

# LiveWell! at Bridgepoint Health

~ a member of the WHO International Health Promoting Hospitals & Health Services (HPH) Network

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## Bridgepoint Health – Who We Are



- Over 450 Beds – complex, continuing care & rehabilitation
- Ambulatory and day services - 20,000 visits
- 1,100 employees
- Family Health Team
- Research Institute



Architects rendering of new hospital, Opening 2012

### Vision

Canada's Leader in complex care and complex rehabilitation – the new frontier of health care

### Mission

Change the world for people living with complex chronic disease and disability

# WHO – International Health Promoting Hospitals & Health Services (HPH)



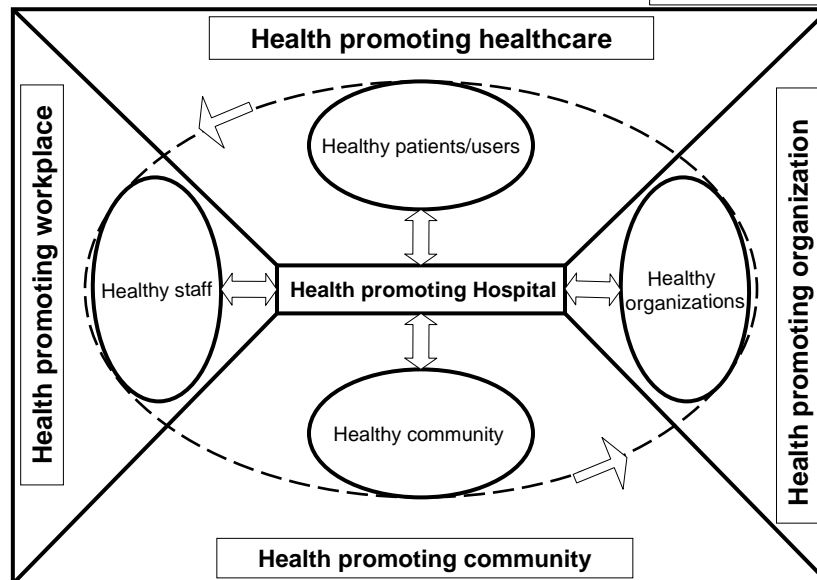
- Originated as a project of WHO Europe – now over 700 members in over 33 networks in 30 countries - First 2 networks now in North America in Ontario & Quebec
- 2 WHO International HPH Collaborating Centres (Vienna & Copenhagen)
- Annual International conference, Task Forces and Working Groups
- Network members exchange information, evaluate activities and build body of evidence for future practices

[www.euro.who.int/healthpromohosp](http://www.euro.who.int/healthpromohosp)

## A Health Promoting Health Service



International Network of  
Health  
Promoting  
Hospitals and Health Services



Adapted from M. Beaumont (2003)

© 2006 N. Dedobbeleer, A.-P. Contandriopoulos, L. Lamothe, H. N'Nguyen, L. Rousseau, M. Beaumont, R. Bilteys, Z. El M'Mala.

## The Bridgepoint Approach: LiveWell!

- Wellness, health promotion and prevention should be integral components of health care
- It is possible to live well while living with chronic disease and disability
- Health care is a process in which patients should be engaged as partners and part of the team, not as passive recipients
- A LiveWell! culture for staff is a catalyst for a LiveWell culture for patients
- We work together with others to improve the health of the community

**Health  
Promoting  
Organization**

**Health  
Promoting  
Healthcare**

**Health  
Promoting  
Workplace**

**Health  
Promoting  
Community**

## Where Bridgepoint is headed

### Four Approaches to Health Promoting Hospitals

Type 1	Type 2	Type 3	Type 4
Do a health promotion project	Delegate health promotion to a specific division, department, or staff	Being a health promotion setting	<b><i>Being a health promotion setting and improving the health of the community</i></b>

Source: Johnson A and Baum F "Health promoting hospitals: a typology of different organizational approaches to health promotion. Health Promotion International, 2001, Vol 16 (3)

## Our LiveWell! Roadmap



### How LiveWell! Comes to Life

Health Promoting Organization	Health Promoting Healthcare	Health Promoting Workplace	Health Promoting Community
<p>Health promotion policies &amp; values</p> <p>Senior leadership and exec champions</p> <p>A learning and efficient organization</p> <p>An environmentally-friendly organization</p>	<p>Assessment of needs with respect to health promotion</p> <p>Health promotion, prevention and protection programs and interventions</p> <p>Information to patients</p> <p>Promoting patient involvement in decisions and educating patients to play an active role in self-mgmt</p>	<p>Strategies to create a healthy and safe workplace</p> <p>Strategies to promote healthy life habits</p> <p>Physical and social environmental changes</p> <p>Staff participation</p>	<p>Collaboration with partners</p> <p>Accomplishments with partners</p> <p>Collaboration assessment</p> <p>Working with the Community</p>

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## Proven effective interventions include:

- **Written information to supplement clinical consultation**
- **Web sites and other electronic information sources**
- **Personalized computer-based information & virtual support**
- **Training for health professionals in communication skills and health coaching**
- **Decision aids for patients**
- **Support for self-management education and behaviour change**

Patient Focused Interventions: A Review of the Evidence  
[www.pickereurope.org/Filestore/Publications/QE1\\_Review\\_AB.pdf](http://www.pickereurope.org/Filestore/Publications/QE1_Review_AB.pdf)

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## Self Management Support

Is defined as the systematic provision of education and supportive interventions by health care staff to increase patients' skills and confidence in managing their health problems, including regular assessment of progress and problems, goal setting, and problem-solving support.

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# Empowering Patients and Families for 'Health Promoting Healthcare'



“Strategies for promoting an active role for patients should pay attention to health literacy, shared decision-making and self-management.”

Source: Policy Brief *Where are the patients in decision-making about their own care?*, World Health Organization 2008.

# A 'LiveWell!' Toolbox



- Patient & Family Involvement
- Patient Self Management
- Clinical Health Promotion
- Mental Health Promotion
- Mindfulness Meditation
- Addiction Counseling
- Acceptance & Commitment Therapy
- Spiritual Care & Peer Support
- Alternative & Complementary Therapies
- Consumer Health Information
- Computer Literacy Skills
- Wellness Programs
- Recreation Therapies
- Multi-disciplinary Care
- Culturally Competent Care
- Address Health Inequities
- Health Promotion Patient Assessments
- Self Management Support
- Shared Decision Making & Care Plans
- Brief Interventions & Motivational Interviewing
- Patient-Provider Communication Skills
- Green HealthCare & Healthy Food & Nutrition
- Community Collaboration to address Determinants of Health
- Healing Architecture & Design

