

Co-Creating Health: Advanced Development Programme (ADP) for Health Care Professionals

The Co-Creating Health (CCH) initiative aims to achieve measurable improvements in outcomes and quality of life for people living with long term conditions and improve their experience of the healthcare system by embedding self management support within mainstream health services. People are supported to make informed and personally relevant decisions about managing their own health and healthcare, with clinicians and patients agreeing the fundamental changes that are needed to support self-management. CCH currently runs courses for clinicians and for patients in developing and building on skills to enable this.

Would you like to be involved?

What is the Advanced Development Programme (ADP) for Clinicians?

- The programme is designed for clinicians to develop skills to support and motivate patients to take an active role in their own health. This will be the main focus of the course.
- The programme looks at Service Improvement, changing how care is provided to support patient self-management.
- The programme is delivered by local clinicians (from primary and secondary care) and lay tutors who have been trained specifically for the delivery of this course.
- The course will consist of three 3-hour workshops, delivered in groups of 12-14. This course is FREE!

What commitment am I making if I sign up to the course?

- To attend all 3 training sessions;
- To recruit eligible patients to the Self Management Programme:
- To participate in Service Improvement and evaluation activities.

How will you benefit? You will:

- Learn skills to facilitate change in your patients' self-management behaviours;
- Learn skills in setting an agenda with patients for each consultation;
- Learn to set and follow-up on self-management goals with your patients.
- Improve your skills at motivating and supporting self management in patients with long term conditions
- Discover how small changes to the way services are delivered can make a big difference.

For more information and to register please contact our project manager,

Elena Patton at

Elena.patton@whittington.nhs.uk

or call 020 7288 3154

