

Why Making Every Contact Count is Important in the Health Service?

The Healthy Ireland Study 2022 found that 31% of the total population have a long-standing illness or health problem increasing to 53% of those aged 65 and older. This equates to approximately 1.3 million people in Ireland living with at least one chronic disease including diabetes, asthma, chronic obstructive pulmonary disease (COPD) or cardiovascular disease.

What is Making Every Contact Count? During routine consultations with patient's healthcare staff are having structured patient centred conversations with patients about their lifestyle related risk factors for chronic disease including alcohol, tobacco, physical activity and healthy eating.

Link to a brief video explaining MECC: <https://www.youtube.com/watch?v=hyYOKPpFqIU>

To support staff having these conversations a blended learning programme is available on www.hseland.ie including:

- 8*30 minute online knowledge modules
- Introduction to Behavior Change
- Tobacco Free, Alcohol and Drug Use, Healthy Food for Life
- Talking about overweight & obesity
- Promoting Mental Health & Wellbeing, Skills in practice
- 3.5 hrs Enhancing your brief Intervention Skills workshop

While this is a programme to support our patients, clients and service users the knowledge gained from the outline modules can also support our own personal health and wellbeing.

Upcoming Open Workshop Dates:

- **20th October Mercy University Hospital**
- **7th November Carrigtwohill Primary Care Centre**
- **9th November Bantry Primary Care Centre**
- **21st November KDYS Killarney**

To book into one of these workshops log onto www.hseland.ie and paste the following bold text into the search bar: **MECC Enhancing your Skills Workshop, Face to Face Cork Kerry Community Healthcare.** Scroll down the list.

Contact Details for teams of 9 or more staff workshops can be offered onsite by contacting: MaireM.OLeary@hse.ie