

Overview of Health Improvement Practitioners, Health Coaches & Awhi Ora

A model that leads to advanced primary care, improving population health, enhancing patient experience, reducing cost and improving healthcare worker wellness.

	Health Coaches (HCs)	Health Improvement Practitioners (HIPs)	Awhi Ora Community Support Worker (CSW)
HOW they work	<ul style="list-style-type: none"> Based in practice Includes individual, whānau and group sessions Leads pathways 	<ul style="list-style-type: none"> Based in practice Includes individual, whānau and group sessions Leads pathways 	<ul style="list-style-type: none"> Awhi Ora workers provide support in the community (outside the practice) Includes individual & whānau
WHAT presenting issue can I refer?	<p>Long term conditions and lifestyle changes</p> <ul style="list-style-type: none"> 18yrs + Support and education to understand, manage, reduce LTC's Lifestyle change Focus on healthy eating, physical activity, taking medication as prescribed and managing stress Action plans/goal setting Medication reconciliation Outreach and engagement Referrals to smoking cessation support/green prescription <p>Not clinical or mental health trained</p>	<p>No wrong referrals</p> <ul style="list-style-type: none"> All ages, all matters affecting someone's wellbeing - generalist Stress, sleep, grief, Depression, Anxiety Alcohol and drugs Chronic pain, treatment Issues Health choices (eating/exercise/tobacco) Fatigue/ Headaches Family violence Medically Unexplained Symptoms Long term conditions Relationship problems Children with behavior issues <p>Not a counsellor or co-located therapist or clinical psychologist</p>	<p>No wrong Introductions</p> <ul style="list-style-type: none"> 18yrs + with some flexibly Emotional health & mental wellbeing Physical health or healthy lifestyle Housing support Work and Income Social engagement Paid work Money matters Family/whānau issues Managing drug use, drinking or gambling Cultural reconnection