

Teaching patient empowerment to trainees in Family Medicine: A three session module

Group 1, Bled course 2007

GROUP 1

- Yonah Yaphe-IZR
- Anneli Ratsep-EST
- Ksenija Tušek-Bunc-SLO
- Helmut Clarius-GER
- Davorina Petek-SLO
- Peter Strouhal-SLO
- Dragana Trifunović-Balanović-SRB

- Matilda Vojnović-SRB
- Gerry Wheeler-IRL
- Vesna Nešković-Bura-SRB
- Rade Ilijaž-SLO
- Smiljka Radić-SRB
- Leopold Zonig-SLO
- Alberto Carvalho-POR
- Vlasta Vodopivec-Jamšek-SLO



Introduction

- Course material for trainers in Family Medicine
- Topic: Patient Empowerment
- Target group : up to 15 trainees
- Structure : three session module,
- Time frame: three hours per session over three weeks

Session Topics



1. Empowering patients with chronic diseases
2. Patient empowerment in changing life – style
3. Information transfer



Session 1: TEACHING PATIENT EMPOWERMENT IN THE MANAGEMENT OF CHRONIC DISEASE

	OBJECTIVE	METHODS	ASSESSMENT
KNOWLEDGE	<ul style="list-style-type: none"> • Definition of chronic disease • Importance of patient involvement • Effects of patient empowerment. 	<ul style="list-style-type: none"> • Critical evaluation of literature 	<ul style="list-style-type: none"> • Tutor's check list • Pretest and post tests questionnaire
SKILLS	<ul style="list-style-type: none"> • Assess patient needs and readiness for empowerment • Communicating factual information • Demonstrate empathy 	<ul style="list-style-type: none"> • Role play • Video with guided discussion and reflections 	<ul style="list-style-type: none"> • Fishbowl or small groups • Rating scale or check list for video or role play assessment
ATTITUDES	<ul style="list-style-type: none"> • Nonjudgmental attitude • Supportive attitude • Willing to develop long- term relationship 	<ul style="list-style-type: none"> • Guided discussion and reflections on video and role play 	<ul style="list-style-type: none"> • Attitude score to measure pros and cons of empowerment



TIMETABLE

- Introduction and critical evaluation of literature 45 mins
- Role play or video with discussion and reflection 90 mins
- Coffee Break 15 mins
- Assessment and Feedback 30 mins



Session 2: PATIENT EMPOWERMENT IN CHANGING LIFE STYLE

Objectives- knowledge

At the end of the module the trainee will know:

- The importance of patient empowerment (PE) in health care
- About the unhealthy life style
- About the effective methods of changing life style
- How PE will lead to life style changes
- How to implement PE in different content of health care (primary, secondary...)
- Will value PE in life style changing
- The role of PHC team in changing life style


Objectives – skills



At the end of the module the trainee will be able to:

- Assess patient's life style and current level of PE
- Assess patient's needs
- Assess patient's motivation
- Communicate effectively with the patient in different stages of motivation

Objectives – attitudes



At the end of the module the trainee will:

- adopt unjudgemental attitude toward the unhealthy life style
- understand the importance of his role as a role model in promotion healthy life style

Methods

	Methods
Knowledge	Mini lecture, Open discussion, Case study, Internet,
Skills	Video, role play
Attitudes	Open discussion, role play

Assessment

	assessment
knowledge	Mini questionnaire, case presentation
skills	OSCE, role play
attitudes	Open discussion, essay


Timetable (module – 3h)

- Mini lecture 20 min.
- Open discussion in small groups about cases from their daily routine 30 min.
- Role play (3 cases) 60 min.
- coffee break 10 min.
- Assessment (open discussion in small groups and final plenary power point presentations from each group) 70min.

Session 3

TEACHING MODULE ABOUT INFORMATION TRANSFER for trainees




- 
- Objectives- knowledge:
 - At the end of this module, trainee will be able to:
 - Know the definition of patient empowerment
 - Know how to empower patient in information transfer:
 - - to understand patient's wishes, needs, expectations, fears and responsibilities
 - - to understand patient, family and community context
 - - to understand the importance of patient education in everyday practice

Objectives- skills



- At the end of this module, trainee will be able to:
 - - assess patient need for empowerment:
 - -communicate in a way that enables patients
 - -assess patient background
 - -assess patient involvement in in information transfer

Objective- attitudes



- The trainee will be able:
- - to adopt a new fundamental attitude
- - to adopt non-judgemental attitude
- -to adopt bi-directional process of communication with the patient

Methods and time-table:

- To achieve these objectives we use:
- Start with open – key/trigger discussion such as:
what do you know about questions: What do you
know about information transfer - 20 min
- Video-recorded consultation - 10 min
- Small group work and reflection - 30 min
- Mini-lecture - 20 min
- Discussion and reflection - 20 min
- Coffee break - 20 min



Methods and time-table:

- Presentation of a case prepared by trainee as part of a homework - 20 min
- Role play concerning information transfer - 10 min
- Group discussion - 20 min
- Plenary session and feedback from participants - 10 min



Assessment

- Essay-journal
- Discussion
- Check list of communication skills as performed during role-play