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## **Enhancing Family Centered Care:**

## The Implementation of the HealthChange® Methodology into an Early Intervention Pediatric Program

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HealthChange<sup>®</sup> Methodology

10 Step Decision Frameworl

et the scene & explain your role

Ready to take acti

Identify, discuss & summarise clinical issues

② Identify & discuss all treatment, lifestyle & referral categories

Check RICk & make a decision (

) Prioritise & choose categories to work on in this consultation

) Generate personalised goal options within categories

⑥ Choose & refine option/s ⑦ Discuss an action plan

dentify & address barriers ⑨ Check RICk

) Consider review. referral & support

AHS values Patient-centered care, Self-management, & Patient engagement Team desired to help families become more engaged when setting goals for their children in program HealthChange<sup>®</sup> = Evidence-based Family-centred model that promotes health literacy & behaviour change, engaging families to set goals Organizational supports, training and coaching systems, & leadership "drivers" were available to support practice change

Teams attended a 2 day HealthChange<sup>®</sup> course Interdisciplinary implementation team was established Identified target key principles →Invite to write, One thing at a time, and RICk <sup>®</sup> Developed a Practise Profile tool to define critical components of ideal practise - used to monitor fidelity

Implementation science approach ensured a clearly defined practice HealthChange® - Integrated Suite of Tools, Behavior Change Pathway, Person-Centred Practice Principles

Evaluation = Implementation process + Staff Confidence using HealthChange<sup>®</sup> + Family Experience Outcomes →Initial results = Implementation is occurring with fidelity, Staff are increasingly confident to use HealthChange<sup>®</sup>, AND Families report increased engagement

Next Steps

Opportunity

What we did

Tools used

Dedicated resources for an onsite HealthChange<sup>®</sup> trainer at GRH to support ongoing implementation across programs Ongoing use, revision and re-evaluation of Practise Profile tool



What families are saying 100% responded as "ALWAYS" to:

- I was given the opportunity to work together with the team to set goals
- I valued the opportunity to work together with the team to set goals
- (the team) developed a written care plan with us





HealthChange<sup>®</sup> Behaviour Change Pathwa (What people need in order to take action)

Knowledge & Understanding Motivation & Expectations Decision & Commitment Decision & Commitment Iton Planning & Problem Solving More view

Action

Self-regulation

Build Importance Build Canfidance Framework

ssential Behaviou

**BEST Barriers & Facilitators** 

Person-Centred Practice Principles

lealthChange<sup>®</sup> Behaviour Change Pathway

PSMP: Personal Self-Management Plan

Change Technique