

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 [Click Here](#)

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

- **6 x 30 minute online knowledge modules**

- Introduction to Behaviour Change
- Tobacco Free, Alcohol and Drug Use
- Healthy Food for Life
- Physical Activity
- Skills in Practice



- **3.5 hrs. Enhancing your Brief Intervention Skills workshop**

Upcoming Workshop Dates

- 18th February - St. Finbarr's Hospital
- 5th March - Mallow Primary Care Centre
- 2nd April - Bandon Primary Care Centre
- 2nd April - St. Mary's Primary Care Centre
- 9th April - University Hospital Kerry

- 7th May - St. Stephen's, Cork
- 13th May - South Infirmary Victoria Hospital
- 21st May - Listowel Primary Care Centre
- 5th June - Skibbereen Primary Care Centre

To book into one of these workshops log onto hse.ie and paste the following bold text into the search bar: **Making Every Contact Count: Enhancing your Skills Workshop, Face to Face Cork Kerry Community Healthcare**. Scroll down the list to find your workshop.

For teams of 9 or more staff workshops can be offered on-site by contacting: MaireM.OLeary@hse.ie

CPD Points available from NMBI, IACP and CORU



Making Every Contact Count

"One Conversation Can Change a Life"

www.makingeverycontactcount.ie