

Coaching Patients Through Sugar, Stress, Sleep and Sloth

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Introduction:

During any chronic illness, especially cancer, patients can lose the necessary motivation needed to move through the therapeutic process of getting well. Working with a health coach to balance four specific areas – sugar, stress, sleep and sloth – the patient can regain confidence and be an active participant in their healing which can lead to positive outcomes.

Methods:

Integrating a health coach in your practice to put together a program specifically targeting these four areas can increase the quality of your oncology patients' lives. It's easy to get lost in the big diagnosis of cancer. There are physical, mental and emotional responses to that diagnosis that many patients need guidance to navigate through. Supporting a health coach to assist your patients with that navigation can ease the process of living with cancer.

2 case studies:

- 1) Stage 4 Lung cancer client
- 2) Stage 4 Liver cancer client

measured expected life to actual life lived in time and quality of life.

Results:

Case study 1 given 3 months it is now 24 months still doing well Case study 2 was at the end of life on bed rest and given weeks to live. Lived 10 months longer, was stronger, out of bed and had quality of life until the end.

Conclusion:

Supporting the physical, mental and emotional bodies through coaching has shown to improve quality of life and may extend life expectancy for those diagnosed with chronic illness.