Digital Health Navigator : Coaching Techniques

Kekayan Nanthakumar, Alaeddin Nassani, Nastaran Saffaryazdi, Elizabeth Broadbent, Merryn Tawhai, Martyn Nash, Gonzalo Maso Talou. The University of Auckland, New Zealand

UNIVERSITY OF AUCKLAND Waipapa Taumata Rau NEW ZEALAND

AUCKLAND BIOENGINEERING INSTITUTE

Background

- Primary care clinicians face challenges in managing chronic conditions due to time constraints.
- Health coaching shifting from directive to a collaborative approach - asking patients what changes thy are willing to make, is a solution to ensure patients understand and participate in managing their conditions.

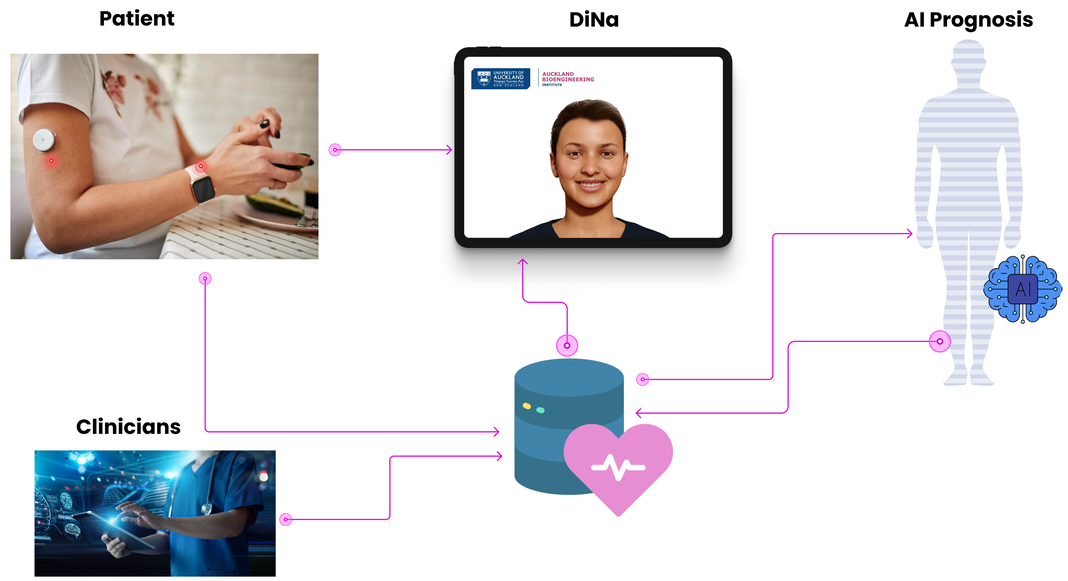
Opportunity

New technologies have enabled us,

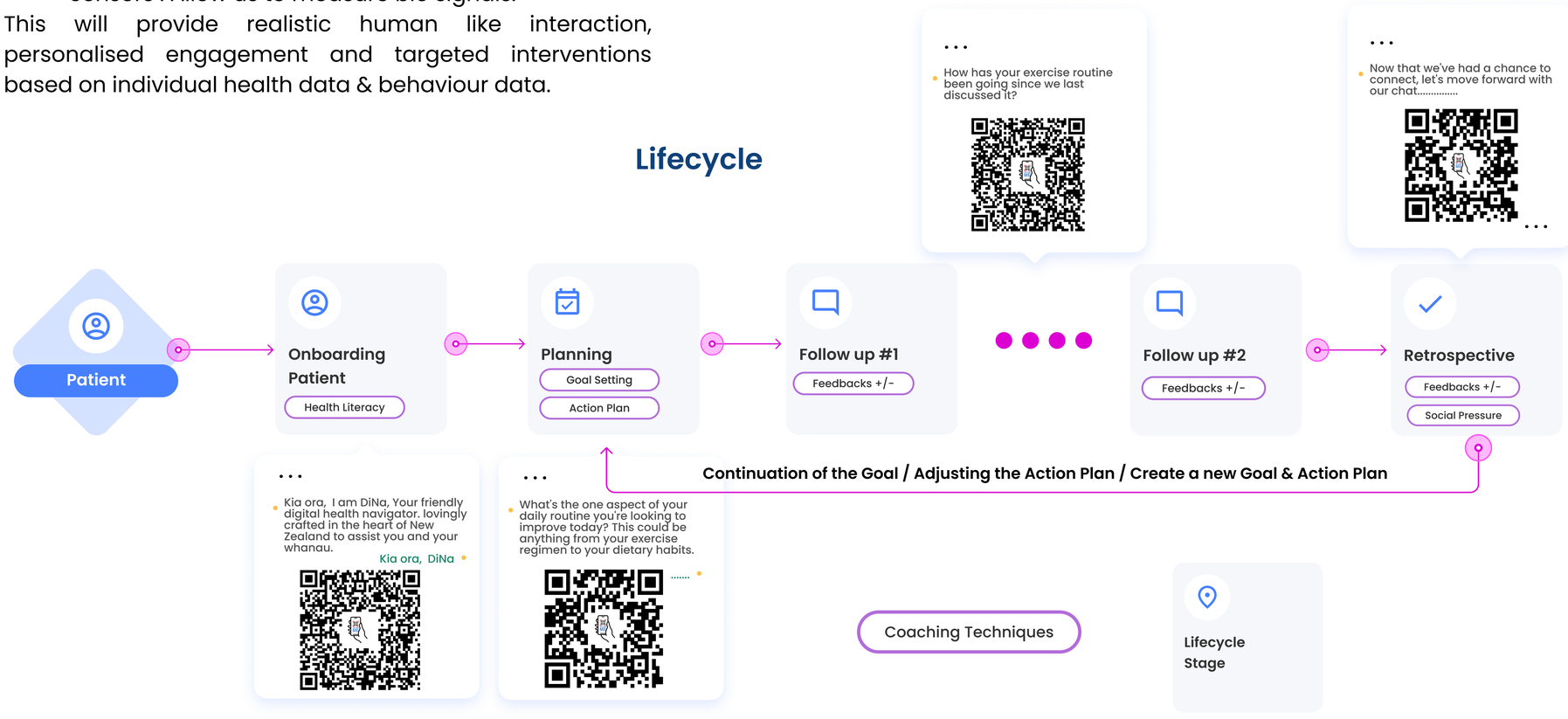
- AI : Offers personalisation and more authentic human like conversation.
- Digital Humans : Employ virtual avatars for engaging interaction.
- Sensors : Allow us to measure bio signals.

This will provide realistic human like interaction, personalised engagement and targeted interventions based on individual health data & behaviour data.

Method



Lifecycle

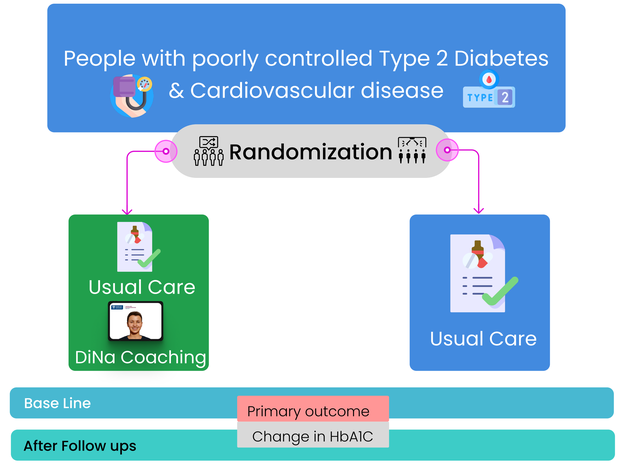


Summary

Physicians excel in "give patients a fish" - curing an acute problem or prescribing medications for a chronic condition , where as coaching "teach patients to fish"

Expected Outcome: The DiNa led interventions improve adherence and glycemic control.
This approach offer a scalable and engaging method to support chronic disease management.

What's Next



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Acknowledgments

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- Soul Machines: Application of A.I. in Health

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