

How to Find a Course

Courses are run throughout the UK, so there is usually a local course nearby. Hounslow PCT runs a local programme too. To book a course or get further information, please contact the Expert Patient Lead for Hounslow Primary Care Trust,
Myra Savin on
020 8630 3213
 myra.savin@hounslowpct.nhs.uk



“My life has been transformed over the last two years and I can say with absolute certainty that I owe it all to the Expert Patients Programme.”

Hounslow **NHS**
 Primary Care Trust

Hounslow Primary Care Trust, Phoenix Court, 531 Staines Road, Hounslow, Middx TW4 5DP. Tel 020 8630 3213

“The course helped me in many ways. Most of all it gave me my confidence and my independence back.”



Do you have a long-term health condition? Would you like to help yourself?

Come along to the **Expert Patients Programme**, an NHS course that helps to improve the health and quality of life of the 17.5 million people in the UK who live with long-term illness. How can it improve your quality of life?

Read on...

Research shows that people living with chronic illnesses are often in the best position to know what they need in managing their own condition.

Provided with the necessary 'self-management' skills, they can make a positive difference to their chronic condition and improve their quality of life.

Changes are taking place in the NHS to empower patients, recognise that patients and health professionals each have their own area of knowledge and expertise and need to work together.

"The programme is an effective antidote to the inertia that can result from the seemingly endless struggle with the symptoms of chronic illness."

"I have now had the courage to get a wheelchair so that I can go out with friends again."



What Is an Expert Patient?

An observation made frequently by doctors who take care of patients with long-term chronic illness is "My patients understand their condition better than I do." Many patients are experts in their own right for they have gained the life skills to cope with a chronic condition and there is increasing evidence that patients, with proper support and who take a lead in 'self-managing' their condition have an improved quality of life.

The Expert Patient course is run over six consecutive weekly sessions of 2.5 hours each week, covering topics such as relaxation, diet, exercise, fatigue, breaking the symptom cycle, managing pain and medication, and communication with health care professionals.

"I cope better without having to ask my husband to take me everywhere. I now manage to do much more for myself."



What Is Expert Patients Programme Online?

EPP Online course and research study is an Internet based version of the community based Expert Patient Programme self-management courses. It is accessible via the internet www.expertpatients.nhs.uk/course
A new way to take care of yourself...

"All course members found it a life-changing experience, which now helps them to deal with mental and emotional barriers."

