

PATIENTS PRESCRIBE E⁵ FOR SUSTAINABLE HEALTH SYSTEMS

INDIVIDUAL



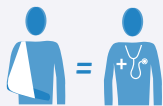
EDUCATION

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.



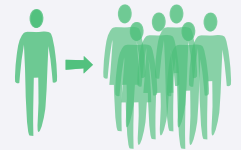
EQUALITY

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 :

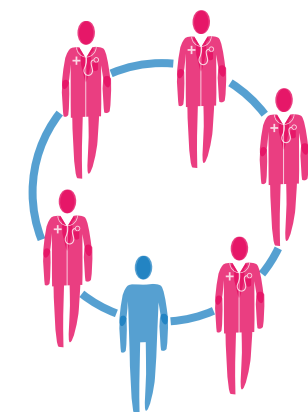
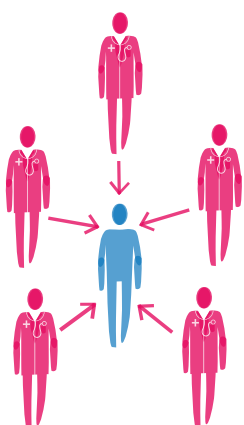
a process that helps people gain control over their own lives and increases their capacity to act on issues that they themselves define as important

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

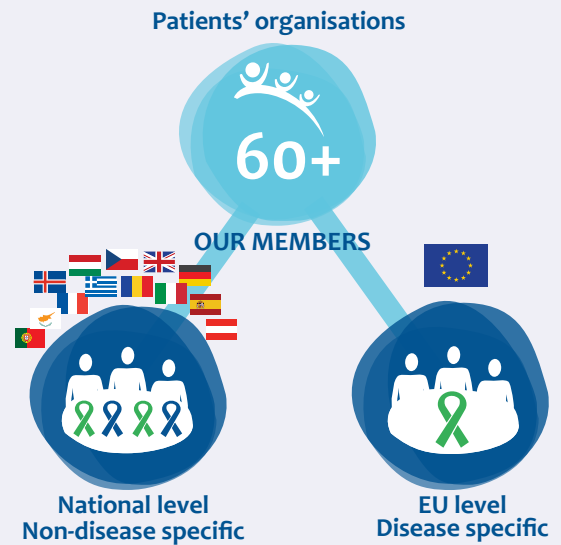
- WE** make informed choices about our treatment and care
- WE** have a better relationship with health professionals
- WE** are committed to adhering to our treatment
- WE** are willing and able to take more responsibility for our care
- WE** take preventive measures and seek earlier diagnosis which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

CONTACT DETAILS


European Patients' Forum
Rue du Commerce 31
B-1000 Brussels –
Belgium

Phone: +32 (0)2 280 23 34
Fax: +32 (0)2 231 14 47

 info@eu-patient.eu

 www.eu-patient.eu

 [/EuropeanPatientsForum](https://www.facebook.com/EuropeanPatientsForum)

 [/user/eupatient](https://www.youtube.com/user/eupatient)

 www.eu-patient.org/blog/

 [/eupatientsforum](https://twitter.com/eupatientsforum)