



## What is The COACH Program?

The COACH Program is a statewide coaching program for Queensland patients with pre-diabetes, type 2 diabetes, cardiovascular disease or Chronic Obstructive Pulmonary Disease (COPD) such as emphysema or chronic bronchitis.

The COACH Program was developed by an Australian clinician. The program is supported by research and has been successfully used in Queensland for over 10 years. The program is also used interstate and overseas.

## How does it work?

The COACH Program is free and is delivered by registered nurses who aim to help you manage your chronic disease and reduce your risk factors as well as help you improve your general health and reduce avoidable admissions to hospital.

The program is delivered by registered nurses in the Health Contact Centre alongside other services including 13 HEALTH (13 43 25 84), 13 QUIT (13 7848) and the Child Health service.

Nurses contact participants by telephone at an agreed time, to provide information and resources to help participants better manage their chronic disease. Biomedical and lifestyle risk factors are discussed such as medicines, cholesterol, blood pressure, diet and lifestyle.

The COACH Program runs for approximately six months, with a call every 4–6 weeks. Participants are provided with an information pack to assist them in understanding and managing their chronic condition. At the end of each session, a letter detailing the topics discussed is sent to participants, their general practitioner and treating specialists.

Participants are free to discontinue The COACH Program at any stage.

## How can I participate?

To participate in The COACH Program, you must be over the age of 18, be self-caring, a resident of Queensland and have been diagnosed with one or more of the following conditions:

- Coronary artery disease (such as myocardial infarction, angina pectoris, cardiac stenting or heart bypass surgery)
- Type 2 diabetes
- Pre-diabetes

- Chronic obstructive pulmonary disease.

## What are the benefits

- The program is available to participants over the telephone by a registered nurse at an agreeable time.
- Evidence suggests that the program is shown to reduce the risk of future hospital admissions.
- The program is available free-of-charge to participants who meet the criteria and reside in Queensland.
- Evidence suggests that participants of the program have reduced levels of anxiety and improved perception of general health, mood and fitness.

## Client referrals

To refer a client to the program, please call 13 HEALTH (13 43 25 84) and ask to speak with someone from The COACH Program.

## Further enquiries

To learn more about The COACH Program, please call the Nurse Unit Manager, Chronic Disease on (07) 3022 0342.

## Evidence

Improving access and equity in reducing cardiovascular risk: the Queensland Health model Chantal F Ski, Margarite J Vale, Gary R Bennett, Victoria L Chalmers, Kim McFarlane, V Michael Jelinek, Ian A Scott and David R Thompson Med J Aust 2015; 202 (3): 148-152.

## How information is handled

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