

Feeling better is at your hands!

The courses of the Expert Patient Programme are designed for small and heterogeneous groups.

The people who participate have different chronic conditions. Many of the trainers are also chronic patients trained for that purpose.

Training is developed in six sessions (once a week) with a duration of two hours and a half. The courses can be full time classroom or on line. In order to carry out the course, it is followed the manual *Living a Healthy Life with Chronic Conditions*.



(2 CDs included)

RRP: 25 €

In order to acquire our guide phone **902027983**

“Scientific-Medical Acknowledgement of the Expert Patient Programme “Orden 25 Enero de 2008 de la Consejería de Sanidad de la Región de Murcia”



PROGRAMA
PACIENTE
EXPERTO

Organizes:



Collaborates:



Information.:

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Feel more alive...



Aimed at patients, family-carers and health professionals .



What is the Expert Patient Programme?

The Expert Patient Programme which is already developed in more than 20 countries, arrives to Spain and searches for a better quality of life for patients with long-term conditions..

Stanford University which has been pioneer in these courses for years, has granted professional accreditation to the volunteers in our foundation in order to deliver those courses in Spain.

This Programme is based on the International Health Organization's idea to promote Health-Self Management within the New Model of Chronic Care.



We teach you to take care

Who can participate?

Any person who suffers from a chronic illness and wishes to learn to self-manage his/ her condition or any health person who wishes to acquire healthier habits in life..

*Aimed at patients who suffer from: **Arthritis, Bronchitis, Multiple Sclerosis, Fybromialgia, Depression, Heart Diseases, Addictions, Diabetes, Obesity, Stress who wishes to stop smoking** ...among others and also aimed at elder people in general.*



It is also aimed at careers and health professionals who wish to know this new way of helping patients and also aimed at those who also suffer the same health struggles when living with a patient..

***AIMED at the Health Professional::
“Training on Health Self-Management for Health Professional”***



Aknowleged Activity by the Comisión de Formación Continuada del Ministerio de Sanidad y Consumo.2.6 Academic Credits

With self-management courses, you acquire the necessary skills to relieve the consequences of long-term conditions, among them:

- § *Positive thinking.*
- § *To manage to take decisions.*
- § *To cope with the illness.*
- § *Healthy diet.*
- § *To acquire healthier habits in life.*
- § *To manage family relations in better harmony.*
- § *To face the psychological consequences of pain.*
- § *To manage your mood.*
- § *Relaxation techniques.*
- § *To face depression.*
- § *To plan the future.*
- § *Communication with health professionals.*

*To overcome these and other challenges is definitely,
To feel more alive*

How will it help me?

Participating in the Expert Patient Programme can benefit you in many ways:

- § *To adopt new skills to manage your health.*
- § *You will have more confidence in the daily management of your condition.*
- § *You will find people to share experiences with.*
- § *You will learn to develop emotional relations with health professionals.*
- § *You will recover your confidence and your life.*