



SAN ANTONIO REGIONAL HOSPITAL

HEALTH COACHING PARTNERSHIP San Antonio Regional Hospital

Available Every Semester

Updated March 2023

PROGRAM DESCRIPTION

The health coaching partnership is an experience-based program designed to study the key issues concerning community healthcare aimed at developing practical approaches to supporting individuals who have difficulty navigating and managing their chronic illnesses. Coordinated by a dedicated team of health care professionals, this program recognizes that the student health coaches can play a vital role in bridging gaps for the vulnerable individuals in the community.

Offered through San Antonio's Community Health Improvement Program (CHIP), students consider obstacles to effective health care as well as strategies for enabling at-risk patients with chronic conditions to play more active roles in promoting their health and well-being.

The health coaching partnership consists of training seminars and practicums. The training seminar topics will include challenges in delivering adequate healthcare in communities, population health, specific problems posed by chronic conditions (diabetes, heart failure, obesity, cardiovascular disease, etc.), methods of improving compliance, and measuring outcomes. The training seminars are intended to prepare students to effectively serve as health coaches in the community.

The primary objectives of the health coach training sessions are to foster meaningful interactions and engagement in the processes of educating and motivating identified *at-risk* patients to take an active role in their health and well-being. In addition, the practicums will discuss tools and strategies to assist the health coaches on how to resolve issues that impede effective risk factor management and patient care.

During the practicum, student health coaches will be assigned to provide in-home visits (currently suspended due to COVID-19) and/or phone interactions. Mandatory weekly case reviews with the coaches are scheduled for case presentations, review, and discussions with the San Antonio healthcare professionals. The interdisciplinary team will meet weekly if any questions or needs arise.

LEARNING OBJECTIVES

Upon completion of the training seminar, students will be prepared to:

- Discuss a series of evidence-based strategies for optimizing the healthcare outcomes and patient experiences of individuals with manageable risk factors and chronic conditions.
- Integrate a comprehensive series of bio-psycho-social insights into strategies for promoting positive self-health behaviors.
- Work with an interdisciplinary team of health professionals that assess adherence, identify obstacles and care gaps, and provide suggestions/support for improving care coordination.
- Serve as health coaches within an interdisciplinary care coordination healthcare team.

PROGRAM REQUIREMENTS

Below are the student requirements for participation in the Health Coaching Partnership:

- Students must be second year sophomores or higher in a partnership college or university in the Health Sciences and Management, Nursing, Biology, Kinesiology, Psychology, Nutrition and Food Science departments as well as others whose career goals are focused on community/healthcare service.
- Students will be expected to spend at least 3-4 hours per week in the program during each academic period, must attend all mandatory training sessions, case reviews, scheduled activities, and must remain as flexible as possible to follow-up with patients.
- Students must enroll for **two consecutive academic periods** at a minimum.
- Students must have a valid driver's license with their own access to a motor vehicle.
- Students must participate in the hospital's orientation program and will be subject to a background check and TB test. Flu shots are required during flu season. Covid vaccine and boosters are needed if required.

ACADEMIC UNITS

Students will be awarded academic units if agreed to by each student's respective Department Chair.

STUDENT STIPEND

Students will receive a monthly gas card upon completion of all training sessions, receipt of all mandatory tests and active participation in the Health Coaching Partnership Program.

HEALTH COACHING PARTNERSHIP PLANNER

Activity	Spring 2023	Summer 2023	Fall 2023
Applications due to SARH	Fri, 12/16/22	Mon, 05/01/23	Mon, 07/31/23
Acceptance notices sent, TB testing, & background check	Wed, 01/4/23	Fri, 05/19/23	Fri, 08/04/23
Students confirm their acceptance	Wed, 01/11/23	Fri, 05/26/23	Fri, 08/11/23
Hospital orientation, 1:30PM-3:30PM @ SARH	Tues, 01/17/23	Tues, 05/30/23	Mon, 08/15/23
Training seminar: Part 1 -8AM-5PM @ San Antonio Regional Hospital, Upland	Thur, 01/19/23	Sat, 06/3/23	Sat, 08/19/23
Training seminar: Part 2 @ CHIP Office Tuesday: 1:00PM-4:30PM OR Wednesday:8:00AM-12:00 Noon	Every Tues. or Wed. during the period	Every Tues. or Wed. during the period	Every Tues. or Wed. during the period
Case Reviews: @ CHIP Office Tuesday 1:30PM-4:30PM Office OR Wednesday: 8:30AM-11:30	Every Tues. or Wed. during the period	Every Tues. or Wed. during the period	Every Tues. or Wed. during the period
Week Prior to Finals/ Submit Essay	Week of 5/19/23	Week of 8/11/23	Week of 12/04/23

REGISTRATION

If you are pursuing course credit/units, you must receive their Department Chair approval before submitting their application to San Antonio. **Students must agree to participate for at least two consecutive academic periods.** For more details, contact your Department Chair or Ronald Nowosad, Director of Program Development and Clinic Operations at San Antonio Regional Hospital - rnowosad@SARH.org.