

## NHS researched

### 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
- Improvements in psychological wellbeing
- Improvements in partnerships with doctors

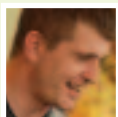
Anyone living with one or more long-term conditions can take part



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



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



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



A **FREE COURSE** for managing any long-term health condition

**Control your condition**

**don't let it**

**control you**



### For details about courses in your area contact:

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EPPR/005/09

[www.expertpatients.co.uk](http://www.expertpatients.co.uk)

Or visit  
[www.expertpatients.co.uk](http://www.expertpatients.co.uk)

Learn to manage the day-to-day issues associated with living with a long-term health condition.



Expert Patients  
Programme  
Community Interest Company

## Course information

### What is the Expert Patients Programme?

The Expert Patients Programme (EPP for short) is a **FREE** course designed for adults living with any long-term health condition(s). 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:

- Managing tiredness and pain
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Action planning and problem solving techniques
- Communication skills with healthcare professionals, friends, family and colleagues

The EPP CIC course is run over 6 weekly sessions with each session lasting 2 hours 30 mins.

It is facilitated by trained tutors who, typically, are also living with a long-term condition and have become good self-managers.

### How can it help you?

By taking part in an EPP CIC 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 CIC 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