

“Professional training should be restructured to include a new set of core competencies that prepare 21st century health workers to manage today’s most prevalent health problems ...professionals need to be retooled.”

Health Professions Education Committee  
Institute of Medicine (2003)



# Chronic Care Professional (CCP) 5.0

## The Nationally Recognized Health Coaching Credential in Health Care

Offered with the population health improvement industry association, the Care Continuum Alliance, the Case Management Society of America, and the National Association of Wellness and Disease Management Professionals, since 2003 the award-winning Chronic Care Professional (CCP) Health Coach program remains the top choice of employers, health plans, military health services, health systems and medical home, and state and regional collaboratives. In peer-reviewed evaluations, teams prepared in the new generation of chronic care and self-care support interventions deliver better patient-level outcomes. CCP is the only population health or health coaching program linked with better outcomes in evaluations by partner organizations including Kaiser Permanente.

## Completely Revised and Updated for 2013

CCP 5.0 includes the definitive manual and guidebook to lifestyle management and chronic care health coaching—complete with medical care guidelines and patient shared decision-making tools for over 25 chronic conditions. Learners can also access a new library of engaging motivational interviewing (MI) health coaching skill-building activities—including training in the 2012 Miller & Rollnick MI health coaching framework (MI remains the *only* validated approach to health coaching and is linked with better patient outcomes in 300+ clinical trials). In CCP 5.0, learners have exclusive access to over 25 HealthSciences faculty contributors from Mayo Clinic, Cleveland Clinic, Harvard, among others.

## Learning, Certification & CE Program for Clinical & Nonclinical Practitioners

CCP is an advanced 40-hour interdisciplinary learning program that combines a program text, online curriculum, 100-item multiple choice certification examination (passing score of 70 or better), free access to monthly skill-building sessions and archives from a community of over 10,000 practitioners, from the U.S. and abroad, as part of the largest not-for-profit chronic care and health coaching collaborative: <http://healthsciences.org/Population-Health-Improvement-Learning-Collaborative-Events>

## Tuition & Program Delivery

The \$1,395 bundled tuition fee includes a 350 page full-color, spiral-bound CCP manual, multimedia learning program, examination and a continuing education certificate—preapproved for nurses, physicians and case managers. Following certification, CCPs have access to ongoing monthly CE following certification and archives (providing all CEs required for recertification). Association and organization partners may be eligible for tuition reductions. HealthSciences Institute is pleased to offer tuition support to community-based volunteer and patient support organizations

CCP fulfills the core health coaching curriculum requirement for Registered Health Coach® and CCPs are eligible for listing in [www.HealthCoachRegistry.org](http://www.HealthCoachRegistry.org)

Learn more or register now: <http://healthsciences.org/Chronic-Care->

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## Module 1.0: Population Health Improvement (PHI)

- The New Health Care Environment
- Assessing & Improving Health Care Quality
- Chronic Care Improvement
- Wellness, Disease Management & Care Management Practice

## Module 2.0: Chronic Conditions

- The Big Five Chronic Conditions
- Key Chronic Conditions
- Issues of Late-Life

## Module 3.0: Lifestyle Management

- Diet & Nutrition
- Weight Management & Bariatric Surgery
- Fitness, Physical Activity & Mind/Body Health
- Stress Management
- Tobacco Cessation

## Module 4.0: Health Coaching

- Behavior Change Theory, Science & Practice Applications
- Miller & Rollnick MI Health Coaching Framework
- MI Health Coaching Patient Challenges
- MI Individual & Team Skill-Building Activities
- Bonus: Miller & Rollnick's MI Video Training Series (6 hrs)

## Chronic Care Professional (5.0) Learning Objectives

### Module 1: Population Health Improvement

- List the key reasons why health care needs to be transformed.
- Describe how chronic care differs from acute care and why it requires a new orientation.
- Identify key features of the population health improvement model.
- Review wellness, disease management, and care management steps and best practices.
- Summarize evaluation methods for, and common flaws of, population health programs.

### Module 2: Chronic Conditions

- Compare and contrast traditional and partnership patient care models.
- Describe key differences between patient education and self-care support.
- Recall the four components of the WISE model of patient self-care support.
- Highlight key signs, impacts, self-care steps, and evidence-based care for the big five chronic diseases.
- Describe common late-life conditions and key assessment and management steps.
- Review key issues that may threaten the health, independence, or quality of life for older adults.

### Module 3: Lifestyle Management

- Discuss lifestyle factors affecting chronic disease risk.
- Describe the various components of a healthy diet and the special nutritional benefits of plant-based foods.
- Provide accurate information regarding the treatment and management of the overweight and obese.
- Describe physical activity recommendations and simple strategies for introducing physical activity to patients.
- Compare types of life stressors and effective stress management strategies.
- Review factors associated with tobacco use, the physical effects of nicotine, and smoking cessation interventions.

### Module 4: Health Coaching

- Review leading behavior change theories and models.
- Describe the evidence-based health coaching approach.
- Apply key principles of behavior change science to health care health coaching practice.
- Summarize principles and foundations of MI.
- Apply the Miller & Rollnick health coaching framework in patient care encounters.
- Apply MI to common clinical, lifestyle management and chronic care patient scenarios.

CCP Health  
Coaching  
Manual

CCP  
Online  
Activities

CCP  
Expert  
Presentations



CCP Final Examination & Evaluation



Population Health Improvement Learning Community

Monthly Expert Presentations • Learning Resource Library

On-Demand Archive Library • LinkedIn Group • Twitter

*(Available FREE to all CCP Enrolled & CCP Certified Professionals)*

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