

Clinical Coaching service for patients with long-term health conditions



You have been selected by your local hospital to receive information about a free Clinical Coaching service for patients with long-term health condition(s).

We often find it difficult to manage our health condition(s) and understand the best treatment available. Sometimes, getting the right treatment can be difficult or confusing.

Clinical Coaching can help you to increase your confidence and manage your condition(s) better.

For further information, please call 01543 524069

How the service works

A member of our team will arrange a call with you. During this call, they will carry out a full health assessment and agree a personal care plan with you.

After this first call, your Clinical Coach will arrange to call you on a regular basis, at times that suit you. You can also call your Clinical Coach if you need to.

The coaching service will last between four and six months, depending on your needs. Of course, if you change your mind, you are free to stop at any time.

Your Clinical Coach

Your Clinical Coach is a specially trained nurse or healthcare professional, who will work with you on the phone to advise you about the best ways to manage your condition(s). Your Clinical Coach will:

- Help you to develop the knowledge, skills and confidence to improve your health and overall quality of life.
- Help identify and prevent things that can make your condition worse.
- Contact other health and social care services on your behalf, to arrange care for you, if you need it.
- Help you to manage and understand your condition(s), medications and treatments.
- Identify the best NHS services to support your particular health needs.
- Help you prepare for GP appointments to ensure that you get the most from them.

What happens next?

You will be contacted by a member of our team to discuss this service, so please answer the call. In the meantime, we are happy to answer any questions, so please call us on **01543 524069**.