

Patient education and training

What is it?

Education and training designed for patients, sometimes provided by patients, to support patients and carers to manage their condition more successfully. Can cover diet, nutrition, exercise, 'socialisation' and mental health conditions.

Why?

- › the more patients know, the better they can manage the condition(s)
- › patients feel more empowered, informed and able to make judgements about what they can/can't do
- › reduces dependence on clinical intervention
- › maintains independence longer



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'Training and education at the point of diagnosis'

Greater focus on patient education and training to enable self management would make access to specialists and reliance on primary care staff less necessary.

(PIC Survey: Midlands and East, 2014)

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CASE STUDIES

Tower Hamlets CCG

Diabetes Education and Befriending Service

Key aim: Better self-management and promotion of diabetes within the Bengali and Somali communities which face the most difficulty in accessing health services.

Delivery model: Voluntary organisation (Women's Health and Family Service) commissioned to recruit 56 volunteers to befriend and support 107 people with Type 2 diabetes through lunch clubs and healthy living activities eg exercise.

Key outcomes: Diabetic patients and their carers/family better able to manage their long term conditions with access to healthier lifestyle choices, appointments kept, positive response to informal education and befriending by volunteers within Bengali community.