The goals of Parkinson’s disease (PD) care are to help patients:

- To perceive their life with PD in a positive way
- To acquire the abilities to cope with problems of daily activities
- To live better for the rest of their life

Subjective evaluation of the coaching in patients with Parkinson’s disease
Ichiro Nakanishi, Yasuhiya Yamamoto, Hidefumi Ito

Department of Neurology, Wakayama Medical University, Nachikatsuura Municipal Onsen Hospital

Background

The goals of Parkinson’s disease (PD) care are to help patients:

- To perceive their life with PD in a positive way
- To acquire the abilities to cope with problems of daily activities
- To live better for the rest of their life

**Health coaching**

- Health coaching is the practice of health education and health promotion within a coaching context, to enhance the wellbeing of individuals and to facilitate the achievement of their health-related goals.
- Health coaching has been reported to be effective for patients with various chronic disease. (DM, COPD, Hypertension, Cognitive heart failure, Cancer-***)

**Life coaching**

- Life coaching is based on the assumption that the issues most important to the client are self-identified and self-prioritized. It is the clients that choose the topic, the action, and the results that they want to achieve.
- Life coaching is defined as focusing on the person’s whole life and by focusing on wellness rather than pathology.
- Carefully structured telephone coaching can improve self-efficacy in patients with spinocerebellar degeneration.

Skills and objective of the coaching

**Listening**

- Mostly quiet. Speaking ideally 5% to 10%.
- “Patient as storyteller and doctor as audience”
- Hearing about health-related topics as well as other life issues that patients wish to address.
- Being aware of our own biases or judgments, and setting them aside.

**Questioning**

- Open ended questions
- Helping people move forward by beginning with what, how, who, when, where, and which.
- Asking ‘chunking down’ questions

Coaching core skills

- Talk about what’s working and what’s getting in the way.
- Set achievable goals and reinforce positive behaviors with praise.
- Feedback & Acknowledgment

Objectives of the coaching for daily activities with PD

- To clearly evaluate the problems of daily activities with PD.
- To share “Tips” for problems of daily activities.

Objectives of life coaching for patients with PD and family

- To maintain their present life
- To plan and enjoy some pleasurable time
- To formulate long-term goals and help them plan how to reach them

Coaches and Clients

**Clients**

- All clients realized their coach was interested in their emotions and daily life, and they had an emotional connection with their coaches.
- Some patients felt that the coach’s positive acknowledgement of their goals helped them think about their life with PD in a more positive way.

**Coach**

Coaching skill was effective:

- In examining unmet needs in patients’ daily lives that could not be resolved by medication.
- In suggesting new perspectives and solutions for problems of daily activities.
- In helping patients keep a positive attitude and focus on what they can do rather than what they can’t.

Discussion

Communication using coaching skills helped PD patients and caregivers cope with problems of daily activities and realize their life’s pleasures and goals.

To ensure the objectivity of coaching by a doctor, co-medical staff may join and review the coaching.

Coaching skills are an effective patient-centered approach for patients with PD.

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