

Research confirms EPP benefits

In a randomised trial carried out by the National Primary Care Research and Development Centre, researchers found:

- Increases in people's confidence to manage their condition
- Gains in energy
- Improvements in quality of life
- High satisfaction with the course.



"I have started swimming again which I never thought I would do – it's given me a new lease of life"

EPP 
Expert Patients Programme
Community Interest Company

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For details about courses in your area contact:

"It has been a great help just to be able to see and speak to people with the same problems"

Or visit
www.expertpatients.co.uk

Expert Patients Programme

a course for people living with long-term health conditions

Expert Patients Programme

What is the Expert Patients Programme?

The **Expert Patients Programme** (EPP for short) is a six-week course for anyone living with any long-term health condition.

The EPP aims to help you to take more control of your health by learning new skills to manage your condition better on a daily basis.

Topics that the course covers include:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and professionals
- Planning for the future.

The EPP course is run over six weekly sessions with each session lasting two-and-a-half-hours. It is facilitated by trained tutors who are themselves also living with a long-term condition.

Who can take part?

Anyone living with one or more long-term health conditions.

"The EPP course has made me realise that I can have some say over my pain and not let it dictate my life"



How can it help you?

By taking part in an EPP course you will:

- Learn new skills to manage your health condition
- Develop confidence in the daily management of your specific condition(s)
- Meet others and share similar experiences
- Learn about developing more effective relationships with healthcare professionals.



How has it helped other people?

People who have taken part in an EPP course have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their condition and treatment together with healthcare professionals
- Be realistic about the impact of their condition on themselves and their family
- Use their new skills and knowledge to improve their quality of life.



Improving the lives of people with long-term conditions