

## The effects of health coaching on adult patients with chronic disease

The article I reviewed is titled, "The effects of health coaching on adult patients with chronic diseases: A systematic review" from the 2014 Journal of Patient Education and Counseling. This systematic review gathered intervention studies from 2009 to 2013 covering the effectiveness of health coaches for chronic disease patients on their overall well-being. Additional search criteria included articles from the United States, Thailand, Malaysia, Finland and Sweden as well as the following intervention methods: motivational interviews, and coaching in face-to-face, telephone, email, and internet-based interactions. Results show a positive outcome in patients' weight management, physical activity, and mental health. It was also found that the most common length of program extended over 6 months, with variability of number of sessions attended being between 3 and 14 and length of program between 3 weeks to 18 months.

I chose this article because I was curious to learn about the state of health coaching from a broad perspective, which this paper provided as a systematic review. I was especially curious to know how health coaching improves the lives of chronic disease patients. I was happy to see that systematic data featured in this article have determined positive outcomes from health coach interventions. As a health coach, I can use the common length of the program found in this paper as a guide for the programs I provide. Sacco et al. demonstrates that 6 months of coaching with 12 to 16 sessions is effective in stabilizing new habits. Bennett et al. shows that a three-month program with four to six coaching sessions was sufficient in clients maintaining weight loss. Wolever

et al. offers a method of 14 sessions over six months. In my experience with self-coaching, I was able to start a new habit in three months. I wanted to exercise daily, and what started as three months has turned into three years. I find that practicing repetition was an important part of the process, and I think that having six months with a health coach can reinforce this behavior over a gradual amount of time. While this paper covers sessions over phone, in-person, and over the internet, I would like to see how coaching during activities influences outcome. Participation of health coaching during meals, exercise, or meditation may help clients ease into new habits by being guided and offering accountability in the moment.