



About Alberta Health Basics:

Development

In 2008 during a business planning cycle of Red Deer Primary Care Network (RDPCN), physicians stated one of their biggest challenges is to provide guidance and treatment for patients who are overweight, obese, gaining weight and inactive. After review of various methods of addressing this, a health promotion approach was chosen and the program Health Basics was designed.

Health Basics is an action based group for people who want to embrace healthy living through mindset, nutrition and activity. Participants learn to make simple and effective lifestyle changes that they can stick to for the long term. The program is valuable for the prevention and treatment of chronic disease such as obesity, type 2 diabetes, high cholesterol, high blood pressure, depression and anxiety.

RDPCN evaluation told us that participants taking the course have lost weight, decreased their waist measurement, increased activity, and improved eating habits and mindset. They report more vitality, less pain, better mental health and an increased ability to do daily tasks. A study to determine the impact of the program after 24 months showed the average weight loss was 9.8 kg and participants reported improvements in bodily pain, general health, vitality and overall functioning. People felt more confident and knowledgeable to manage their health.

Other Alberta PCNs have been trained on the program. Communication with managers of partnering organizations takes place through the Alberta Happiness Basics™, Alberta Health Basics™ and Alberta Anxiety to Calm™ Community of Practice teleconferences and regular coach mentorship teleconferences are available for facilitators.

Principles

Evidence based

- Content and design
 - Simple programming with a challenge/skills based approach.
 - Designed using the AMSO model which focuses on participant motivation and identification of opportunity to use the health basic skills.
- Knowledge transfer
 - Based on the Stanford Model incorporating adequate training and maintenance of program principles and standards
- Continuous Quality Improvements
 - Toyota Model used for continuous quality improvement

Accessible across the province

- Effective and affordable coach training available in person and online from the PCN PMO website
- Manuals can be self-printed on the PMO website or volume orders can be shared amongst partners through Suzanne Erickson at CBN commercial solutions 403-214-5917.

Collaborative partnership between PCNs and other health care partners

- Community of Practice
 - Quarterly teleconferences with managers of partnering organizations offering the program
 - An Alberta Health Basics™ Annual Report is compiled
 - Groups are encouraged to present at conferences and community events. Collaborative presentations are encouraged at events such as Accelerating Primary Care.
- Mentoring
 - Quarterly coach mentoring teleconferences
 - Coach sharing, question/answer on PCN PMO collaborative link
- Quality Processes ensure a Consistent Product
 - Coaches must be Health Care Professionals, it is recommended that two coaches teach the program.
 - Continuous Quality Improvement Process-changes to the program are compiled by RDPCN through partner consensus. Changes are released at two year intervals.

Program offerings

8 week Alberta Health Basics™ program.

Evaluation

- Each organization is expected to contribute to the annual report by sharing statistics of numbers attending courses and course evaluation. Evaluation provides information to assess the impact of the program and program trends. These yearly reports are shared with all partners.
- Evaluators, or staff members responsible for evaluation, from organizations using Alberta Health Basics™ communicate and set process and agreements for information sharing.
- Evaluation tools suggested for the Alberta Health Basics™ program are listed below. Links to accessible assessment tools can be found on the PCN PMO website. For further information contact, RDPCN Program Evaluator at programsharing@rdpcn.com.

Evaluation Overview

Clinical Indicators

Weight, waist, BMI, number of minutes of exercise recorded by facilitators at weeks 1 & 8.

Health and Wellbeing Assessment

Health Quality of Life surveys such as the SF-12v2® or the EQ-5D measure physical and mental health functioning and can be used, with evaluation support, at the beginning and end of a program to assess changes

Program Evaluation

Administered to participants at the end of the program to determine program effectiveness. A standard Program Evaluation Form is available for use, and you will be able to include your logo and any additional questions pertinent to your context

Alberta Happiness Basics, Alberta Health Basics and Alberta Anxiety to Calm Program Sharing Community of Practice

This Community of Practice has been designed to engage managers of all partner organizations in the continuous quality improvement and spread of the program along with Alberta Happiness Basics™ and Alberta Anxiety to Calm™. All managers are encouraged to bring feedback to the COP. Agendas are distributed prior to the meeting. Anyone with an agenda item can send it to programsharing@rdpcn.com prior to the meeting.

The Toyota model is the basis for this group. The model uses continuous process flow (regular meetings in our case) to bring forward potential improvements and opportunities to grow the program using timely and accurate information gathered from evaluation as well as organizational experience. We share information in a timely manner, consider alternatives for issues that arise and use consensus to move forward. Efficient communication is a key to success. Every participant has value to add.

Training Registration Form

Organizational Requirements

All PCNs in Alberta and AHS are welcome to participate in facilitator training for Alberta Health Basics™. Other organizations may be considered. Trainees must be health care professionals preferably with facilitation training and experience. It is recommended that there are two coaches per class offered. A facilitator who is a dietitian or a kinesiologist can add value to the program. All organizations and trainees must be registered on the Training Registration form available on the RDPCN website under the About Us tab. Registration allows tracking the use and spread of the program and helps to ensure program quality. Once the form is completed e-mail to programsharing@rdpcn.com. We will arrange for eligible trainees to get access to the PCN PMO Collaboration link. Your choice whether to have in person training or online training will depend on the education, experience and learning style of coaches. In-person training provides additional support and mentoring to increase the confidence and potential effectiveness of the coach.

Training Options

- 1. In person training** is offered at RDPCN or at your organization. A minimum of 5 participants and a maximum of 30 can be trained in one offering.

Training for the program is 2 days. In person training is considered the equivalent of 28 training hour with preparation recommended. Certificates of Coach Training Completion will be given at the end of the training.

Costs: If training is at your organization: you pay travel, food and hotel costs of the facilitator, coach manuals and participant journals for each participant, and all costs supporting the venue. You will need to provide laptop/ projector for power point presentations, along with tables/ chairs for participants. Arrangements are made by the local organization.

If training is at RDPCN costs will include food (lunch, snacks) and the cost for coach manuals and participant journals for each participant.

Training Preparation and Experience

- You are expected to be prepared to facilitate on the first day of training: this includes viewing all 8 weeks of the on-line videos while following along with the participant and coach manual on the PCN PMO website prior to attending the course. As well as reading recommended readings.
- You will have an opportunity to be both a facilitator and a participant during the 2 days of training and will receive helpful feedback on your facilitation in a positive environment.

2. Online training.

- Once an organization has completed the Training Registration form and meet requirements, the coach trainee will receive access to the PCN PMO Website Alberta Health Basics™ link which includes a printable E-copy of the Coach Manual and Participant Journal, training videos, the course power point and links to suggested evaluation tools.
- The Completion of Coach Training document found on the PCN PMO website lists requirements and will guide training. On-line training is considered the equivalent of 14 training hours.

Once coaches have completed all the training requirements:

- Fill out the Completion of Coach Training document within one month of the in-person training date or one month of completion of online training and send it to: programsharing@rdpcn.com
- You will then receive a Coach Training Certificate of Completion.

Ongoing Support:

- Coach Mentorship teleconferences are scheduled quarterly. Coaches are encouraged to participate regularly to share issues or successes or to refresh themselves to the Alberta Health Basics™ program content. Coaches that have submitted their Completion of Coach Training document will receive an invite.
- Significant questions can be posted on the PCN PMO website under the Alberta Health Basics™ Collaborative- discussion board and our trainers will answer the questions in a timely manner.

Branding

The trademark is Alberta Health Basics™. This trademark was designed to be inclusive of the Alberta collaborative. Please use the Alberta Health Basics Logo.

