveal the mechanisms by which learning can be enhanced through coaching with compassion.....Richard Boyatzis and Anthony Jack, assistant professor of cognitive science, philosophy and psychology, have used functional magnetic resonance imaging (fMRI) to show neural reactions based on different coaching styles.....By spending 30 minutes talking about a person's desired, personal vision, we could light up (activate) the parts of the brain 5-7 days later that are associated with cognitive, perceptual and emotional openness and better functioning," Boyatzis said.

<http://www.sciencedaily.com/releases/2010/11/101117184501.htm>

Survivorship Following Bone Marrow Transplant: a Pilot Study

Exploring Responses to a Life-coaching Intervention - M. Kenyon, F. Young, G.

Mufti, A. Pagliuca, Z. Lim, E. Ream), King's College Hospital, London; Fay Young, Life coach, June 2011

This study suggests that life-coaching has real potential in practice and is highly relevant to the BMT and cancer survivorship agenda. Life-coaching appeared to effect change with various achievements reported in different aspects of participant's lives. Feasible to deliver and highly acceptable to a broad demographic, evident through comments and recommendations, life-coaching exceeded expectations and appeared a positive and potentially life-changing experience. Participants were less anxious and depressed and reported fewer survivor concerns post intervention. Participants were empowered by the coaching experience, more confident and able to plan for the future. They gained skills and reported achievements including CV development, returning to work, socializing and enjoying creative interests.

<http://ebmt.co.uk/downloads/Michelle%20Kenyon.pdf>

An Intervention to Improve Communication Between Breast Cancer Survivors and Their Physicians.

by Cleveland G Shields, Kim Wagler Ziner, Sara A Bourff, Katherine Schilling, Qianqian Zhao, Patrick Monahan, George Sledge, Victoria Champion,

Journal of Psychosocial Oncology (2010)

The authors conducted a randomized trial of a communication coaching intervention in which 22 female breast cancer survivors were randomized to the coaching and 22 to treatment as usual. They hypothesized that the intervention would increase breast cancer self-efficacy, improve mood, and reduce fears of recurrence. **Through a series of ANCOVAs they found that the intervention led to increases in self-efficacy.** Changes in self-efficacy predicted changes in anxiety, depression, and womanhood fears. This coaching intervention shows promise but requires additional studies to establish its efficacy and effectiveness.

<https://www.dropbox.com/s/sxdb7mqsc60awgz/InterventionToImproveCommunication.pdf>

Harvard-affiliated McLean Hospital Launches Institute of Coaching to support Coaching Related Research, Practice and Education.

With a \$2 million gift from the [Harnisch Foundation](#), Harvard-affiliated [McLean Hospital](#) recently launched the [Institute of Coaching](#) to support coaching-related research, practice, and education. The first of its kind, the center will look to advance excellence in research and practice within the field of coaching, a professional practice designed to optimize human potential and performance in diverse arenas including leadership, health care, and public service.

<http://news.harvard.edu/gazette/story/2009/11/mclean-launches-coaching-institute/>

In summary, survivorship coaching expands access to psychosocial support and accelerates results.

- Action based focus increases patient follow-through on recommendations from healthcare team
- Private and easily accessible because provided primarily over the phone
- Provides alternative to counseling or psychotherapy for those who are resistant
- Provides support options when regular contact with healthcare team ends and motivation to change behaviors is strong
- Can be funded by patients, provider, or with funding/sponsorships

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