

Top 5 tips for referring to EPP & DSMP Self-Management Courses

The Expert Patients Programme (EPP) – a 6-week course for adults with *any* LTC and carers

The Diabetes Self-Management Programme (DSMP) – a 7-week course for adults with Type 2 Diabetes and carers

Whittington Health's Self-Management Service has been running highly successful self-management courses for people with LTCs for many years, achieving positive outcomes in patient activation and Warwick-Edinburgh Mental Wellbeing. Evidence shows that good self-management improves quality of life and reduces healthcare utilisation^[1] and GP practices are a really important source of referrals for the success of the programmes.

Top tips for referring to these two courses:

1. Self-management courses work best for people who have **low – medium complexity**. They are more likely to attend a full course and potentially benefit more from prevention in the longer-term. Courses are open to any adult with a LTC, but please consider complexity when making referrals.
2. The patient may be starting to see that their role in self-managing is important, but not yet have the knowledge or confidence to self-manage well.
3. EPP & DSMP courses help with **core self-management skills**
 - identifying & solving problems
 - deciding when to get help and where to go
 - using medication safely and effectively
 - maintaining a healthy lifestyle
 - communicating about their illness with family/friends/ health professionals
 - making the most of community resources
 - becoming motivated to take action and sustain changes

These skills are *not* medically-led.

4. When referring patients please explain that:
 - EPP is run by lay tutors who also live with health problems – **they are people who know what it's like to live with an LTC**
 - DSMP is run by a health professional & also a lay tutor who has Type 2 Diabetes – it covers core self-management skills & some diabetes-specific content.
5. Please give a leaflet to anyone who is unsure. The team can be contacted on 020 7527 1189 or via email: whh-tr.self-management@nhs.net

"A life-affirming experience" - EPP participant, 2017

^[1] Helping people help themselves - A review of the evidence considering whether it is worthwhile to support self-management; Health Foundation; 2011