



# Patient Empowerment: Using a solution focused approach



**GARRATH FORD**  
Solution Focused Health Improvement



BHF National Centre  
**physical activity+health**

Funded by



## Who is this course for?

This course is for anyone working as a frontline healthcare professional, for example:

- weight management team members
- cardiac rehabilitation nurses
- drug and alcohol workers
- workplace health workers
- sexual health workers
- health trainers
- health at work leads
- health visitors
- general practitioners
- occupational therapists
- community pharmacists
- exercise instructors
- practice nurses
- physiotherapists
- school nurses
- dieticians.

## Feedback from professionals...



**“This is the best short course I have ever done.”**  
**Exercise Instructor - GP Referral/Cardiac Rehab**

**“This course is relevant across all the health professions.  
I would definitely recommend it.”**  
**General Practitioner**

**“The course has re-fuelled my passion and  
made me feel positive”.**  
**Drugs and Alcohol Worker**

**“I will use this training with every patient I see in the future.”**  
**Chronic Disease Nurse Specialist**

**“I just wanted to tell you how absolutely superb the course was.”**  
**Occupational Therapist**

**Course evaluations show that**  
**97%** of previous course participants would recommend  
this training to other health professionals.



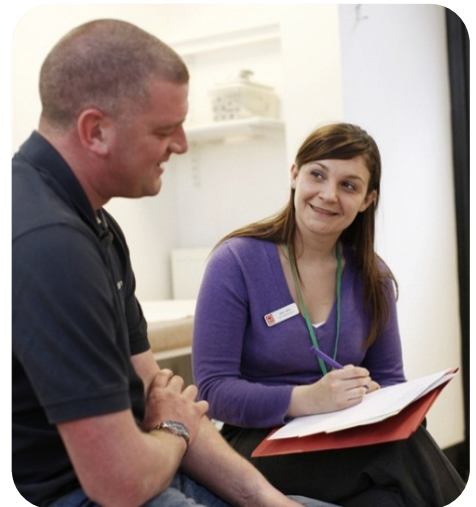
## About the course

This course aims to equip professionals with the skills and confidence to make health promotion a routine part of all interactions.

The course will equip professionals with the skills to:

- proactively address individual's unhealthy lifestyle choices
- empower individuals to take responsibility of their care
- develop a personalised plan to change behaviour in the full context of individual's lives
- measure progress and protect against relapse.

This dynamic course utilises a mix of slides, real patient video examples and discussion. Practical exercises make it possible for participants to begin using their new skills upon returning to work. Each participant will receive a course manual.



## About the training provider

The course is delivered as a partnership between the BHF National Centre for Physical Activity and Health and Garrath Ford, a Solution Focused Health Improvement Specialist. The Centre's primary agenda is the translation of research evidence to improve and extend the practice of promoting physical activity in the UK. Garrath's work focuses on supporting services in utilising Solution Focused Health Improvement to promote the delivery of public health and healthcare policy priorities and practice.

To find out what previous participants thought about the course download a recent evaluation report at: [www.bhfactive.org.uk/primary-care-resources-and-publications-item/213/index.html](http://www.bhfactive.org.uk/primary-care-resources-and-publications-item/213/index.html)

## 2012 Training Dates

- 13-14 March
- 15-16 May
- 25-26 September
- 4-5 December

# BOOKING FORM: PATIENT EMPOWERMENT

Please print clearly. You may photocopy this form for other participants.

<b>Name</b>	<input type="text"/>	<b>Job title</b>	<input type="text"/>
<b>Organisation</b>	<input type="text"/>		
<b>Address</b>	<input type="text"/>		
<b>Tel. no</b>	<input type="text"/>	<b>email</b>	<input type="text"/>

Please specify date

13-14 March	<input type="checkbox"/>	15-16 May	<input type="checkbox"/>	25-26 Sept	<input type="checkbox"/>	4-5 Dec	<input type="checkbox"/>
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Please indicate below if you have any specific needs, eg, wheelchair access, dietary requirements:

Statutory sector = £200

\* Voluntary sector = £160

Voluntary sector fee applies to charitable organisations/social enterprises/students - please supply applicable:

Charity no:  Student NUS no:

**PAYMENT METHOD:** (please tick appropriate)

- Cheque:** I enclose a cheque made payable to *Loughborough University*
- Invoice:** I wish the BHFNC to invoice my organisation using the following purchase order number:
- BACS:** I enclose BACS remittance advice quoting ref. **S10464** confirming payment.  
Barclays, Bishop Meadow Branch, Loughborough  
**Sort Code: 20-52-69 Account: 50682047**
- Credit card\*:** Please debit my Visa/MasterCard/Switch (*sorry we are unable to accept American Express or Diners cards*)  
\*As of 1/9/11 charge of 1.2% will be made on all credit card payments.

Cardholder's name:

Card no.

Valid from:  Expiry date:

Issue no. (Switch only)  Card security code:    (This is the last three digits of the number printed on the back of your card)

Signature:

Card billing address

Please return booking form by post, fax or email to:

Sarah Wortley, BHF National Centre,  
Sir John Beckwith Building, Loughborough University,  
Leicestershire LE11 3TU

Tel: 01509 226419 Fax: 01509 226420  
s.a.wortley@lboro.ac.uk

**Cancellation policy:**

- Cancellations received 4 weeks before the contact session are subject to a cancellation fee of 100% of the course fees.
- If a participant fails to attend the course, the full course fees are payable.
- In exceptional circumstances participants may be able to transfer places to a later course but this will be subject to £50 administration fee.

**Data protection:** Your data will be used to administer the course to which you have subscribed. We will also keep you updated, by post or email, on the latest developments in physical activity and health for young people and the work of the BHFNC. If you do not wish to receive these updates please tick here:

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