Lifestyle Medicine: Tools for Promoting Healthy Change June 26, 2009 ◆ Boston, MA

Physician-Health Coach Collaboration: A Symbiotic Relationship References

Randomized Controlled Studies on Coaching and Health Outcomes

- Debar LL, Ritenbaugh C, Aickin M, Orwoll E, Elliot D, Dickerson J, Vuckovic N, Stevens VJ, Moe E, Irving LM. A Health Plan-Based Lifestyle Intervention Increases Bone Mineral Density in Adolescent Girls. Archives of Pediatric Adolescent Medicine. 2006;160:1269-1276.
- 2. Dowd T, Kolcaba K, Steiner R. The Addition of Coaching to Cognitive Strategies: Interventions for Persons With Compromised Urinary Bladder Syndrome. Journal of Wound Ostomy Continence Nursing 2003;30:90-99.
- 3. Edelman D, Oddone EZ, Liebowitz RS, Yancy WS, Olsen MK, Jeffreys AS, Moon SD, Harris AC, Smith LL, Quillian-Wolever RE, Gaudet TW. A Multidimensional Integrative Medicine Intervention to Improve Cardiovascular Risk. Journal of General Internal Medicine 2006; 21: 728-734.
- 4. Holland SK, Greenberg J, Tidwell L, Malone J, Mullan J, Newcomer R. Community-Based Health Coaching, Exercise, and Health Service Utilization. Journal of Aging and Health 2005; 17: 697-716.
- 5. Oliver JW, Kravitz RL, Kaplan SH, Meyers FJ. Individualized Patient Education and Coaching to Improve Pain Control Among Cancer Outpatients. Journal of Clinical Oncology 2001;19:2206-2212.
- 6. Sacco W, Morrison AD, Malone JI. A Brief, Regular, Proactive Telephone "Coaching" Intervention for Diabetes. Rationale, Description, and Preliminary Results. Journal of Diabetes and Its Complications 2002; 18: 113-118.
- 7. Tidwell L, Holland SK, Greenberg J, Malone J, Mullan J, Newcomer R. Community-Based Nurse Health Coaching and its Effect on Fitness Participation. Lippincott's Case Management 2004;9(6):267-279.
- 8. Tucker LA, Cook AJ, Nokes NR, Adams TB. Telephone-Based Diet and Exercise Coaching and a Weight-loss Supplement Result in Weight and Fat Loss in 120 Men and Women. The Science of Health Promotion 2008;23(2):121-129.
- 9. Vale MJ, Jelinek MV, Best JD, Dart AM, Grigg LE, Hare DL, Ho BP, Newman RW, McNeil JJ. Coaching Patients On Achieving Cardiovascular Health (COACH). Archives of Internal Medicine 2003;163:2775-2783.
- 10. Whittemore R, Melkus GD, Sullivan A, Grey M. A Nurse-Coaching Intervention for Women with Type 2 Diabetes. The Diabetes Educator 2004; 30 (5): 795-804.

Non-randomized Studies

1. Butterworth S, Linden A, McClay W, Leo MC. Effect of Motivational Interviewing-Based Health Coaching on Employees' Physical and Mental Health Status. Journal of Occupational Health Psychology 2006;11(4):358-365.

Case Study

 Alexander JL, Keita GP, Toney SD, Golinkoff M. Shrinking Health Care Disparities in Women: The Depression Dilemma. Journal of Managed Care Pharmacy 2007;13(9)s-a:S16-S22.

Lifestyle Medicine: Tools for Promoting Healthy Change June 26, 2009 ◆ Boston, MA

Demonstration Project

1. Bennet JA, Perrin NA, Hanson G, Bennet D, Gaynor W, Flaherty-Robb M, Joseph C, Butterworth S, Potempa K. Healthy Aging Demonstration Project: Nurse Coaching for Behavior Change in Older Adults. Research in Nursing and Health 2005;28:187-197.

Qualitative Studies

- 1. Hayachi A, Kayama M, Ando K, Ono M, Suzukamo Y, Michimata A, Akiyama MO, Fukuhara S, Izumi SI. Analysis of subjective evaluations of the functions of tele-coaching intervention in patients with spinocerebellar dengeneration. NeuroRehabilitation 2008; 23: 159-169.
- 2. Heimendinger J, Uyeki T, Andhara A, Marshall J, Scacrbo S, Belansky E, Crane L. Coaching Process Outcomes of a Family Visit Nutrition and Physical Activity Intervention. Health Education & Behavior 2007;34:71-89.
- 3. Parry C, Kramer HM, Coleman EA. A Qualitative Exploration of a Patient-Centered Coaching Intervention to Improve Care Transitions in Chronically Ill Older Adults. Home Health Care Services Quarterly 2006; 25: 39-53.

Descriptive of Coaching Process

- 1. Berg J, Tichacek MJ, Theodorakis R. Evaluation of an Educational Program for Adolescents With Asthma. The Journal of School Nursing 2004; 20: 29-35.
- 2. Fahey KF, Rao SM, Douglas MK, Thomas ML, Elliott JE, Miaskowski C. Nurse Coaching to Explore and Modify Patient Attitudinal Barriers Interfering With Effective Cancer Pain Management. Oncology Nursing Forum 2008; 35: 233-240.
- 3. Hayes E, Kalmakis KA. From the sidelines: Coaching as a nurse practitioner strategy for improving health outcomes. Journal of the American Academy of Nurse Practitioners 2007; 19: 555-562.
- 4. Hayes E. McCahon C, Panahi MR, Hamre T, Pohlman K. Alliance not compliance: Coaching strategies to improve type 2 diabetes outcomes. Journal of the American Academy of Nurse Practitioners 2008; 20: 155-162.
- 5. Huffman M. Health Coaching: A New and Exciting Technique to Enhance Patient Self-Management and Improve Outcomes. Home Healthcare Nurse 2007; 25: 271-274.
- 6. Koenigsberg MA, Bartlett D, Cramer JS. Facilitating Treatment Adherence with Lifestyle Changes in Diabetes. American Family Physician 2004; 69: 319-20,323-4.
- 7. Sleeper-Triplett J. The Effectiveness of Coaching For Children and Teens with AD/HD. Pediatric Nursing 2008; 34: 433-435.

Coaching and Medical Education

- 1. Egener B, Addressing Physicians' Impaired Communication Skills. Journal of General Internal Medicine 2008; 23(11): 1890-5.
- 2. Wagner PJ, Jester DM, Moseley GC. Medical Students as Health Coaches. Academic Medicine 2002; 77(11); 1164-1165.