



REFERRAL GUIDELINES FOR EXPERT PATIENTS PROGRAMME (EPP)

EPP is a six-week self-management course for any adult who has one or more long-term health conditions and who lives, or has a GP, in Islington or Haringey

General guidelines

EPP aims to be as inclusive as possible. However, there may be some occasions when the course isn't suitable for someone.

Inclusion criteria

The course is likely to suit a person who has one or more long-term health problems and for whom one or more of the following apply:

- The person has received some support or education (e.g. from practice nurse, GP or specialist) and has difficulty with day-to-day management of their condition (e.g. nutrition, exercise, medicines management, dealing with the emotional consequences).
- Social or physical activities have declined as a result of poor management of their condition.
- It is more than 3 months since initial diagnosis and the person is not coping on a day-to-day basis with the impact of having a long-term condition.
- The person wants to build their confidence in managing their condition.

NB: It is important that potential participants are able to participate in a group for 2½ hours per week and function within the norms of that group.

Exclusion criteria

- People who have recently received their diagnosis (0-3 months) may still be in the process of looking for a cure and/or may not have come to terms with the long-term impact of their condition.
- People with moderate - severe mental health problems may need intensive and/or specialist support (e.g. counselling), which can not be provided by EPP.
- Children or young people up to the age of 18.

Link to other services and support

Please note participation in EPP does *not* replace other interventions such as disease-specific education, pain management programmes or psychotherapeutic interventions. EPP complements such interventions and may help patients fulfil the goals they've identified as part of these activities. We actively signpost patients to local services.

Referral and Contact Details

Please e-mail all referrals to - whh-tr.Self-Management@nhs.net

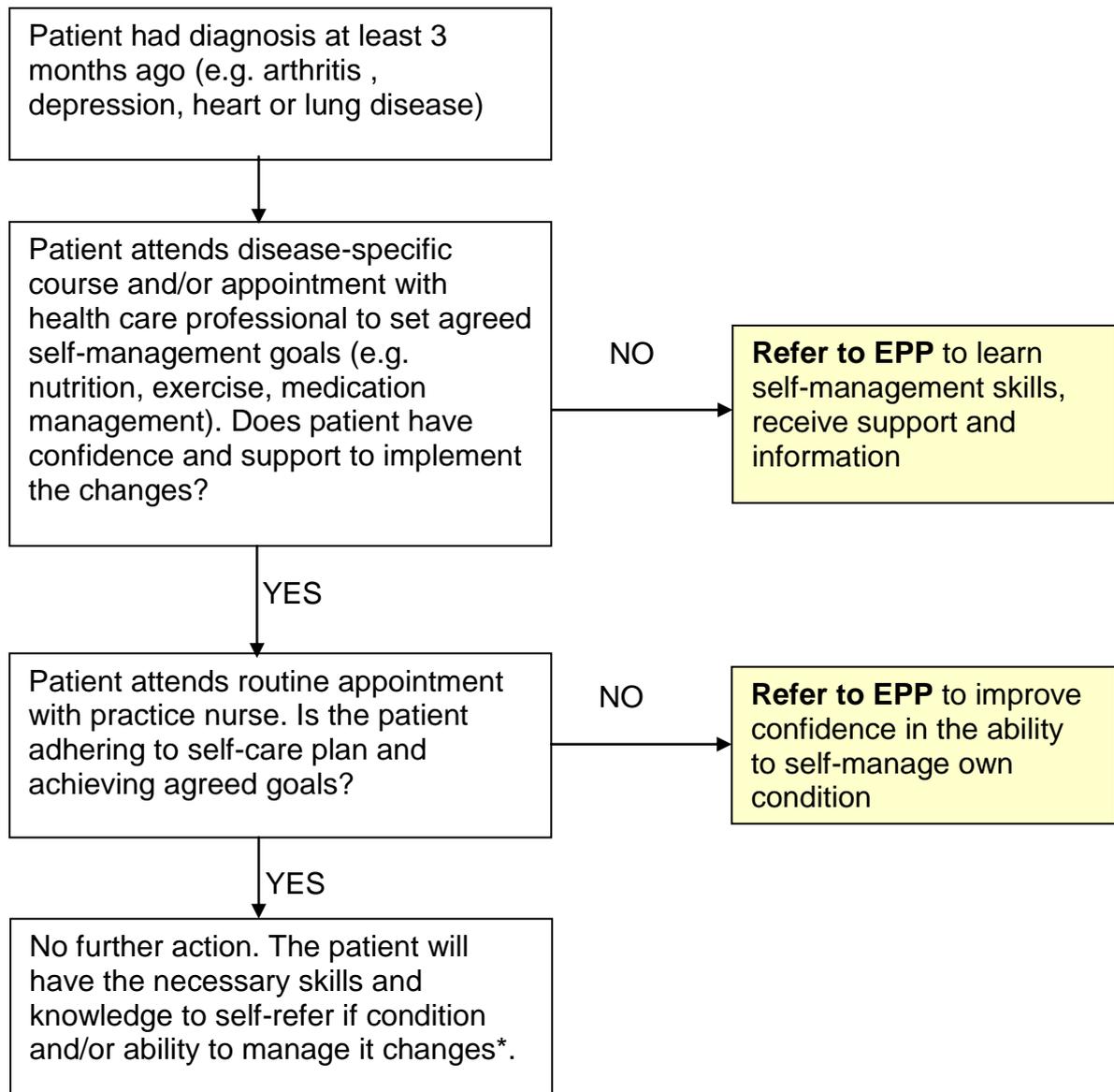
Any queries for Islington please contact Habab Al-Hashim, Self-Management Co-ordinator: Tel: 020 7527 1189, Email: h.al-hashim@nhs.net

Any queries for Haringey please contact Davina Lederman, Self-Management Co-ordinator: Tel: 0207 7527 1707, Email: davina.ledermann@nhs.net

Individuals can self-refer by contacting the team as per the above



EXAMPLE REFERRAL PATHWAY TO EXPERT PATIENTS PROGRAMME (EPP)



* Please ensure patients have access to EPP leaflets.

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