

Case study 5

A government led initiative

– The Expert Patient Programme (England)

The Expert Patients Programme was a government initiative started in 2002 in England and later Wales with the aim of providing and evaluating large scale self management support using the 'Chronic Disease Self- Management Programme' (CDSMP) developed by the centre for patient education at Stanford university and derivatives of, throughout England, in line with the objectives of the Government's White Paper "Our Health, Our Care, Our Say". One of the main purposes of EPP is to improve the health and well-being of individuals in their own community and to reduce health inequalities. Its' health programmes are designed, developed and delivered with and by people living with long-term health conditions. The results of a randomised controlled trial showed the programme to be fully cost effective

The CDSMP has been delivered in a number of community languages and the programme has also been converted into a number of condition specific programmes for example: Substance and Alcohol Misuse , mental health, Persistent Pain as well as adaptations for the visually impaired and people with learning disabilities.

In 2006 the Department of health created a community interest company – the Expert Patient programme CIC to continue the programme.

<http://www.expertpatients.co.uk/>