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Lead the next health movement Part I:

Learn how to become family medicine changemakers

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Background: Healthcare systems will never have enough practitioners to:

- Reverse the epidemics of unhealthy habits
- Prevent premature deaths and chronic diseases
- Add good-years-to-life despite chronic diseases

Mindsets can limit or expand our innovative abilities to address complex problems. Mindsets are our particular ways of valuing, believing, perceiving, thinking, feeling and behaving.

Aim: Become changemakers and organize workshops to set up leadership and change management teams to overcome:

- The constraints of 1-to-1 clinical encounters and 1-to-n population health programs and create
- An abundance of (n-to-n) peer health coaching networks and learning communities

Learn about you can:

- Implement peer coaching platforms and programs
- Create self-organizing groups to scale peer health coaching learning opportunities for all

Method: Read the learning modules from the Changemaker's guidebook (Download at www.HealthCoachingBuddiesMovement.com) to discuss questions designed to evoke self-reflection and group dialogues about how to open, expand and align our mindsets.

Results: Learning Outcomes:

1. What do you think, and how do you feel about:
 - Experiencing educational programs versus learning platforms?
 - Using evidence-based guidelines and creating your own personal evidence?
 - Leading healthier lives and becoming changemakers together?
2. Plan to organize a Changemaker's workshop for your organization and community.
3. Learn about how we need to use social media, m-health and e-health to:
 - Implement peer coaching platforms and programs at all levels
 - Develop leadership, professional and social movements
 - Build health movements for the people and led by the people

Conclusion: We must open, expand and align our mindsets to design transformational innovations for population health improvement. To participate in this learning journey, you can join the SIG on Complexity and Health to:

- Take the CPD Changemaker's online course <http://bit.ly/1zLgwqv>
- Participate in an ongoing online learning communities
- Develop peer coaching relationships between junior and senior doctors using Social Media to deliver the Changemaker's and Peer Health Coaching learning platform