

**It is not just the job of the Doctor and Nurses to make you feel well –
We have to do this in partnership with you the patient**

How to live a healthier life while living with long-term health condition/s.

Your health is not just affected by the long-term condition, often it is a reoccurring cycle that is affected by many things, including your personal life, family problems, stress, work or lack of work and your emotions.

The symptom cycle below shows how each symptom/problem can make the others worse,



For example: When you experience

- Difficult emotions
- Worry
- Feeling a loss of control
- Isolated
- Have low confidence levels
- Finance problems
- Never getting any time for yourself

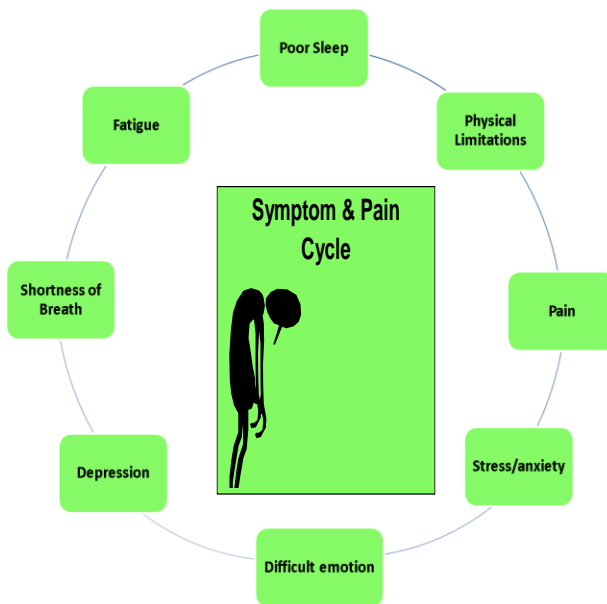
They can all make you feel

- Fatigued
- Increased pain
- Cause depression
- Stress/ anxiety
- Affect sleep
- Feeling lonely & Isolated,

This can all have a negative effect on all aspects of your health and well being.

Doctor or Nurse role to support you

- To identify the problem
- Discuss treatment options
- Prescribe medication when appropriate
- Arrange test if needed
- Refer to hospitals if needed
- Offer advice on how to improve over all well being
- Work with you to get the best out of your care



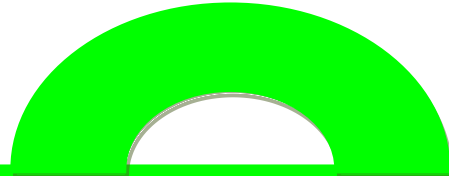
The role of the patient

- Share symptoms with GP/Nurse
- Discuss how health has been between appointments
- Work with Doctors/nurse to get the best out of your care
- Get involved in managing the non-clinical part of your health and well-being.
- Attending self-care and self-management courses to support you to become confident in working in partnership with your Doctor and nurse.
- Become active in self-management

To get the best out of your health care services especially with the doctor and nurse it is important we work together with you improve all aspects of your health and well being. Including advising you attend self-help, self-management programmes.

The Expert patients Programme offers skills that are evidence based to support your health and well-being.

Self-Management Tool Kit



Physical Activity

Problem-Solving

Medications

Using Your Mind

Decision-Making

Sleep

Action Planning

Communication

Breathing Techniques

Healthy Eating

Understanding Emotions

Weight Management

Working with Healthcare Professionals

For more information ring 0161 371 2105

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