

Expert Patients Programme (EPP)

What is it?

The Expert Patients Programme (EPP) is a six-week self-management course for people who live with one or more long-term health conditions such as asthma, chronic fatigue, COPD, depression, diabetes, heart disease, MS, Parkinson's disease, ME, on-going back pain etc.



EPP is designed to help you confidently manage your health and feel more in control. It includes tips on managing symptoms, coping with the challenges that come along with health issues and getting support to make the small changes that make a big difference to life with a health condition.

Each two-and-a-half hour session is delivered by specially trained lay people who live with health conditions themselves.

What can EPP offer me?

People who have come on the course have reported that it has made a big difference to them, they feel more positive, able to manage their health and enjoy life again.

Benefits include:

- ❑ A 'Tool kit' of techniques that you can try out for yourself.
- ❑ Different topics covered each week.
- ❑ Times to share and discuss.
- ❑ Building confidence that you can cope with your condition and work towards what's important to you (your personal goals).
- ❑ Being with others who know what it's like and can share tips
- ❑ Focusing on taking control of your condition rather than it controlling you
- ❑ Taking small, gradual steps.

What our participants say!

"Meeting people has helped me understand more about myself and ways of managing things... It has been a well-run course, and everyone has been very helpful and caring." **Ali**

Whittington Health NHS Trust

Chair: Baroness Julia Neuberger

Chief Executive: Helen Brown

“It has helped me become more aware of my condition and how it affects me, and to feel that I can manage it to some extent through pacing, diet and relaxation techniques.” **Derrick**

“It gave me more information and confidence to do normal things in life.” **Susan**

Content of the course

Weekly sessions include useful topics such as managing symptoms (e.g. pain, fatigue, shortness of breath), coping with depression and other feelings, relaxation techniques, healthy eating, exercise, setting realistic goals and communicating effectively with health professionals. The programme is designed to give you a taster of a number of self-management strategies so that you can take away and practice the ones that you feel are most helpful to you.

Frequently Asked Questions

How much does it cost?

These courses are absolutely **FREE**. You don't pay anything to attend any of our courses.

Who are the courses for?

The courses are for anyone who has had their health condition for more than 3 months and who lives, or has a GP, in Islington or Haringey. If you'd like to discuss whether a course is for you, please do call us (see contact details).

Do I have to be referred by someone?

No, you don't. Although healthcare professionals do refer people to us, many of our participants have simply called us up themselves.

Do I have to attend all the sessions?

To get the most out of the course it is best to attend as many sessions as you can, but we understand this might not always be possible.

Do I need to talk about my own condition?

There will be times when you will be asked to share how your condition affects your life and what you would like to change. However, it is up to you what you want to share and how much detail you want to give. All discussions are confidential.

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Where are the Courses held?

The courses are held on-line on Zoom or at accessible local venues with good access to public transport and adhering to COVID-19 infection control guidelines.

Will I get a break during the session?

Yes, there is a 20-minute break half-way through each session. However, you are free to get up and move around whenever you need to.

Do I need to bring a carer / assistant with me to the course?

If you need a carer / assistant, you will need to bring your carer with you as the course tutors won't be able to assist you with personal care.

Please do bear in mind that if you are related to your carer, it may be difficult for you to discuss certain issues freely. This is your time to focus on how you would like to manage your health. If you decide you would like your carer to be present, they can take part as a participant. Please let us know beforehand if you are likely to bring a carer or assistant.

I have specific communication requirements – can these be accommodated?

If you have specific communication requirements, please do contact us beforehand. For example, we can arrange for a BSL interpreter to attend or for large-print materials to be available.

Do you provide transport?

Unfortunately, we are unable to provide transport. We would recommend attending our online courses where possible.

What happens after the end of the course?

We hope that once the course is over you will start putting the skills and knowledge you have learned into practice to help you manage your health and feel more confident. At least twice a year, we arrange for participants who have completed a course to meet up for an informal get together.

Can I feedback my views about the course?

Yes, we are always seeking feedback about our courses to help us improve them. At the end of the course, you will have an opportunity to feedback and you are always welcome to contact us at any time.

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Contact Details:

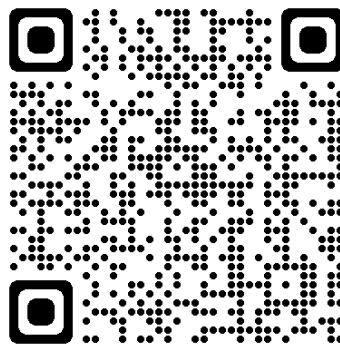
If you are interested in finding out more or attending EPP, please contact us:

Telephone: 020 7527 1558

or

Email: whh-tr.self-management@nhs.net

Or use this QR code to take you directly to our on-line form.



For further information, please visit our website:
<https://www.whittington.nhs.uk/selfmanagement>

We look forward to hearing from you!

Self-Management Support and Behaviour Change Team
Whittington Health NHS Trust

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

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