



### What is Making Every Contact Count About?

Making Every Contact Count is where each health care professional along a patient's journey has structured patient centred conversations with patients about their lifestyle related risk factors and prevention strategies for chronic disease. Making Every Contact Count is one of the key foundations of Integrated Care Programme for Chronic Disease. See brief video explaining MECC <https://www.youtube.com/watch?v=hyYOKPpFqIU> .

Approximately 1.3 million people in Ireland have at least one chronic disease including diabetes, asthma, chronic obstructive pulmonary disease (COPD) or cardiovascular disease. To prevent the onset and slow the progression or reduce the complications associated with the major chronic diseases Making Every Contact Count focuses on the modifiable risk factors including alcohol, tobacco, physical activity and health eating.

To support staff having these conversations a blended learning programme is available on HSeLand [www.hseland.ie](http://www.hseland.ie) including:

1. 8 x 30 minutes eLearning modules (Introduction to Behaviour Change, Tobacco Free, Alcohol and Drug Use, Get Ireland Active, Healthy Food for Life, Talking about Overweight & Obesity, Promoting Mental Health & Wellbeing, Skills into Practice)
2. 3.5hrs in class skills based 'Enhancing your Brief Intervention Skills Workshop' (available on-site if needed)



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