



CASE STUDY – STAYING WELL PROGRAMME

January 2021

REASON FOR REFERRAL

Mrs S was referred to the Staying Well Programme as she was struggling to manage her long term condition diagnosis of Fibromyalgia, she was also suffering depression and anxiety alongside this. Because of how this was making her feel she was not looking after herself or her house properly and she felt she was losing touch with friends.

ABOUT THE STAYING WELL PROGRAMME

The Staying Well Expert Patients Programme (EPP) is a 'chronic disease self-management course' (CDSMC), has been designed to help people living with long term conditions maintain their health and improve their quality of life through a self-management course led by someone else with a long term health condition.

The primary aim is not to impart medical information but to facilitate the development of self-management skills, such as problem solving and goal setting.

The course has been designed to help people with a chronic or long-term illness regain as much control over their physical and emotional well-being as possible. It complements existing health care programmes and treatments, empowering participants to be more informed and better able to develop partnerships with their medical practitioners.

WHAT IS SPECIAL ABOUT THE STAYING WELL EXPERT PATIENTS PROGRAMME?

It is a generic, time-limited course, suitable for people who have any long-term health condition. For example: Arthritis, Heart Disease, Stroke, Depression, MS, Epilepsy, ME, Schizophrenia, Fibromyalgia, Diabetes, HIV, indeed any condition that impacts on a person's life. The Tutors are themselves living with long-term conditions.

There is a strong emphasis on participants setting practical and achievable action plans that are evaluated weekly.

The course is informal but structured allowing an equal amount of time for discussion and information. It is held either in a community or virtually rather than a health venue during the pandemic.

- Goal setting/action planning
- Problem Solving
- Relaxation/exercise
- Symptom management techniques
- Fatigue management
- Dealing with emotions
- Communication
- Medication
- Healthy Eating
- Distraction



The staying well course has been an informative and enjoyable experience. I haven't wanted to miss a session!

We the participants have bonded well as a group along with our tutors, Paula and Anita. Both tutors have been kind, understanding, reassuring and maintained confidentiality as well as being positive and encouraging us to improve our lifestyles.

Making an action plan each week, with my tutor's support and reviewing it the following week has been an important step in improving my motivation. This is something I am planning to continue each Monday following the end of the course.

The problem solving sessions were essential and enabled me to make decisions about different problems I have, others have suggested solutions to my problems and the tutors have helped me with practical solutions, such as recommending local practical help.

The chance to share experiences with others has made me realise I am not alone in the way my life is.

We have had a chance to discuss our personal experiences of meetings with doctors, family, friends and other professionals to make comparisons and look at ways to improve communication to make their interactions more positive. I would recommend this course to anyone with any difficulties with life and health (mental or physical)

Thank you so much to Paula and Anita and Bassetlaw Action Centre- you have made a difference in my life!

Research shows that people who have attended the course:

Have greater confidence in dealing with their illness, experience less pain, fatigue, depression and anxiety. They are more likely to continue with exercise and relaxation techniques; make fewer visits to their GP and have better communication with health professionals.

Referral Process:

Participants can either self-refer to this programme by e mailing or phoning the Action Centre (details below) or ask to be referred by a health care practitioner.

For more information, please contact:

Bassetlaw Action Centre, Canal Street, Retford, DN22 6EZ

Telephone: 01777 709650 or **Email:** stayingwell@bassetlawactioncentre.org.uk