

Patient Empowerment

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World Health
Organization

Patient Empowerment

WHO defines empowerment as “*a process through which people gain greater control over decisions and actions affecting their health*” and should be seen as both an individual and a community process

4 components of Patient Empowerment



- 1 Understanding by the patient of his/her role
- 2 Acquisition by patients of sufficient knowledge to be able to engage with their healthcare provider
- 3 Patient skills
- 4 The presence of a facilitating environment



International Alliance of
Patients' Organizations

A global voice for patients

Patient empowerment needs to happen at all levels

Patient empowerment is not a one-way process. Empowerment of citizens and patients is a task which involves and encourages interaction of communities, health care professionals, policy makers and all other civil society actors with respect to health and well being of individuals.

From a passive recipient of care



an active partner in their health care.

What needs to change?



- Change in mindset of professionals and patients towards dialogue and co-production
- Health care systems need to be more 'readable' so patients can navigate the systems according to their needs
- Health professionals need to be effective communicators and listeners
- Information needs to be available and understandable
- Patients need to be prepared to ask questions, express needs and take joint decisions.

*Patients prescribe E⁵
for sustainable
health systems.*

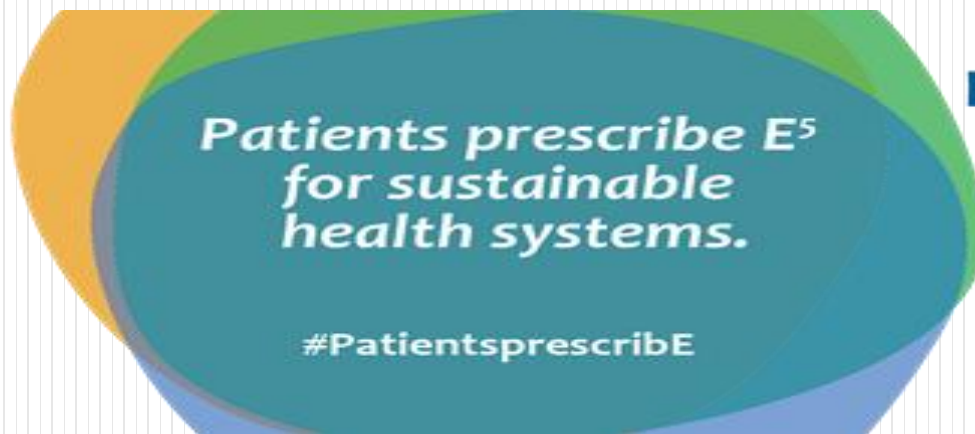
#PatientsprescribE

The five “E” of Empowerment stand for:

Education: patients can make informed decisions about their health if they are able to access all the relevant information, in an easily understandable format.

Experience: individual patients work with patient organisations to represent them, and channel their experience and collective voice.

Patient knowledge



Expertise: patients self-manage their condition every day so they have a unique expertise on healthcare which needs to be supported. **Patient skills including Health Literacy**

Equality: patients need support to become equal partners with health professionals in the management of their condition. **A facilitating and positive environment**

Engagement: patients need to be involved in designing more effective healthcare for all, and in research to deliver new and better treatments and services.

Patient participation

*Patients prescribe E⁵
for sustainable
health systems.*

#PatientsprescribE

“An empowered patient **has control over** the **management** of their condition in daily life. They **take action** to improve the quality of their life and **have the necessary knowledge, skills, attitudes and self-awareness** to **adjust their behavior** and to **work in partnership** with others where necessary, to achieve optimal well-being.



Empowerment interventions aim to equip patients (and their informal caregivers whenever appropriate) with the **capacity** to **participate in decisions** related to their condition **to the extent that they wish to do so**; to **become ‘co-managers’** of their condition in partnership with health professionals; and to develop **self-confidence, self-esteem** and **coping skills** to **manage** the physical, emotional and social impacts of illness in everyday life”

MHN is currently involved in promoting



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fundazione ISAL
Ricerca sul dolore

SATURDAY 1ST OCTOBER 2016

WORLDWIDE DAY
HUNDRED CITIES AGAINST PAIN

OUR FUTURE PREDICTION
A HOPE THAT EVERYONE LIVES WITHOUT PAIN

Centocittà contro il dolore

ISAL Foundation - Research Institute - Via San Salvador, 204 - 47922 Torre Pedrera (Rimini) - international@fondazioneisal.it

www.fondazioneisal.it Support ISAL Foundation in Pain Research I am against pain #ZEROPAIN16



Healthcare is a human right
Patient Solidarity Day



Contact us

Please visit our website to find out more:

www.maltahealthnetwork.org

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

List of patient organisations currently members with MHN other organisations can be found on

Commissioner for Voluntary Organisations

www.voluntaryorganisations.gov.mt/



THANKS

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