Take Courage Coaching®

Pain-Management Coaching

CHRONIC PAIN and TAKE COURAGE COACHING®

According to a 2011 report by the National Research Council and the Institute of Medicine, "Chronic pain affects at least 116 million American adults—more than the total affected by heart disease, cancer, and diabetes combined. It costs the nation up to $635 billion each year in medical treatment and lost productivity." Most patients continue to look for treatments or cures for their condition while adopting a passive “fix me” mind-set with their healthcare providers. Yet we know that there are many active things patients can do to improve their experience of pain. The problem lies in moving them forward from helpless victim to active participant in their own pain recovery. Coaching is the discipline specifically designed to make this possible.

Take Courage Coaching® was founded in 2008 to offer pain management education, planning and tools to patients as an at-home resource. The simple structure, with the personal support of coaches, allows those overwhelmed with pain to tap into their own capabilities and strengths. Their successes and resolution of pain spur them on to rebuild and grow. Many find their way back to activities, work and hobbies they had abandoned; some resolve most of their pain. The vast majority take seriously the task of managing the pain they cannot alleviate, and return to the joy of living.

The mission of Take Courage Coaching® is to help people, who are hopeless and debilitated with pain, return to productive and rewarding lives.

COACHING PROTOCOL

- Referral from doctor or insurer
- Telephonic interview to screen for readiness
- Administer the non-VA Pain Outcomes Questionnaire (POQ)
- Begin weekly half-hour individual (HIPAA compliant) coaching sessions
- Begin weekly one-hour group coaching sessions
- Re-administer the POQ after 6 months
- Personal coaching for up to 1 year
- Provide transition and initiate discharge process

Take Courage Coaching® utilizes the following philosophy for health coaching:

- The client is guided by the coach to develop goals and put them into action.
- The client continues to utilize learned strategies that work.
- The client develops and adapts a healthier life style around these strategies.
- The client is guided to change the strategies that are not working.
- Together the coach and client track progress and celebrate successes.
- Weekly goals are reviewed and either extended and/or new ones added in order to pursue and attain health goals.
- Processes are used that help clients actively identify what might stop them from adhering to treatment recommendations and to provide brief strategies for overcoming these barriers.
COORDINATION WITH HEALTHCARE PROVIDERS

Healthcare providers are seen as members of a team that provides the best tools for each client to create a personal pain-management strategy. TCC® strives to coordinate with health care providers so their patients can learn how to flourish in spite of pain. The coach supports the client’s doctor/provider recommendations, and encourages incorporation of these into goals.

Take Courage Coaching™ Data Analysis

A paired-sample t test was conducted to evaluate whether there was a reduction in scores on the POQ upon completing 12 months of coaching. The results indicated that there was a significant change in the POQ scores from intake (M = 82, SD = 0), t(6) = 8.7, p <.000 with the POQ scores at 12 months (M = 59.8 , SD = 24.1 ), t(6) = 8.7, p <.001. The 95% confidence interval for the mean difference between the two ratings resulted in a reduction of 22 points on the POQ. Additionally, 6 of the 7 subscales were statistically significant which included Health Care Visits (p <.05), Pain (p < .003), Mobility (p < .003), Vitality (p < .001), Negative Affect (p < .01) and Fear (p < .001). Using the rating scale from the outpatient POQ, these results can be interpreted as follows: After 12 months of coaching, the total scores on the POQ dropped from the 50-74% range of pain to 10-24% range.

Thus far, healthcare professionals find coaching to be a much needed bridge to move patients from over-dependence on pain medications, passive treatments, and cure-seeking to an independent self-managing lifestyle. Coaching helps take the focus off of pain, and redirects clients to active engagement in life.

TCC® teaches life-long coping skills which help the client increase function and activity, re-experience productivity and socialization, improve communication with case workers and providers, and reduce emergency room visits.
failure events and claims. Many clients return to work after learning the skills offered. It is our goal that each client
develops their own self-tailored pain management plan during the coaching process. Although not a focus of
coaching, within a year of coaching 56% of TCC’s clients discontinue medications, with assistance from their
healthcare professional. 24% are in the process of lowering pain medications. 70% have established healthy sleep
patterns, are now exercising, and have increased productivity and social connection.¹

Significant cost savings have been realized in the case of most TCC® clients. For example, the two clients
represented below are completely off meds, see their doctor once every 6 months and did not present to the ER in
the study year (figures are taken from actual medical expenses).

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<tr>
<th></th>
<th>Client #1</th>
<th>Client #2</th>
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<tbody>
<tr>
<td><strong>Before Coaching</strong> 2009</td>
<td>Office visits, C-Spine Cat Scans, epidurals, EMG, trigger point injections, facet injections, cervical radio ablations, MRI’s, PT, medications, <em>Take Courage Coaching</em>. Total annual cost related to pain .......... $35,990.76</td>
<td>Office Visits, ER Visits, medication, PT visits, <em>Take Courage Coaching</em>. Total annual cost related to pain .......... $16,225.80</td>
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<tr>
<td><strong>After Coaching</strong> 2013</td>
<td>(No medical services utilized.) Total annual cost related to pain ................. $0.00</td>
<td>Office visits, PT visits. Total annual cost related to pain ........... $1,618.00</td>
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¹*Take Courage Coaching® Data

Do you need a conference or organization presentation on the benefits of pain-management coaching for your patients or insured clients?

Contact Take Courage Coaching®

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