

Sharing Knowledge as a Nurse Coach

Learning A Different Approach

Share Knowledge as a Partner and a Guide

The client always has the authority
as the lead decision-maker

Nurse coaches use our knowledge
to guide the client based on their
agenda, toward their desired
outcomes, and to promote their
own agency.



Share Knowledge as a Partner and Guide

- **If a client is stuck...**
 - Ask permission to brainstorm and share some ideas.
 - Share a menu of options.
Ask for their feedback.
- **If a client has a knowledge gap...**
 - Be curious about what the client knows
 - Ask permission to share your knowledge as needed
 - See what the client thinks about what you shared
- **If a client asks for information or a resource...**
 - If you know, share the info or resource.
 - If you don't know, you can try to find info or resource and get back to them next time.
 - Ask for their feedback



Authoritative/Directive Approach: Example

- Client: “I heard my cholesterol was high, and I want to try some lifestyle changes before I think about taking medication.”
- Nurse: “You need to start exercising regularly 150 minutes per week. Lose 10 pounds. Decrease saturated fat intake to <7% of calories Increase your soluble fiber intake to 5-10g/day. Eat 2g of plant stanols and sterols...”



Guiding Approach: Example

Client: "I heard my cholesterol was high, and I want to try some lifestyle changes before I think about taking medication."

Coach: You recognized a risk to your health and want to take action to reduce it. That's a strength. Since this is new, what have you learned so far about changes that might be helpful?

Client: "My doctor said to start exercising and make some changes to my diet like lower my fat intake."

Coach: "Yeah, exercising and lowering saturated fat intake, what else could help?" Client: "That was it. Are there more ways?"

Coach: "There are more. Are you interested in learning more?"

Client: "Yeah."

Coach: "Where do you usually go to seek out health-related information?"

