

Practice Support

for Patients with Chronic Conditions

BACKGROUND

In February 2012, the Wonca Europe Network EQuIP was announced as the winner of the WONCA Anniversary Research Fund. The project, known as PECC-WE (Patient Empowerment in Chronic Conditions - WONCA Europe), was launched during the WONCA Europe 2015 conference in Istanbul.

AIM

The PECC-WE project aims to improve the quality of patient care by developing evidence based education and training for European GPs and Practice Nurses so that they can effectively and efficiently empower patients to improve their own self management of chronic conditions (non-communicable disease) in the context of general practice/primary care.

CONCLUSIONS

GPs must be trained to help patients to identify their own goals for their health, and support them in finding ways to make the necessary changes.

It is crucial to develop an understanding of why unhealthy habits are hard to change. And it is equally important to develop tools for how to start the process, and how to support the patient along the road.

What was the most important thing you learned during the e-learning course?

I was reminded of what the “art of helping” is all about:

- You must find the patient where (s)he is.
- Understand his/her resources and strong sides.
- How the patient's own resources can help to accomplish the wanted change.

Would you recommend it to your colleagues?

Yes! I think every GP can benefit from taking the course. And I will recommend it to younger colleagues, like the ones I am mentoring as part of the Norwegian specialization program.

- Dr. Anna Stavdal

WORK PACKAGES

WP1A: Systematic Review:

Based upon a systematic review conducted by the Irish College of General Practitioners, four studies - which report on the effectiveness of educational interventions for primary care health professionals where the interventions were designed to improve self-management of chronic conditions by patients - was identified and included in the study.

Core findings

- Training primary healthcare professionals is critical for patient empowerment in chronic disease.
- Key elements of training include motivational interviewing, goal setting, reflective listening and patient partnerships.

Responsible:

Dr Claire Collins (PhD), Director of Research & Dr Andrée Rochfort (Honorary Secretary of EQuIP)

WP1B: Online Repository:

The intention is to create an Online Repository of Information for Education, Research, and Exploration of the Concept of Patient Empowerment.

The Danish College of General Practitioners has been responsible for collecting resources, and at the Nordic Congress of General Practice in June 2015 in Gothenburg (Sweden) many patient empowerment tools were gathered at an EQuIP workshop.

Responsible:

Dr Tina Eriksson (PhD), Immediate Past President & MA Ulrik Bak Kirk (EQuIP manager)

Patient empowerment

was adopted as the 12th Characteristic of European General Practice by Wonca Europe in September 2011. In effect, this means that patient self management is recognised as being a specific core characteristic of general practice.

Read more under 'PECC-WE':
<http://equip.woncaeurope.org/>

WP2: eLearning Course

An online course has been produced by the Finnish project partner Duodecim as the main product of WP2, based on WP1 outputs. This consists of general information about 'patient empowerment', slides including animated dialogue between patient and primary care health professional, and links to two videos of consultations specifically created for this project.

The learning session takes about 60 minutes of your precious time.

Responsible:

Dr Ilkka Kunnamo (PhD & Adjunct Professor), EQuIP member

WP3: Evaluation

An evaluation of the eLearning course has been conveyed by the German project partner Institute of General Practice & Family Medicine Jena.

Core findings

597 respondents completed the survey (449 took the English eCourse and 148 used the German tool).

60% were GPs, 21% were GP trainees, 14% were medicine students and 5% had other professions.

99% (570 out of 576 respondents) stated that the course helped to improve their skills and competence.

97% (557 out of 575 respondents) found that the course motivated them to learn and reflect upon the topic.

88% (505 out of 575 respondents) found the applicability of skills and knowledge obtained from the course in clinical practice to be either 'Excellent' or 'Good'.

Responsible:

Dr Jochen Gensichen (MSc & MPH), EQuIP delegate

AUTHORS

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1: Institute of General Practice and Family Medicine, Jena University Hospital.

2: European Society for Quality and Safety in Family Practice (EQuIP).