

## Health Behaviour Change

HBC is a clinical skill set that can be utilized during conversations with clients related to behaviours that impact health. HBC provides tools to engage with clients in a way that increases the likelihood of change towards healthier behaviors and outcomes. HBC is based on Stages of Change and Motivational Interviewing skills.

- An overview of Health Behavior Change skills can be found in the 7 page document, [Facilitating Behaviour Change](#).

### Frequently Asked Questions for Health Professionals

[Why is HBC important?](#)

[How do I access training?](#)

[Who should be trained?](#)

[What does this mean to me?](#)

[Where do I access additional tools for implementation?](#)

## Why is HBC important?

Studies demonstrate improved outcomes including client improvements in following rehabilitation programs, managing addictions, quitting smoking, taking medications as directed, eating a healthy diet, getting exercise, and practicing safer sex.

- For more information on the effectiveness of HBC, see [Evidence on the Use of an HBC Approach: What Does the Research Say?](#)

## How do I access training?

A two-part education course has been developed. Part one is an online Learning Management System (LMS) module called **Health Behaviour Change: The Fundamentals**, which takes about 40 minutes to complete. This is followed by Health Behaviour Change Part 2: In-person Practical Workshop. Part two is a half-day session that is skills-based. The LMS module is a prerequisite for the classroom training.

- Sign-up for both sessions on the [LMS](#). Click on the Courses / Registration tab at the top, then Clinical Skills > Health Care Initiatives). Please note an account is required to use the LMS. The home page contains information, how to use the LMS including how to create an account, which browsers are compatible with the LMS and other pertinent information.

## Who should be trained?

This training is encouraged as a core competency for all health professionals. It is recommended that managers work with their teams to co-ordinate a training plan. It is encouraged that all team members have some training in HBC, so managers are asked to plan how each team member who has not had training on this recently can be scheduled to attend. It may be desirable for an entire team to complete the LMS and then attend a classroom session together, or it may only be feasible to stagger the team members' training throughout the year.

## What does this mean to me?

As care providers, we have committed to enhancing client experience and delivering quality, caring services that promote health and well-being. Utilizing HBC in clinical practice will promote positive outcomes and engagement. Therefore, teams are requested to strategize for how HBC will be embedded and sustained in everyday practice. Training is only the first step; changing practice is the key to seeing better outcomes. Managers need to lead discussions with their

teams about how to support this practice (in case conferences, individual practice, etc.) and ensure awareness of the available tools and resources.

### **Where do I access additional tools for implementation?**

- Implementation information for managers and a pre-post evaluation for teams are available through your program or professional lead for HBC.