



Personal empowerment: managing chronic disease

**The power of patients – patient´ role in shaping the
healthcare system of the future November 11/12 2010**

Workshop by

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Workshop schedule

15.30-16.15h What is patient self-management(SM)?

16.15h-16.40 The Danish experience: The dissemination of the Stanford workshop CDSMP (2006-10) and CPSMP (2010-13)

16.40-17h How does SM/SMS fit the challenges of a modern healthcare system?



What is patient self-management?

Patient self-management (SM) is something like this:

“A personal strategy on how to live my life in accordance with my wishes and understanding of a good life, and with the obstacles and barriers created by chronic disease”



Brainstorm

Which words pops up, when you think of patient self-management?



The art of consensus

1. Pick one word from the board that you feel is an important part of SM. Use 3-5 minutes to create an argument for the choice.



The art of consensus

2. Pick a buddy: Present your word and arguments, and together with your buddy, you decide what word has the best argument.

5-10 minutes.



The art of consensus

3. Two pairs (4 persons) The two pairs present their word and argument and the group decides what word has the best argument.

5-10 minutes.



The art of consensus

4. One person from each group present the final word and argument in plenum.



What is patient self-management support?

Patient self-management support(SMS) is something like this:

“Interventions that provide patients with tools and knowledge, to support them in creating and succeeding the ir personal strategies”



The Danish experience

Chronic Disease Self-Management Program (CDSMP) is a 6 weeks groupbased (12-16 pax) workshop, with the aim to increase the self-efficacy of the participants.

Tools to increase self-efficacy: (A. Bandura)

- Actionplans and problemsolving
- Role modelling
- Reevaluation of symptoms
- Group dynamics

A taste from the workshop:
Managing Pain and Fatigue



The Danish experience

Annual national gatherings for lay leaders.
Approx. 175 lay leaders

Topics:

- Network and supervision
- Tools for motivational interviewing
- Updates in manuals



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The Danish experience

Annual national gatherings for lay leaders.
Approx. 175 lay leaders

Topics:

- Testing the MEP from CPSMP
- New tools for evaluation





Personal strategies - examples

Lisbeth and her bike

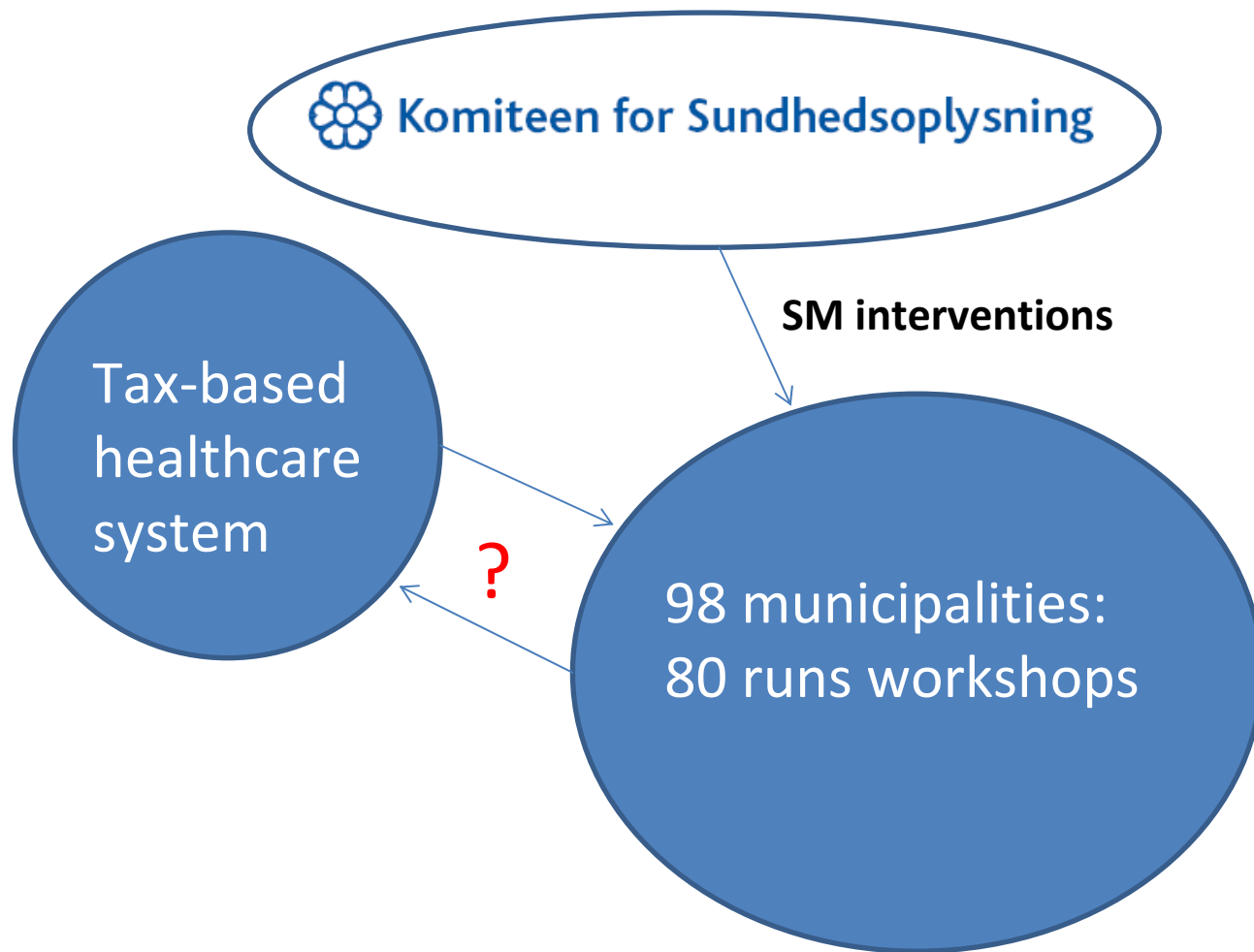
Collecting chestnuts can increase quality of life

Chocolate addiction

Communication with healthcare professionals



The Danish experience





**Thank you for your
participation!**

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