

Self-Management Programme for People Living with Chronic Diseases

The project ESF4.264 “Training for Tutors for Self-Management Programme for People with Chronic Diseases” is currently being implemented by the Health Promotion & Disease Prevention Directorate, with the collaboration of Primary Care Department. Following this project, a new service will be introduced for people with long-term illness such as diabetes, heart disease and arthritis. Self-management courses led by trained volunteers and health professionals will be held within the community. These will start in the first quarter of 2016. A call for applications will be made by Health promotion & Disease Prevention Directorate.

Self-management courses are structured courses which can improve the knowledge, attitude and behaviour of people living with chronic diseases, so improving health outcomes, reducing health care costs and improving employability. Each course will consist of six weekly sessions. The courses are evidence-based and quality assured and have been delivered in many Western countries for around twenty (20) years. Material and training is being provided by Self-Management UK (formerly the Expert Patient Programme). The Self-Management Programme will contribute to delivering the aims of the *National Health Systems Strategy* and the *Noncommunicable Disease Strategy* to support care within the home and community, by increasing health literacy and patient empowerment. A national information campaign on television and radio is also accompanying this training. Training by Self-Management (UK) trainers has taken place for eighteen participants (18) during a weeklong seminar.

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