

## PATIENTS PRESCRIBE E<sup>5</sup> FOR SUSTAINABLE HEALTH SYSTEMS

### INDIVIDUAL



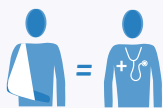
#### EDUCATION

Patients can make informed decisions about their health if they are able to access all the relevant information needed, in an easily understandable format.



#### EXPERTISE

Patients self-manage their condition every day so they have a unique expertise on healthcare which needs to be supported.



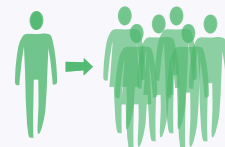
#### EQUALITY

Patients need support to become equal partners with health professionals in the management of their condition.

### ORGANISATIONAL

#### EXPERIENCE

Individual patients work with patient organisations, to represent them, and channel their experience and collective voice.



#### POLICY

##### ENGAGEMENT

Patient need to be involved in designing more effective healthcare for all, and in research to deliver new and better treatments and services.



#PatientsprescribeE



### POOR HEALTH LITERACY ACCOUNTS FOR:



OF TOTAL HEALTHCARE COSTS AT SYSTEM LEVEL

\*The costs of limited health literacy: a systematic review", Eichler K, Wieser S, Bruegger U. Int J Public Health, 2009;54(5):313-24

### EMPOWERMENT IS :

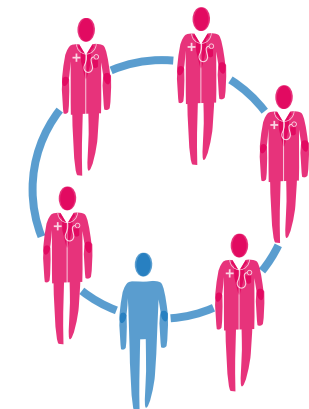
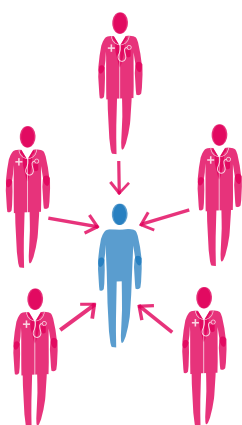
*a process that helps people gain control over their own lives and increases their capacity to act on issues that they themselves define as important*

### ASPECTS OF EMPOWERMENT INCLUDE :

- self-efficacy
- self-awareness
- confidence
- coping skills
- health literacy

## EMPOWERED PATIENTS ARE PART OF THE HEALTHCARE TEAM

FROM DOING THINGS "TO" THE PATIENT...



... TO DOING THINGS WITH THE PATIENT!

EMPOWERED PATIENTS ARE CRUCIAL FOR HEALTH SYSTEMS

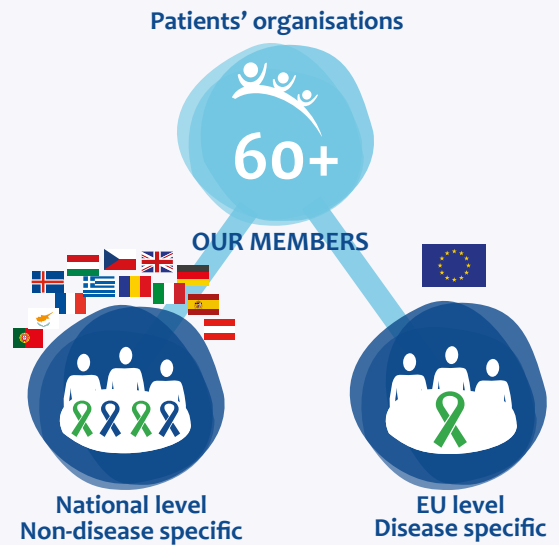
- WE** make informed choices about our treatment and care
- WE** have a better relationship with health professionals
- WE** are committed to adhering to our treatment
- WE** are willing and able to take more responsibility for our care
- WE** take preventive measures and seek earlier diagnosis which reduces hospitalisation and emergency visits

... ALL OF THIS REDUCES HEALTHCARE COSTS IN THE LONG RUN.

## WHO IS EPF?

The European Patients' Forum (EPF) is an umbrella organisation that represents the interests of patients with chronic diseases across the European Union

Our members consist of pan-European disease-specific and national coalitions of patient groups.



## WHAT IS THE CAMPAIGN ALL ABOUT?

EPF is leading a major campaign on Patient Empowerment in 2015-2016 to take the European discussions on this topic a crucial next step forward, towards concrete actions.

With this campaign, EPF aims to promote understanding of what patient empowerment means from the patient perspective among political decision-makers and health stakeholders

*“Patients with chronic conditions are often referred to as the most under-used resource in the health system while patient-centred care models have demonstrated better quality of care as well as potential long-term cost-efficiencies. Too many patients are still struggling to get the support they need to become equal partners in care. To make real progress, we need to make patient empowerment a priority, starting with the development of an EU-wide strategy and action plan”*

EPF President, Anders Olason

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