

Supported Self-Management and Behaviour Change

Expert Patients Programme (EPP):

Live well with health conditions

Patient information factsheet

- The Expert Patients Programme is designed to help you confidently manage your health and feel more in control.
- It includes tips on managing symptoms and coping with the challenges that come with health issues.
- It can support you to make small changes that make a big difference to life with a health condition.
- The Expert Patients Programme (EPP) is a 6-week self-management course for people who live with one or more long-term health conditions such as:
 - Asthma
 - Chronic fatigue
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Depression
 - Diabetes
 - Heart disease
 - Multiple Sclerosis (MS)
 - Parkinson's disease
 - Myalgic Encephalomyelitis (ME)
 - On-going back pain, etc.

What is the treatment?

- Each 2 hours and 30 minutes session is delivered by specially trained people who live with health conditions themselves.

What can EPP offer me?

- People who have completed the programme report that it has made a big difference to them. They feel more positive, able to manage their health and enjoy life again.
- Benefits include:

- A 'Toolkit' of techniques that you can try out for yourself
- Different topics covered each week
- Times to share and discuss
- Building confidence that you can cope with your condition and work towards what is important to you (your personal goals)
- Being with others who know what it's like and can share tips
- Focusing on taking control of your condition rather than it controlling you
- Taking small, gradual steps.

Content of the course

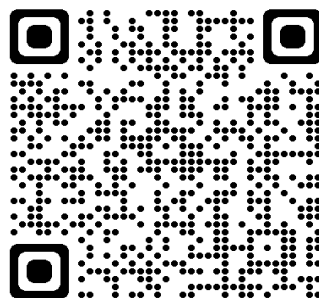
- Weekly sessions include useful topics such as:
 - Managing symptoms (e.g. pain, fatigue, shortness of breath)
 - Coping with depression and other feelings
 - Relaxation techniques
 - Healthy eating
 - Exercise
 - Setting realistic goals
 - Communicating effectively with health professionals.
- The programme is designed to give you a taster of several self-management strategies so that you can take away and practice the ones that you feel are most helpful to you.

More information

If you are interested in finding out more or attending EPP, please visit the Supported Self-Management and Behaviour Change page on our website:

<https://www.whittington.nhs.uk/selfmanagement>

You can self-refer online by filling in a form at <https://www.whittington.nhs.uk/mini-apps/default.asp?page=Diabetes/EPP.aspx> or using the QR code below.



Contact our service

Telephone: 020 7527 1558

Email: whh-tr.self-management@nhs.net

Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

020 7272 3070 | Whittington Health NHS Trust, Magdala Avenue, London, N19 5NF
www.whittington.nhs.uk | x.com/WhitHealth | facebook.com/WhittingtonHealth

Document information

Date published: 19/09/2025 | Review date: 19/09/2027 | Ref: ACS/SMgmt&BehChg/EEP/02
© Whittington Health NHS Trust. Please recycle.