

Target Group:

Persons of all ages

Aim of the Method

To chart, support and evaluate the health behaviour of a person: physical activity, dietary behaviour, drug use, alcohol use, smoking, rest and sleep, mental health

Level of Participation:

Moderate

Type of Method:

Dialogic and individual focused method

DESCRIPTION

Face to face health appointments between public health professional and a person can be used for different purposes. Also virtual appointments and mobile coaching can be used.

Examples:

1. Health examination is a pre-scheduled appointment to check health condition and health behaviour of a person (e.g. all school aged children)
2. Follow-up appointments to support person with observed health problems or need for life style change
3. Individual meetings concentrating on addictions (e.g. drugs, alcohol, smoking). The aim is to motivate and give emotional support to persons who need to change attitudes towards intoxicants.

TIPS FOR THE USERS

Pros and cons:

- ▶ + Open and peaceful interaction with one person
- ▶ + The person feels that he/she is heard
- ▶ + Personal and interactive method
- ▶ + Effective method for behaviour change
- ▶ + Enables understanding of the person's situation in life
- ▶ - Time consuming for PHAs
- ▶ - Lack of cooperation with person's next of kins

NB:

- ▶ Motivational interview can be used (Tool 4) in these health appointments too

RESOURCES NEEDED:

- ✓ Peaceful meeting room
- ✓ Public health professional with experience in personal guidance and counselling
- ✓ Virtual meeting equipment and data secure connection if needed