

**NHS England**  
**Technology Enabled Care Services (TECS) Evidence Database**

**TELECOACHING EVIDENCE**

The evidence base for using technology to enhance care is large, complex and continuing to grow rapidly. TECS is a complex intervention involving people, process and technology, therefore results are dependent on all these elements. The evidence is based on a range of methodologies and can – in some contexts – provide mixed messages on the clinical and cost-effectiveness of TECS. It would therefore be impractical and unhelpful to try and provide a definitive list of all studies on all TECS in all clinical areas.

This database provides a list of individual studies as well as a link to a single key paper for selected as selected clinical areas. The lists are limited to the most recent studies and may not be exhaustive. They are intended to help those considering TECS how these solutions might best address their needs. Some resources may need to be purchased and in many cases the link is to a summary of the paper rather than the full content.

1. **Nurse-led telecoaching of people with type 2 diabetes in primary care: rationale, design and baseline data of a randomized controlled trial** <http://www.biomedcentral.com/1471-2296/15/24>
2. **Improvement of communication and interpersonal competence in telenursing - development of a self-assessment tool.** <http://www.ncbi.nlm.nih.gov/pubmed/25393698>
3. **A new model for secondary prevention of stroke: transition coaching for stroke.** <http://www.ncbi.nlm.nih.gov/pubmed/25386161>
4. **Effects of home-based training with telemonitoring guidance in low to moderate risk patients entering cardiac rehabilitation: short-term results of the FIT@Home study.** <http://www.ncbi.nlm.nih.gov/pubmed/25354951>
5. **A case study approach to the examination of a telephone-based health coaching intervention in facilitating behaviour change for adults with Type 2 diabetes.** <http://www.ncbi.nlm.nih.gov/pubmed/25319572>
6. **Effectiveness of a Pedometer-based Telephone Coaching Program on Weight and Physical Activity for People Referred to a Cardiac Rehabilitation Program: A RANDOMIZED CONTROLLED TRIAL.** <http://www.ncbi.nlm.nih.gov/pubmed/25313450>
7. **A pilot randomized control trial to evaluate the feasibility of an Internet-based self-management and transitional care program for youth with haemophilia.** <http://www.ncbi.nlm.nih.gov/pubmed/25311370>
8. **A community health worker-led lifestyle behavior intervention for Latina (Hispanic) women: Feasibility and outcomes of a randomized controlled trial.** <http://www.ncbi.nlm.nih.gov/pubmed/25307195>

9. Testing the effectiveness of a self-efficacy based exercise intervention for adults with venous leg ulcers: protocol of a randomised controlled trial.  
<http://www.ncbi.nlm.nih.gov/pubmed/25277416>
10. Effects of a guided web-based smoking cessation program with telephone counseling: a cluster randomized controlled trial. <http://www.ncbi.nlm.nih.gov/pubmed/25253539>
11. Randomized Trial of Nicotine Lozenges and Phone Counseling for Smokeless Tobacco Cessation. <http://www.ncbi.nlm.nih.gov/pubmed/25168034>
12. Rebuilding self-confidence after cancer: a feasibility study of life-coaching.  
<http://www.ncbi.nlm.nih.gov/pubmed/25160492>
13. Weight loss by telemonitoring of nutrition and physical activity in patients with metabolic syndrome for 1 year. <http://www.ncbi.nlm.nih.gov/pubmed/25105874>
14. A tailored nurse coaching intervention for oral chemotherapy adherence.  
<http://www.ncbi.nlm.nih.gov/pubmed/25089216>
15. Effect of hospital-based telephone coaching on glycaemic control and adherence to management guidelines in type 2 diabetes, a randomised controlled trial.  
<http://www.ncbi.nlm.nih.gov/pubmed/24963611>
16. RESPOND-a patient-centred programme to prevent secondary falls in older people presenting to the emergency department with a fall: protocol for a multicentre randomised controlled trial. <http://www.ncbi.nlm.nih.gov/pubmed/24958769>
17. Comparing Client Outcomes for Two Evidence-Based Treatment Consultation Strategies.  
<http://www.ncbi.nlm.nih.gov/pubmed/24871692>
18. A remote monitoring and telephone nurse coaching intervention to reduce readmissions among patients with heart failure: study protocol for the Better Effectiveness After Transition - Heart Failure (BEAT-HF) randomized controlled trial.  
<http://www.ncbi.nlm.nih.gov/pubmed/24725308>
19. Effects of a multiple health behavior change intervention for colorectal cancer survivors on psychosocial outcomes and quality of life: a randomized controlled trial.  
<http://www.ncbi.nlm.nih.gov/pubmed/24722960>
20. Peer Support for Diabetes, Heart Disease and HIV/AIDS: A Review of the Clinical Effectiveness, Cost-effectiveness, and Guidelines [Internet].  
<http://www.ncbi.nlm.nih.gov/pubmed/24716255>
21. Improving quality of care in inflammatory bowel disease: what changes can be made today? <http://www.ncbi.nlm.nih.gov/pubmed/24713174>
22. Health coaching in primary care: a feasibility model for diabetes care.  
<http://www.ncbi.nlm.nih.gov/pubmed/24708783>
23. The effectiveness and applicability of different lifestyle interventions for enhancing wellbeing: the study design for a randomized controlled trial for persons with metabolic syndrome risk factors and psychological distress.  
<http://www.ncbi.nlm.nih.gov/pubmed/24708617>

24. Modeling Parenting Programs as an Interim Service for Families Waiting for Children's Mental Health Treatment. <http://www.ncbi.nlm.nih.gov/pubmed/24702236>
25. Does brief telephone support improve engagement with a web-based weight management intervention? Randomized controlled trial. <http://www.ncbi.nlm.nih.gov/pubmed/24681761>
26. Longer term impact of the mass media campaign to promote the get healthy information and coaching service®: increasing the saliency of a new public health program. <http://www.ncbi.nlm.nih.gov/pubmed/24662895>
27. Enhancement of couples' communication and dyadic coping by a self-directed approach: a randomized controlled trial. <http://www.ncbi.nlm.nih.gov/pubmed/24660673>
28. A randomized comparative effectiveness study of Healthy Directions 2--a multiple risk behavior intervention for primary care. <http://www.ncbi.nlm.nih.gov/pubmed/24642140>
29. Effectiveness of a national transitional care program in reducing acute care use. <http://www.ncbi.nlm.nih.gov/pubmed/24635373>
30. Diabetes health information technology innovation to improve quality of life for health plan members in urban safety net. <http://www.ncbi.nlm.nih.gov/pubmed/24594561>
31. Medical assistant coaching to support diabetes self-care among low-income racial/ethnic minority populations: randomized controlled trial. <http://www.ncbi.nlm.nih.gov/pubmed/24569698>
32. 'Get Healthy, Stay Healthy': protocol for evaluation of a lifestyle intervention delivered by text-message following the Get Healthy Information and Coaching Service®. <http://www.ncbi.nlm.nih.gov/pubmed/24495781>
33. Reversing social disadvantage in secondary prevention of coronary heart disease. <http://www.ncbi.nlm.nih.gov/pubmed/24411209>
34. A comparison between phone-based psychotherapy with and without text messaging support in between sessions for crisis patients. <http://www.ncbi.nlm.nih.gov/pubmed/25295667>
35. The Neurosurgical Telecounseling Network in the Veneto Region: 4 Years of Experience of HEALTH OPTIMUM. <http://www.ncbi.nlm.nih.gov/pubmed/25272284>
36. Effect of a postdischarge virtual ward on readmission or death for high-risk patients: a randomized clinical trial. <http://www.ncbi.nlm.nih.gov/pubmed/25268437>
37. Sexual and reproductive health for young adults in Colombia: teleconsultation using mobile devices. <http://www.ncbi.nlm.nih.gov/pubmed/25263432>
38. Telecare collaborative management of chronic pain in primary care: a randomized clinical trial. <http://www.ncbi.nlm.nih.gov/pubmed/25027139>