

Registration Information

Registration – Participants are encouraged to register early. Email confirmation will be sent to each participant, if you supply your email address below. Registration will be guaranteed only with receipt of funds. On-site registration will be made with payment on a first come, first serve basis, if there are openings. If you need further information please call 267-923-8547 : Debra Long.

Cancellation: All cancellations must be made in writing, by mail or fax (610) 566-4036. A \$ 10.00 processing fee will be charged for cancellations. No refunds will be provided for cancellations post-marked or faxed less than 14 days prior to the date of the workshop.

Registration Form: (please print) Work address Home address

Name & Professional Credentials: _____

Job Title: _____

Organization: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

License Number: _____ State: _____

CPHQ Number: _____ NHA Number: _____

Telephone Number: (_____) _____ **E-mail:** _____

PLEASE Check if you prefer **NOT** to have your name and contact information published in the Registrant List.

Conference Fee (select one): (Registration Due on, or before, April 7, 2017)

Member \$ 125.00

Non-member \$ 160.00 (includes membership)

Group Registrations: Accepted online or on paper inclusive of all information listed in registration form

Register: Space is limited to 90 people so please register early!

Online: Online registration and payment may be completed via the www.spahq.org website

Debra Long 267-923-8547 Fax 610-566-4036 c/o SPAHQ, PO Box 1994, Media, PA 19063

Note: If Faxing or mailing registration form, please go to website and register and pay online.

SOUTHEASTERN PENNSYLVANIA
ASSOCIATION FOR HEALTHCARE QUALITY

**HEALTH
COACHING: A
PARTNERSHIP
MODEL
GAINING
MOMENTUM**

Spring 2017 Conference

6 NAHQ & NHA CEUs

Location: ECRI, Inc.

5200 Butler Pike, Plymouth Meeting, 19462-1298

Directions: <https://www.ecri.org/About/Visiting/Pages/default.aspx>

**Friday, April 21, 2017,
8:30-3:45 pm**

Who should attend?

- Quality Management Professionals
- Utilization/Care/Case Management Professionals
- Risk Management Professionals
- Medical Staff Management Professionals
- Physicians
- Health Information Professionals
- Other Healthcare Professionals

HEALTH COACHING: A PARTNERSHIP MODEL GAINING MOMENTUM

Course Objectives

Upon completion of the presentation, the participant will be able to:

- Define Health Coaching and the Evidenced Based Health Coaching model: Motivational Interviewing
- Compare and Contrast Traditional and Partnership patient care models
- Define the MI Principles and tools – PACE and OARS
- Practice a Persuasion Exercise
Practice a Motivational Interviewing Exercise

Conflict of Interest:

There is no conflict of interest on the part of the presenters/speakers, or anyone involved in planning/preparing this educational activity.

Speakers

Allison Sterner, RN, RHC3

Director of Clinical Practice, BAYADA Home Health Care

Allison Sterner is a Director of Clinical Practice at BAYADA Home Health Care. She is a Registered Health Coach and a Registered Nurse of 25 years.

Allison's diverse background includes Emergency Room and Home Health and Hospice nursing; Marketing and Liaison for facility to home transition; and Educator for professional and community populations on various health and wellness topics.

Allison has authored multiple Continuing Education Presentations including:

- Effective Education Strategies
- Understanding Alzheimer's disease
- Understanding Depression in the Elderly
- Understanding Parkinson's disease
- Health Coaching- A Partnership Model Gaining Momentum

Allison has collaborated with Abbott Laboratories on a Publication: BAYADA Home Health Care & Abbott Nutrition: A Collaborative Approach to Improving Outcomes in Home Health.

Continuing Education Credits:

This activity will be submitted to the National Association of Healthcare Quality for CPHQ CE credit. The program content has been submitted for 6 clock hours by the State Board of Examiners of Nursing Home Administrators.

Course Outline

8:30 am	Welcome/Introductions/Program Overview
8:45 am	Define the History of Health Coaching and Collaboration models
10:15 am	Break
10:30 am	Compare and Contrast Traditional and Partnership models using role-play Persuasion Exercise Scripted Coach #1 and #2
12 noon	Lunch
1 pm	Define MI Principles and review tools Definitions PACE and OARS Presentation Handout – Phases of MI
2:30 pm	Break
2:45 pm	Role Play: A Taste of Motivational Interviewing
3:30 pm	Questions/Wrap up and Evaluation

HANDOUTS FOR CONFERENCE WILL BE POSTED ON THE WEBSITE HOME PAGE AND THE EVENT PAGE FOR DOWNLOADING BEGINNING April 7th 2017.