

**NORTH LINCOLNSHIRE COUNCIL**

**PEOPLE CABINET MEMBER**

**EXPERT PATIENT PROGRAMME**

**1. OBJECT AND KEY POINTS IN THIS REPORT**

- 1.1 To update Cabinet Member regarding the impact and outcomes of the Expert Patient Programme

**2. BACKGROUND INFORMATION**

- 2.1 The Expert Patient Programme will help to create a new generation of patients who are empowered to take action in partnership with health professionals caring for them, for example, to reduce pain, to improve the use of medication, and enhance their overall quality of life. Patients will receive the support to help them take control of their own health and treatment, to make more appropriate use of health and social service, and become more empowered.”
- 2.2 Self care supports our Council priorities of valuing the independence of our older residents and those with special needs , this approach transform lives and supports the health and well being of our local residents.
- 2.3 The Expert Patient Programme is a course that is available to individuals who are over 18 and live with one or more long term health conditions.
- 2.4 The aim of the programme as quoted in the book given to participants ‘Self-management of long term health conditions’ Author Expert Patient Programme, Community Interest Company (EPPCIC)
- 2.5 A lay-led structured training programme was pioneered by Professor Kate Lorig of Stanford University USA. In the 1970’s Kate Lorig produced an initial practical approach to self-management and later based it on Stanford Professor of Social Psychology Albert Bandura’s work on social learning in education. Their first courses were based on the experiences of people living with arthritis. In the UK, Arthritis Care used this method for people living with arthritis and this programme became known as *Challenging Arthritis*.
- 2.6 In the late 1990’s the Department of Health supported the Long-term Medical Conditions Alliance (LMCA) to work with other national voluntary sector

organisations to increase knowledge about, and use of lay led self-management programmes among people living with long-term conditions.

2.7 The Expert Patient Programme was rolled out across England from April 2002 using the generic training method. In this way, people with diverse long-term conditions, physical or mental health-related, sit on the same course and are tutored in basic self-management skills by two volunteers who also have long term conditions.

### 3. **OPTIONS FOR CONSIDERATION**

3.1 The Expert Patient Programme is a free course available to anyone aged 18 and above, of any gender and ethnicity who have one or more long term conditions.

3.2 Some of the conditions participants have who attended previous courses are – Arthritis, Depression, COPD, Asthma, Heart conditions, Fibromyalgia, Diabetes etc.

3.3 Each course is delivered over six consecutive weeks and each session lasts two and a half hours with a short break in the middle.

3.4 The course is flexible to the participant's needs, for example if you need to get up and move around during the sessions you are encouraged to do so.

3.5 The courses are run by 2 tutors who are volunteers and also have long term condition themselves.

3.6 There are 12 places available per course, each six week course is held in different locations and at different times to ensure that as many people have access to the course as possible.

3.7 During the course you only share information about your long term condition that you are comfortable with.

3.8 Some topics covered during the course are:

- How to become an Expert Patient and active self manager
- Understanding and managing common symptoms
- Communication – making your wishes known
- Planning for the future – Fears and Reality
- Making treatment decisions

3.9 Each person will receive a book which they are able to keep for future reference which covers the topics just mentioned.

3.10 It is important that prior to attending the course, the participant completes a referral form and if required supported is offered to do this. You can refer yourself or be referred by a health professional such as a GP or a social care professional such as a practitioner. A place will be allocated on a course of the participant's choice and confirmation will be then sent.

#### 4. ANALYSIS OF OPTIONS

- 4.1 The programme is jointly promoted by North Lincolnshire Council and North Lincolnshire NHS and has been running for over a year in North Lincolnshire (first programme in Nov 2011).
- 4.2 To date 14 programmes have taken place throughout North Lincolnshire, some of those who attended the programme have gone on to be trained as volunteer tutors and then deliver the programme themselves.
- 4.3 Further courses will be arranged from April 2013, course dates that are still available are:

Wed 13<sup>th</sup> Feb – Wed 20<sup>th</sup> March 2013  
2pm – 4.30pm  
Carers Support Centre  
Brigg

Sat 23<sup>rd</sup> Feb – Sat 30<sup>th</sup> March 2013  
10am – 12.30pm  
Alvingham Road Day Centre  
Scunthorpe

#### 5. RESOURCE IMPLICATIONS (FINANCIAL, STAFFING, PROPERTY, IT)

- 5.1 None – this report is for information only

#### 6. OTHER IMPLICATIONS (STATUTORY, ENVIRONMENTAL, DIVERSITY, SECTION 17 - CRIME AND DISORDER, RISK AND OTHER)

- 6.1 None – this report is for information only

#### 7. OUTCOMES OF CONSULTATION

- 7.1 We have received fantastic feedback from previous participants who attended the courses. Many describe how they feel part of the community again, how their self confidence has grown, they feel they are not on their own, that they are able to set themselves realistic goals, and as a whole become a better self manager and gain understanding about themselves.

##### **Some comments received from those attending include:-**

“I spent 30 years seeing GP’s & Psychiatrists for Depression & OCD. After my first session at the Expert Patient Programme a fellow patient gave me a coping suggestion that worked!”

“Our tutors were friendly and encouraging and helpful and we had a laugh”

“Fabulous! Life changing”

“I spent many years in a very deep depression and I wish that this had come into my life years ago. I thought I was managing but this has opened a lot of avenues.

**“If you take on board the information and honestly give it a fair chance, you can change aspects of your life.”**

“Everyone who comes on the course gets something from it. Everybody should give it a go!”

“My long term condition made me feel isolated and until I attended the Expert Patient course I didn’t realise. Since attending the course I have become a befriender and get out more”

“I will recommend this course to people I know”

## 8. **RECOMMENDATIONS**

- 8.1 That Cabinet Member notes the outcomes and impact of the Expert Patient Programme

DIRECTOR OF PEOPLE

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**Background Papers used in the preparation of this report:**

None