

Welcome to Lisbon !!!

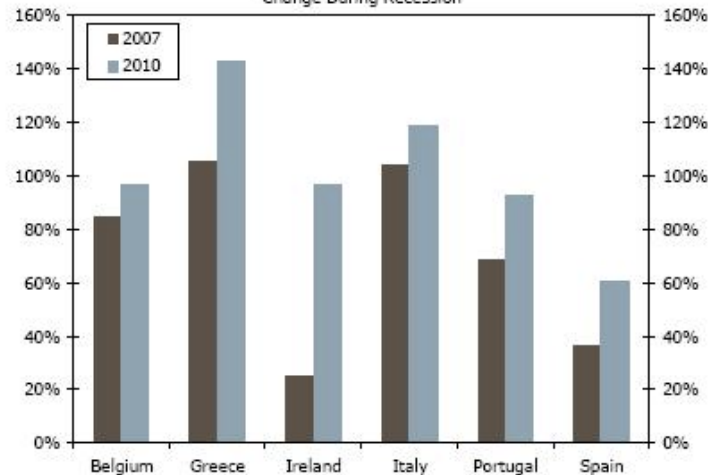


What do you know about Portugal ?

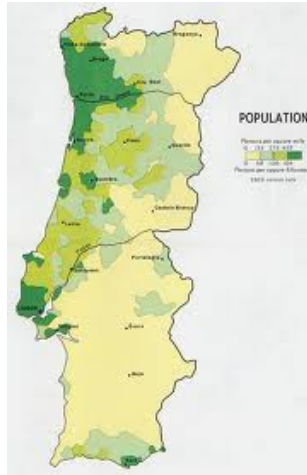
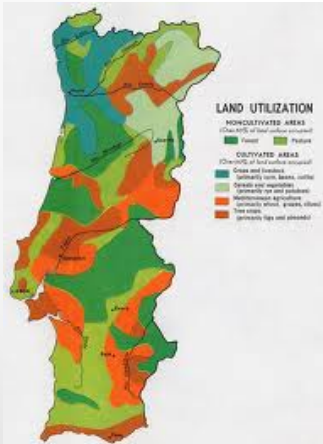
THE PORTUGUESE ECONOMY

Portuguese Government Pleads for Help as Yields Soar to Record Level; Portugal Needs Bailout by April; Pressure Mounts for Haircuts

Eurozone Debt-to-GDP Ratio
Change During Recession



●



Population: 10,647,763



APDP

Diabetes Portugal

THE OLDEST DIABETES ASSOCIATION IN THE
WORLD

1926 - The oldest Diabetes Association in the world was born



- “Diabetes Association for the Poor”
 - **Fact:** deaths of poor diabetic patients (no state assistance; high price for insulin)
 - **Financing:** Support of diabetes patients and friends
 - **Aim:** “To combat diabetes and its consequences in every possible way”
 - **Ethics:** Consideration and respect

Mais do que em qualquer outra doença o médico será aqui educador. A sua função é menos tratar o doente do que ensiná-lo a tratar-se ele próprio. É necessário que lhe explique as ideias fundamentais sobre a fisiologia da doença sem as quais não

Conceptual framework

- “In this illness the doctor must be a teacher more than in any other illness.”

HCP Role

His job is not so much to treat the patient but to teach him how to treat himself.

Educator

He has to explain the basic ideas about the

physiology of the illness so that his patient can understand the therapy ...” (1925)

Structured Education



A new approach to diabetes

- “The customary doctor-patient relations had to undergo changes.
 - The diabetes patient needs to have an understanding of his illness so as to appreciate the problems that could arise and learn self-treatment and self-control...”
- Only the patient himself, after due instruction, could administer and control all of the treatment.

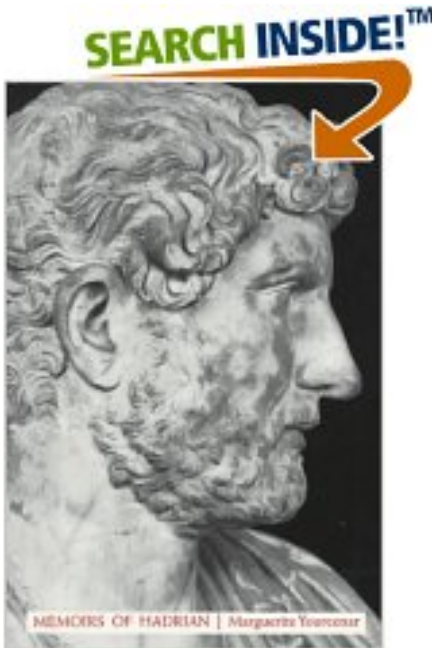
Paradigm shift

Empowerment

Started group lessons (completed with personalized tuition)



Problem – the patient side



“It is difficult to remain an emperor in presence of a physician and difficult even to keep one’s essential quality as man.

The professional eye saw in me only a mass of humors, a sorry mixture of blood and lymph”

Expert patients



- "people who have the confidence, skills, information and knowledge to play a central role in the management of life with chronic diseases"



Chronic Diseases



- Chronic diseases represent a challenge to HCPs who have to provide long-term healthcare services.
- Chronicity is not only about the disease but also about the relationship between the patient and the HCP.
- Can Patient Associations be an important part of this process ?

Disease group



- A 'patient collective identity' sometimes emerges from the experiences shared between members of the same disease group.
- Patient organizations have been a strong factor in shaping these identities

Barcelona's Declaration of Patients Associations: Patients Decalogue

- 1. Contrasted quality information respecting the plurality of the sources.
- 2. Decisions focused on the patient.
- 3 Respect for the values and autonomy of the informed patient.
- 4. Relationship doctor-patient based on the mutual respect and trust.
- 5. Specific education and training on communication skills for professionals.





- 6. Participation of the patients in the determination of priorities in the health care.
- 7. Formal democratization of the sanitary decisions.
- 8. Recognition of the patients organizations as agents of the health policy.
- 9. Improvement of the patients knowledge of their basic rights.
- 10. Guarantee of fulfillment of the patients' basic rights.

4 Areas of Activity



Association **Outpatient clinic**
Research Center **Diabetes School**

Who are we ?

- Associates
 - >12000 people
 - Campaign in course
- People with diabetes attending the clinic
 - 3500 people with type 1 diabetes (750 < 18 years)
 - 15000 people with type 2 diabetes (referred by PCD's)
- People with diabetes/families/... attending the courses
 - >3000 people/year
- HCP's attending the courses
 - >600/year
- HCP's on short residencies
 - >150/year

Why do people select APDP?

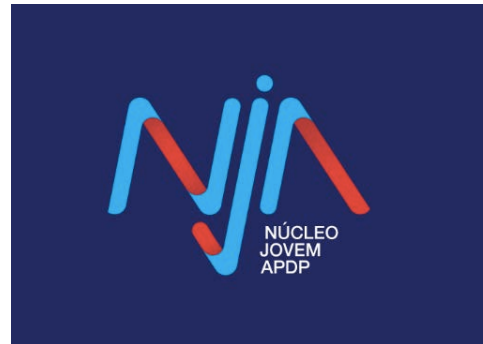
- HISTORICAL / SOCIAL REASONS
- MODEL OF CARE
 - PEOPLE WITH DIABETES
 - HCP'S
- LINK BETWEEN:
 - CLINIC
 - RESEARCH
 - TRAINING
 - ASSOCIATION
- RECOGNITION OF QUALITY
 - NATIONAL
 - INTERNATIONAL

Economic Growth and Stability

- Financial and economical crisis
 - *Major reductions of budget(Health Ministry)*
 - *Increased expenses*
 - *Increased difficulty of finding alternative sources of funding*
- *Stability*
 - *Robust structure*
 - *Adaptability capacity*
 - *Threat: Budget dependency of NHS funding*

Still growing ...

- Growing pains
 - Crisis
- Opening new centers
 - Porto
 - ...
- Developing peer-support
 - Youth group
- Reinforcing communication channels
 - Traditional media
 - Virtual media (Internet, social network, corporate TV)
- Analyzing our internal processes
 - Increase efficacy
 - Assure quality



...and growing...

- Revert the dependency relationship with NHS
- Increase alternative funding
 - Taxes
 - Partnerships
 - Unrestricted grants from pharmaceutical industries
 - Food industry and food distribution
 - Social responsibility
- Develop a national NCD alliance
- Increase awareness of diabetes and of APDP
 - A national campaign

Contribua
e Beneficie

Apoie a Associação Protectora dos Diabéticos de Portugal
com **0,5%** do valor colectado do seu IRS.
Muitos projectos da APDP só são possíveis graças à generosidade de todos.

0,5% do valor colectado do seu IRS servirá para
desenvolver acções que visam a luta contra
a diabetes e suas complicações.

Ao preencher a sua declaração (quadro 9 do anexo H, linha 901),
coloque o NIPC da APDP: 500 851 875.



APDP success is the result of

- The efforts and commitment of all the people working at APDP (our TEAM)
- The support of the more than 100000 people that are part of our clinical registry and more than 12000 associates

- The feedback of more than 100000 people that attended courses
- The support of our members (individuals and companies)

ago ...