Therapeutic Patient Education

A new approach for chronic disease

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Aims of Therapeutic Patient Education

To help the patient deal as well as possible with his chronic disease

- Improve or maintain Quality of life
- Autonomy
- Adherence to treatment

- Avoid or decrease Relapses
- Complications
Patient Therapeutic Education

- Search success
- Use mistakes
- Reinforcement
- Support
- Motivate
- Negotiate
- Transmit
- Evaluate
- Take into account
- Share the decision
- Renegociate
- Formative

- Empowerment
- Psycho-social Educational models
- Knowledge Skill
- Health believes Resources Needs
- Cognitive-behavioural therapy

- Cognitive-behavioural therapy
- Motivational Interviewing
- Neurotic resistance Work ambivalence

- The objectives
- The evaluation
- Behavioural changes
- Type of treatment

- Patient centered

- Motivation
- Motivational interviewing
- Negotiation
- The decision
- The evaluation
- Behavioural changes
- Type of treatment
Objectives of Therapeutic Patient Education

- Get Knowledge
- Gain competences on disease and treatment

- Understand the disease
- Accept the disease

- Manage the disease
- Find autonomy

- Change behaviour
- Help the patient to change
- Grow in life
The 3 tasks of the Health Care Provider

UNDERSTAND

Disease  Patient  Person
Patient’s double need

Cognitive dimension

To know
To understand

Emotional dimension

To be listened to
To be known
To be understood
To be helped

Bensing 2006
TO LISTEN IS TO GIVE A HAND

Listening is everybody’s matter
The Geneva school for Therapeutic Patient Education

30 years of Therapeutic Patient Education
WHO collaborating centre since 1983

- 9’000 patients, 5 day/hospitalization
- 15’000 patients, 1 day/hospitalization
- More than 100’000 hours were given

Educating the Patient

- 48 seminars of one week post-graduate training attended by over 4’000 HCP coming from more than 60 countries
- Continuing education Diploma on Therapeutic Patient Education

Educating the Educator

Efficacy of Patient Education
# Efficacy of Patient Education

<table>
<thead>
<tr>
<th>Condition</th>
<th>Meta-analyses</th>
<th>Studies</th>
<th>Patients</th>
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<tbody>
<tr>
<td>Diabetes</td>
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<tr>
<td>Asthma</td>
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<tr>
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<tr>
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<tr>
<td>Total</td>
<td>22</td>
<td>598</td>
<td>± 61,000</td>
</tr>
</tbody>
</table>

- 30 meta-analyses, 1 review, 60 studies, 12,000 patients
- 3 meta-analyses, 2 reviews, 80 studies, 5,000 patients
- 3 meta-analyses, 1 review, 63 studies, 8,000 patients
- 1 meta-analyses, 6 reviews, 71 studies, 8,000 patients
- 1 meta-analyses, 1 review, 17 studies, 4,000 patients
- 4 meta-analyses, 13 reviews, 177 studies, 12,000 patients
Efficacy of Patient Education

Percentage of studies:

- Less good: 2%
- No effect: 39%
- Improvement: 59%
Diabetes
Decrease in hospitalisations

Asthma
Decrease in hospitalisations

Schizophrenia
Decrease in hospitalisations

With TPE
Without TPE

- 60 %

Heart attack
Decrease in readmissions

- Meta-analyses 8 randomised controlled studies
- Readmission diminished by 21% in 7/8 études
  NNT = 9
- No effect on mortality

Asthma

Effets of TPE on days out of work

- 50%

67 employees – follow-up during a year

Back pain: return to work

50 patients in each group
Education - cognitivo-behavioural – physical activity (54 h. for 3 weeks)

Mayer et al. Spine 1985; 10: 482
Conclusion

€1 spent for Therapeutic Patient Education saves €4

Cost-benefit analysis of patient education – E. Bartlett
Summary

- Therapeutic Patient Education is a Humanist medicine
- Patient centered approach to help him deal daily with his chronic disease
- Approach which enables a better quality of life
- Efficient for therapeutic adherence and complications
- Efficient for medical costs
Thanks to all my collaborators

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