A person-centered patient education method
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Strategy for healthcare transformation in Region Västra Götaland

“The overriding goal for healthcare in Region Västra Götaland is good health among the population. The region shall offer equitable, coherent, and accessible healthcare that is provided with the best possible quality and safety and is always starting from the individual’s needs and experiences.”
Personal-centred care

Equity in health / health care

Patient empowerment

Social sustainability

Close healthcare

Co-creation

Health literacy

Patient education – the traditional way
Who knows (best) what the patient wants to know?

A person-centered patient education method

Where to start?

Patients with the same diagnosis are invited to an educational program
The group is led by two leaders
- different competences and roles
- same value

The content is mainly formed by the questions of the participants
Brain-storming

We “train the trainers” – the leaders
- To learn the method
"Från frisk till sjuk på bästa möjliga sätt”

"Vi delar något med varandra som ingen annan kan förstå”

"Hade jag inte gjort den här resan hade jag inte levt idag”

"Det är jag som är expert på min egen sjukdom”

Summary

• The importance of empowering the patients for a better health
• Integrating different competences
• Understanding the importance of patient involvement
• Creating an environment that promotes exchange of experiences for learning and empowerment
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