

THERAPEUTIC PATIENT EDUCATION – THE 5 W'S

João Filipe Raposo



THERAPEUTIC PATIENT EDUCATION – THE 5 W'S

APDP vision and practice





Why this session @IDF-E?

TPE support PwD and empower them
not only to better (self)manage their
condition
but also
to become more engaged in the diabetes
community/strong advocates





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 êle próprio. É necessário que lhe explique as ideas fundamentais sôbre 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.

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

He has to explain the basic ideas about the physiology of the illness so that the patient can understand the therapy ...

The customary doctor-patient relations had to undergo changes.

Only the patient himself, after due instruction, could administer and control all of the treatment.” (1925)

HCP Role

Educator

*Structured
Education*

Paradigm shift

Empowerment



Started group lessons
(completed with personalized
face-to-face consultations)



TPE – Therapeutic Patient Education

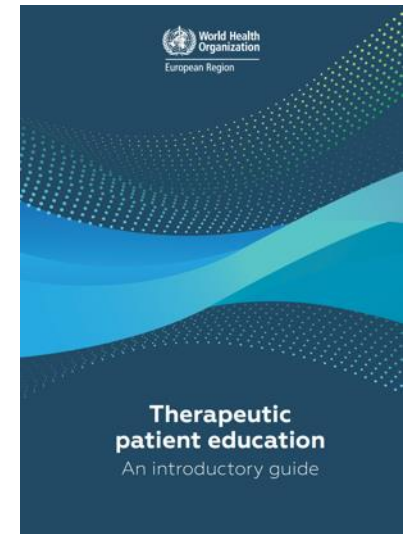
It is a structured person-centred learning process that supports individuals living with chronic conditions to self-manage their own health by drawing on their own resources, supported by their carers and families.

It is carried out by trained health professionals and comprises several types of self-management support interventions.

It is adapted to the patient and their condition and continues over the patient's lifetime.

It is an integral part of treatment for chronic conditions

It can lead to better health outcomes and improved quality of life, while making best use of health-care services and other resources



TPE
5W's



Who ?

People living
with diabetes

- End-users
- Main drivers of the process

Patient
Associations

- Partnership with MoH / HCP's
- Demanding TPE as an "essential care service"
- Being available/demanding to participate in the process
- Being part of solutions

Professional
Associations

- Pre-graduate and post-graduate training
- Defining and assigning tasks



When ?

People living
with diabetes

- Lifelong (so far...)
- Always possible to integrate (T1D vs T2D)

Patient
Associations

- Part of annual/ongoing activities

Professional
Associations

- Continuous professional training

Where ?

E EM 2024?

Saiba mais em:
www.congressoapdp.com



People living with diabetes

- TPE – interaction between a person and the health system
- Results – 24/7

Patient Associations

- In health facilities
- At the community

Professional Associations

- Supporting activities at facility level /virtual

What ?



A educação terapêutica na diabetes

Ler mais



A Saúde e os Estilos de Vida dos adolescentes com Diabetes tipo 1

Ler mais



Representações da Saúde e Estilos de vida nos adolescentes com Diabetes tipo 1

Ler mais



Ser jovem com Diabetes

Ler mais



A saúde e os estilos de vida dos jovens adultos com diabetes tipo 1

Ler mais



Being young with diabetes

Ler mais

People living with diabetes

- Fighting for shared decisions
- Fighting for a shared plan (ownership)

Patient Associations

- Capacitating people
- Developing materials for specific competencies
- Supporting community activities
- Offering support to HCP's

Professional Associations

- Developing and implementing professional competencies

To conclude ...



People living with diabetes:



Would benefit from:

Being heard
Being understood
Being involved



In a co-management process

With trained HCP's that
Recognize/ target patient needs
Are scientifically robust (Education is also a science)
Combat clinical inertia

Expected benefits

- Better adherence
 - Better quality of life
 - Better health outcomes
- Earlier control
Less complications
Simplified treatment





Why this session @IDF- E?

TPE support PwD and empower them
not only to better (self)manage their
condition

but also

to become more engaged in the diabetes
community/strong advocates



To discuss:

At your organization level, how do you see TPE?

- Is it part of plan of activities?

For TPE, do you work with counterpart organizations?

- Who are your partners?

Can you help to improve the situation in your country?

- Can you establish effective partnerships?

