



OVERALL COURSE OBJECTIVE

To enable participants to integrate the principles of evidence-based health behavior, wellness, wellness coaching, health promotion, and disease prevention into clinical practice.

COURSE FACULTY

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COURSE CONTENT

(The lengths of each unit's lessons are noted after the description.)

Unit 1—An Introduction to the Concepts of Wellness, Health Promotion, and Prevention in Clinical Practice: In this unit the participant will learn about the current status of health in the United States and why behavior and lifestyle choices not conducive to health or a state of wellness are among the leading causes of premature death. The unit will cover definitions and terms commonly used in the field of wellness, health promotion, and wellness coaching as well as the epidemiology related to premature causes of death in the nation.

Part 1: 53 mins, 29 secs | Part 2: 56 mins, 19 secs

Unit 2—Health Behavioral Theories and Models: Health behavioral theories and models for use in behavior change and advising are discussed with some detail. The introduction of some of the more common theories and models, especially those that help explain or predict behavior, and how to facilitate the behavior change process is discussed.

Part 1: 55 mins, 24 secs | Part 2: 50 mins, 45 secs

Unit 3—Implementation and Practical Application of Health Behavior Theories in Clinical Settings: Implementation of health behavioral theory and models in clinical practice settings are covered along with some research on how they have been effectively utilized in this setting. Practical application of the theories for clinical providers' use in patient advising are introduced and explained.

Part 1: 56 mins, 34 secs | Part 2: 56 mins, 30 secs

Unit 4—Principles and Application of Health Communication and Wellness Coaching: In this unit the participant will learn the principles of health and wellness coaching and how to apply them in clinical practice, with a focus of how to motivate patients toward healthy behavior change within an office encounter.

Part 1: 51 mins, 37 secs | Part 2: 48 mins, 55 secs

Unit 5—The Wellness Assessment Process: In this unit the participant will learn how to assess risk factors, general health status and aspects of wellness. The wellness assessment process includes measuring health; risk factor identification; developing a wellness plan within the clinical environment.

Part 1: 48 mins, 7 secs | Part 2: 55 mins, 30 secs

Unit 6—Foundation and Resources for an Evidence-based Wellness Practice: In this unit the participant will learn how to identify and evaluate evidence-based online resources on wellness, for use by both providers and patients/clients.

Part 1: 59 mins, 10 secs | Part 2: 53 mins, 51 secs

Unit 7—Community Health Advocacy for Clinical Providers: Community advocacy roles in health promotion can be critical for community resources to be placed in a patients' path. Resources and building patient-based assets for healthy behaviors are presented for providers who may need to build community motivation for change within an Ecological framework. The clinician as community health advocate is reviewed with current literature.

Part 1: 53 mins, 14 secs | Part 2: 53 mins, 19 secs

Unit 8—Tobacco and Other Substance Abuse: In this unit the participant will learn the epidemiology of tobacco and other substance use and how to advise patients/clients on tobacco cessation.

Part 1: 52 mins, 18 secs | Part 2: 53 mins, 30 secs

Unit 9—Advising on Physical Activity in the Clinical Setting: This unit explores the current literature on physical activity, inactivity and health, and recommendations that are needed for physical activity. Included in this lecture is how clinical providers may better advise patients on an active lifestyle including facilitation and serving as a resource person.

Part 1: 54 mins, 27 secs | Part 2: 54 mins, 21 secs

Unit 10—Equipping Your office for Wellness and Health Promotion: This unit will discuss the practical use of health promotion and advising on wellness in the office as well as what you will need to be successful. Staff roles, resources, partnerships that may be needed are also discussed.

Part 1: 55 mins, 25 secs | Part 2: 54 mins, 8 secs

Unit 11—Evidence-based Weight Management: In this unit the participant will learn the principles of healthy weight management in the clinical setting. The focus is on how to help patients succeed through the application of evidence-based weight management programs, including the role of both diet and exercise.

Part 1: 58 mins, 19 secs | Part 2: 57 mins, 54 secs

Unit 12—Application of Stress Management Techniques in Clinical Practice: In this unit the participant will learn how stress contributes to various conditions, as well as to poor health in general. Evidence-based approaches to stress management appropriate for use with patients in a variety of clinical settings are presented.

Part 1: 57 mins, 14 secs | Part 2: 55 mins, 36 secs

Unit 13—Injury Prevention and Control: This unit explores the current literature on injury prevention. A review of current estimates on various injuries, including sport-related injuries is presented along with the costs to society. Ideas specific to clinical providers and how they might engage and advise on prevention of injury is also described.

Part 1: 52 mins, 22 secs | Part 2: 55 mins, 32 secs

Unit 14—Advising on Healthy Food Choices in Clinical Practice: In this unit the participant will learn how to advise and educate patients/clients on healthy dietary choices, including the health effects of diet on various conditions.

Part 1: 55 mins, 49 secs | Part 2: 58 mins, 24 secs

Unit 15—Health Across the Lifespan: This unit is about health across the lifespan. It will explore the benefits of physical activity, not smoking, proper diet and other aspects of healthy aging. Specific recommendations for children, and older adults will be presented as much information on adults in general has been the focus of previous units.

Part 1: 50 mins, 39 secs | Part 2: 57 mins, 25 secs

Unit 16—Historical Overview of Worksite Health Promotion: The evolution of worksite health promotion including a historical overview of these programs and refinements through each successive generation are introduced in this unit.

Part 1: 30 mins, 54 secs | Part 2: 47 mins, 5 secs

Unit 17—A Vision for Health in the 21st Century: Evolving trends that will affect population health and health management are discussed in this unit.

Part 1: 29 mins, 48 secs | Part 2: 27 mins, 1 sec

Unit 18—Benchmarks of Evidence-based Worksite Health Promotion Programs: In this unit, benchmarks of evidence based worksite health promotion programs are presented as well as case studies of successful worksite health promotion programs in the work environment.

Part 1: 56 mins | Part 2: 60 mins, 19 secs

Unit 19—Worksite Health Promotion Program Design: Program planning in worksite health promotion involves a keen understanding of all aspects of the organization. Proper planning of results-based worksite health promotion programs includes designing, implementing and evaluating multiple areas, often at the same time. This unit will provide a general overview of strategies involved in proper planning.

Part 1: 57 mins, 40 secs | Part 2: 58 mins, 10 secs

Unit 20—Course Summary: This unit provides a review of information presented throughout the course.

Part 1: 58 mins, 50 secs | Part 2: 54 mins, 42 secs

For more information about the program, including continuing education credit options, visit:

NationalWellness.org/WCP