

The Health Change Process Theory:

Healthcare Enabling Healthy Ageing

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Presentation Overview

- QE Health: 1942 -2009
- The reclaiming of self: 12 years of R & D at QE
- The Health Change Process Theory (HCPT)
- Applying the HCPT to practice
- Enabling others to apply this approach to their practice
- Future plans

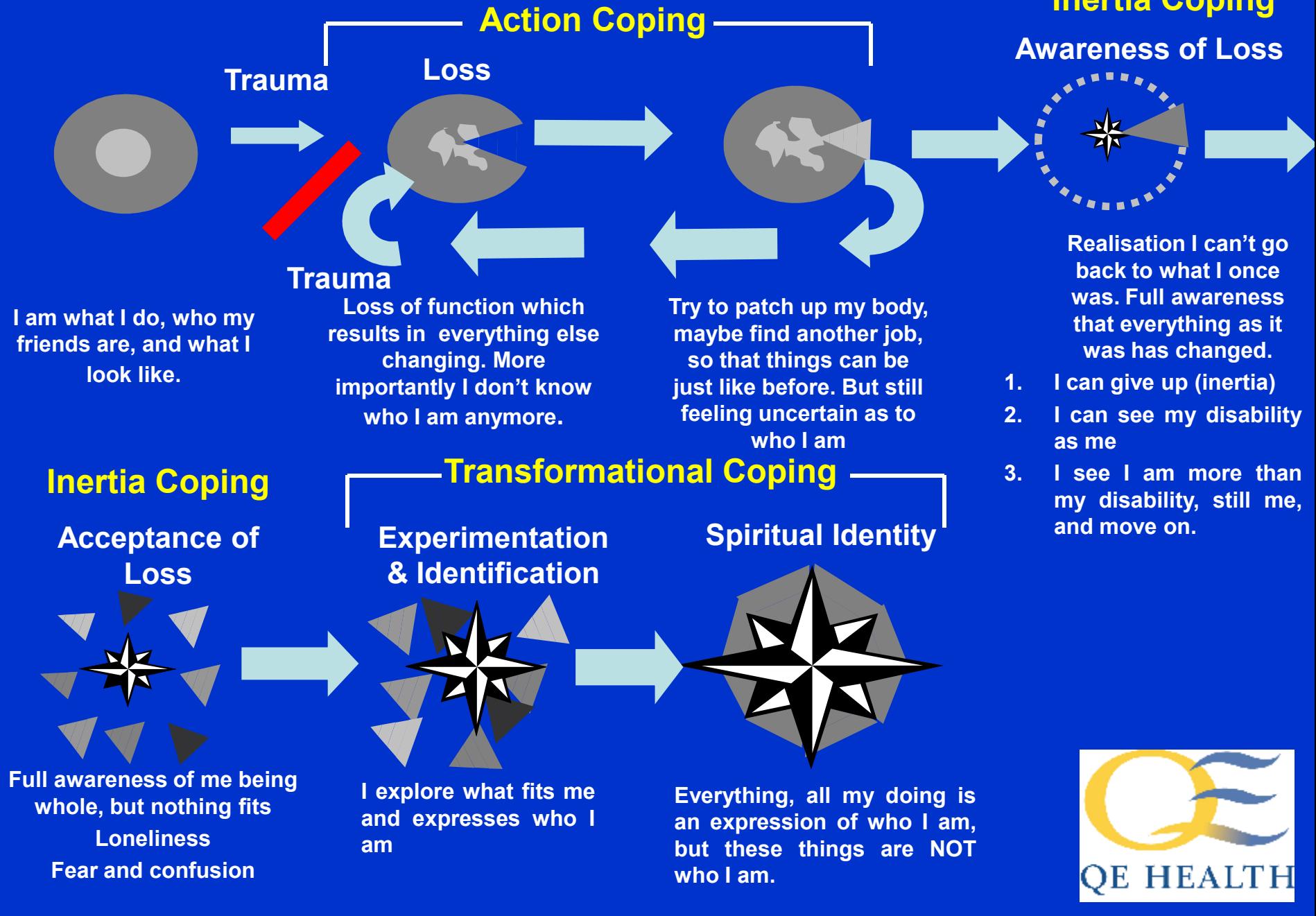
Spirituality

Dyson, Cobb & Forman (1997); Selway & Ashman (1998); Weaver, Flannelly, Flannelly, Koenig & Larson (1998).

- Relationships
- Connection
- Meaning
- Clarity of Beliefs/Values

THE HEALTH CHANGE PROCESS THEORY

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Some Assertions of the Health Change Process Theory

- Holistic health is developed from inside out
- Change is a universal human condition
- The very existence of self will be perceived to be threatened, resulting in heightened, prolonged anxiety and ill-health, if a person defines their self primarily by the outer dimensions.
- Sustained holistic health is achieved by confronting change and creatively problem-solving so that one's dynamic biopsychosocial reality reflects and is an expression of the spiritual core.
- Level of anxiety (but not emotional distress) is a direct indicator of the degree of resilience of the spiritual self

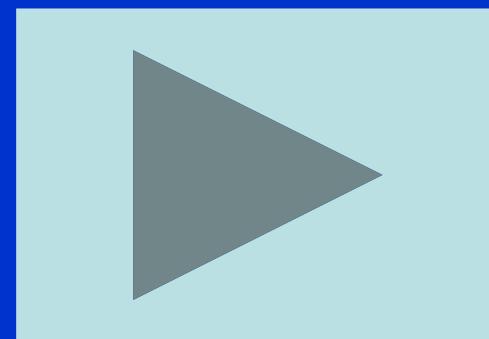
Applying Theory to Practice

- The Health Change Process Theory explains the various phases of holistic health change people experience.
- It identifies when health management or health change facilitation are appropriate
- It identifies the key motivators and obstacles enabling transformational change and predicts the effects of each phase on physical, social and psychological health and function.
- It provided the framework for the development of a quantitatively-based assessment, triage and holistic treatment approach.

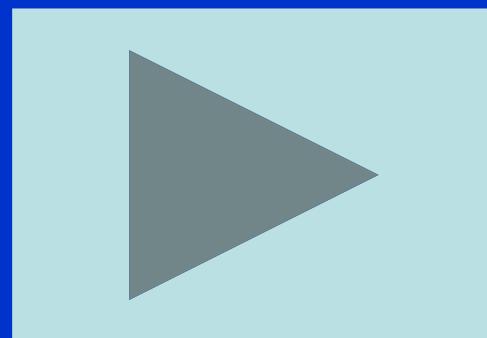
The Development of a Holistic Health Measure: The QE Health Scale (QEHS)

- Five studies developed and evaluated the reliability and validity of the QEHS (Faull, K. & Hills, M. (2007). A spiritually based measure of holistic health for those with disabilities: development, preliminary reliability and validity assessment. *Disability and Rehabilitation*, 29, 13: 999-1010. Faull, K. & Hills, M. (2007). The QE Health Scale (QEHS): assessment of the clinical reliability and validity of a spiritually based holistic health measure. *Disability and Rehabilitation*, 29, 9: 701-716).
- The resultant 28-item QEHS and associated Patient Profile are the foundational tools of QE Health service delivery.

The QE Health Scale



Applying the HCPT to Practice: The QEHS & QE Health Patient Profile



The QE Health Holistic Approach

- Assumes that the essential component of self is spiritual and therefore, the essential component of health is a resilient spiritual self
- Requires a partnership approach in assessment, clinical decision making and intervention
- Enables cost effective and clinical effective triage to the appropriate intervention
- Fast-tracks the movement from acute client-passive interventions and mindsets to a self-management and problem solving approach essential to the successful reintegration and participation of the individual into their community of interest.

Applying the QE Health Approach

- QE Health's intent – the appropriate use of a pitch fork
- The Health Journeys initiative – cancer survivors to cancer champions
- Training, registration and licensing
 - a three-module training package consisting of, (1) the theoretical basis of the HCPT; (2) applying the HCPT and associated tools to yourself then others; (3) HCPT assessment intervention internship
 - those health professionals who complete this training are then HCPT registered so that they can access the internet-based profiling

Applying the QE Health Approach

- Expertise to assist licensed health organisations to develop chronic healthcare programmes in line with this approach.
- The framework of service delivery is:
- Holistic assessment to determine, (1) no treatment; (2) acute focused intervention (addressing impairment); (3) holistic intervention: change of focus from impairment to potential
- Intervention
- Quantitative evidence based approach: initial, admission and discharge holistic assessment aids research, audit and continuous quality improvement

Future Plans

- Enhance R & D by:
 - new Queen Elizabeth Hospital Community Trust PhD scholarship
 - strengthen our relationships with the Auckland and Waikato universities
 - collaborate with external agencies to apply and evaluate this approach in other populations
 - Up-skill all our clinicians to HCPT Level 3
- To collaborate with DHBs, PHOs and private health providers with the aim of enabling New Zealand-wide access to this approach