

Health Coaching in Pain Management Two-half day Course

Dates:	Day 1: Wednesday, 2 March 2022 Day 2: Wednesday, 16 March 2022
Time:	1300-1630Hrs
Venue:	Virtually via Zoom
Course Fee:	FREE The Staffordshire Training Hub have secured regional funding to subsidise this course (which costs £250.00 per person)
Course Provider:	Peak Health Coaching
Open to:	Clinical Primary Care colleagues who work with people with persistent pain, in particular Pharmacists, First Contact Physiotherapists and Physician Associates. Open to prescribers and non-prescribers.
Pre-requisite:	Prior to registering for this course, all participants MUST complete the following four free Personalised Care Institute (PCI) accredited on-line modules (total 165 mins) at: PCI Online Modules <ul style="list-style-type: none"> • Core Skills • Shared Decision Making • Personalised Care and Support Planning • Personalised Care and Support Planning - Maternity
Number of Places:	24
Closing Date:	Wednesday, 23 February 2022 (Deadline has been extended)

Course Overview:

This engaging 2 x half-day training programme focuses on how health coaching can be applied in persistent pain management. Both Ollie and Tim (GPs and Directors of Peak Health Coaching), 'cut their coaching teeth' early in their decades of GP experience, working with people with persistent pain. They now use their coaching skills routinely in their general practice with patients with pain and other long-term conditions. Your training will be brought to life as they draw on your experience and theirs to co-produce a way of working that's good for you and your patients.

Objectives of the Course:

By the end of the programme, participants will start to:

- Enjoy having conversations with people living with persistent pain
- Feel confident that you have other things to offer to replace or enhance use of

medication

- Understand concepts of patient activation
- Be skilled at having conversations with people at low levels of activation
- Learn and develop health coaching skills
- Appreciate how to work best as an MDT (GPs, nurses, HCAs, Managers, community teams etc.)
- Set the scene for system adaptations to achieve the best results (i.e. measures that matter to the team and your patients)

To secure your place:

- Please e-mail the attached fully completed and approved Application Form to the Staffordshire Training Hub Team at arrs.traininghub@nhs.net by **Wednesday, 9 February 2022**.
- Your application will be rejected unless you have attached a copy of your learning log (or equivalent) to evidence completion of the four PCI modules.