Health Coaching: Empowering Patients in Primary Care
COURSE SYLLABUS

About Upskilling Courses for Healthcare Professionals

Intended Audience

This course is designed for the following healthcare professionals who are already working in the field:

- Medical assistants (MAs)
- Nurses
- Community Health Workers (CHWs)
- Social Workers
- Health Educators
- Registered Dieticians

For MAs, this course provides contact hours that can count toward CMA (AAMA), CCMA (NHA), and RMA (AMT) recertification requirements if learners successfully meet all course requirements.

Program Structure

All courses are asynchronous, which means that learners can complete course modules at their own pace and on their own schedule. Learners can complete courses separately or in a recommended sequence.

Pricing

Courses are priced at $25/contact hour, a price competitive with other continuing education courses. The total price per course is determined by the total number of contact hours in the course.

About this Course

Course Description

This course equips healthcare professionals with practical skills to support patients in achieving their wellness goals through effective communication, action planning, and goal setting, whether in formal and informal health coaching roles.

Course Objectives

By the end of this course, learners will be able to...

1. Integrate health coaching strategies into their daily role to improve patient care and outcomes

Prerequisites

There are no prerequisites for enrollment in this course. However, this course is intended for learners who are already working in healthcare, specifically primary care. Therefore, it is highly recommended that learners are healthcare professionals currently working in a primary care setting.

Method of Instruction

This is a fully asynchronous course. All content, activities, and assessments are delivered via the Weitzman Education Platform. Each module should take about an hour to complete for a total of 3 course hours.

All modules are available to the learner upon registration.

How to Achieve Course Completion

Learners are required to complete all 9 modules which consist of the following learning activities and assessments:

- Pre- and post-module knowledge checks
- Module content which includes videos and knowledge checks
- Module reflections

Learners must complete all activities and achieve at least a score of 80% on the post-module knowledge checks in two attempts or less in order to move forward throughout the course.

Required Tools, Supplies, and Equipment

This course does not have a textbook requirement. All required course content materials are included in the platform. To be able to access and complete all the required course items, all learners are expected to have access to a personal computer that meets the following specifications.

Minimum Technical Requirements

- System requirements
- Browser requirements
- Unrestricted access to YouTube

Course Modules

Module Number	Module Name	Module Learning Objectives
1	Defining Health Coaching	1. Describe the role of health coaching and its significance for patients with chronic and acute conditions, as well as its contribution to preventative care plans 2. Identify healthcare professionals who commonly engage in health coaching activities with patients 3. Differentiate between health coaching roles and health coaching competencies
2	Applying Ask-Tell-Ask for Goal-Setting and Action Planning	1. Distinguish between goal-setting and action planning and how each of them contribute to patient progress 2. Implement the Ask-Tell-Ask approach when creating and refining action plans with patients
3	Closing the Loop	1. Implement strategies to effectively close the loop with a patient, ensuring they can successfully follow through on their action plan