

# Therapeutic Patient Education

A new approach for chronic disease

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# Aims of Therapeutic Patient Education

To help the patient  
deal dealy  
as well as possible  
with his chronic disease

Improve or maintain

Quality of life

Autonomy

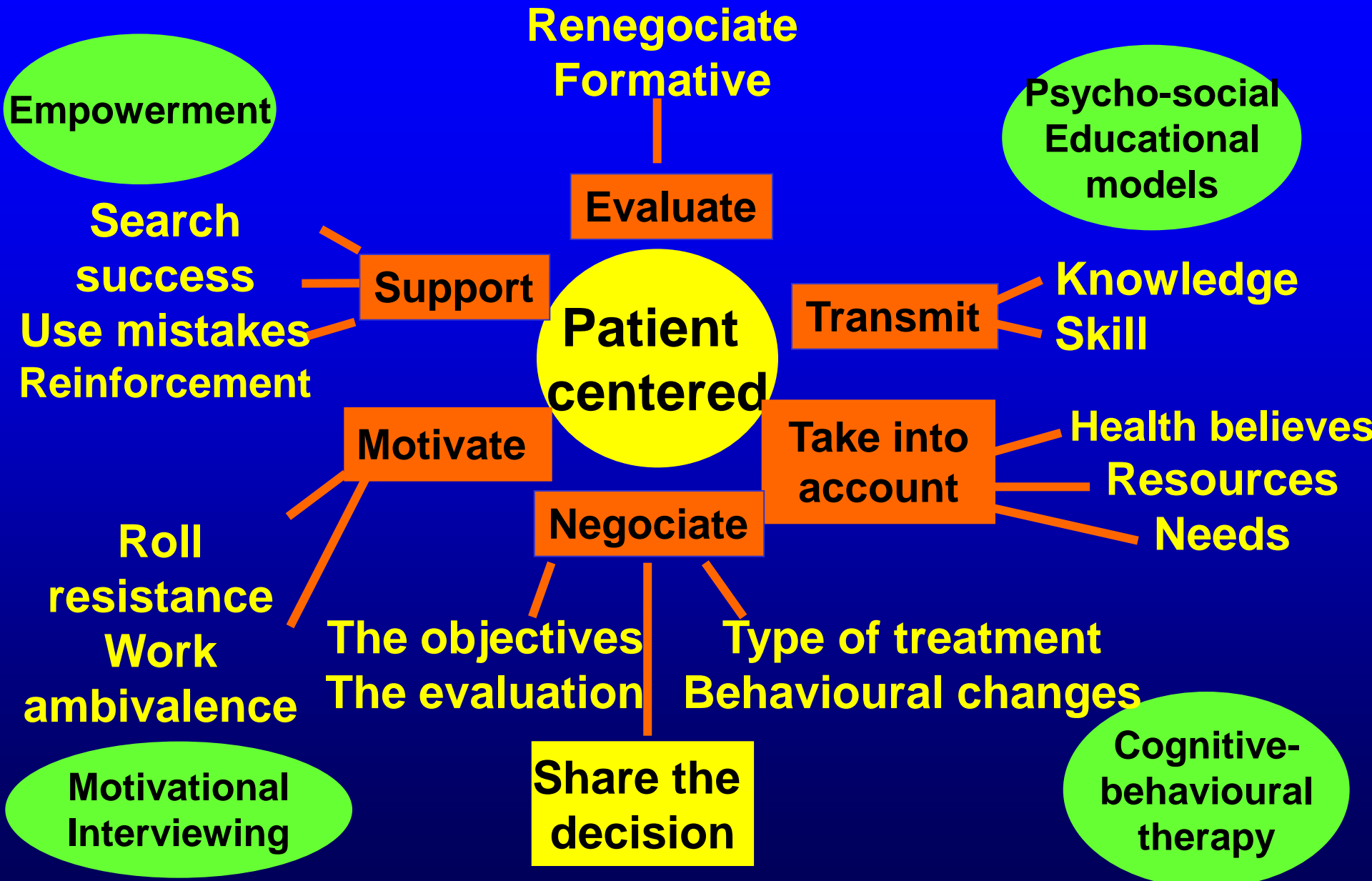
Adherence to  
treatment

Avoid or decrease

Relapses

Complications

# Patient Therapeutic Education



# Objectives of Therapeutic Patient Education

**Get  
Knowledge  
Gain  
competences  
on disease  
and  
treatment**

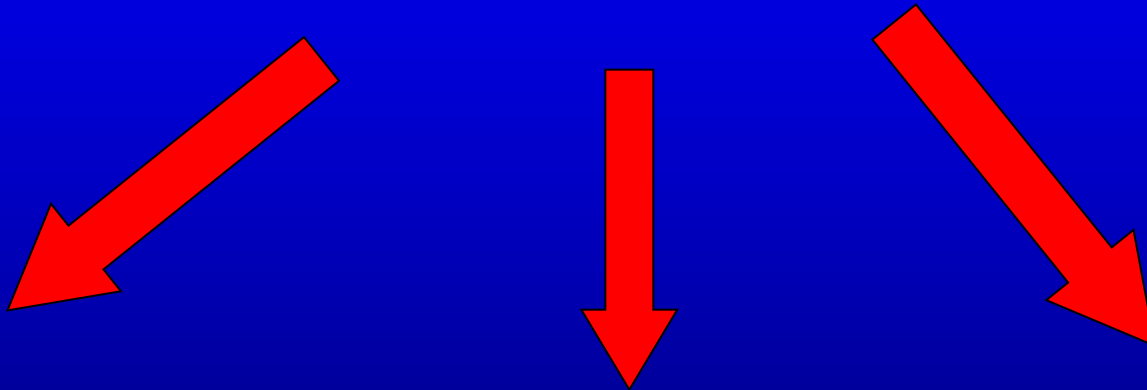
**Understand  
the disease  
  
Accept  
the disease**

**Manage  
the disease  
  
Find  
autonomy**

**Change  
behaviour  
Help  
the patient  
to change  
Grow  
in life**

# The 3 tasks of the Health Care Provider

**UNDERSTAND**



**Disease**

**Patient**

**Person**

# Patient's double need

**Cognitive  
dimension**

**To know  
To understand**

**Emotional  
dimension**

**To be listened to  
To be known  
To be understood  
To be helped**

**TO LISTEN**

**IS TO GIVE A  
HAND**



**Listening is everybody's matter**



# The Geneva school for Therapeutic Patient Education

30 years of Therapeutic Patient Education  
WHO collaborating centre since 1983

## Educating the Patient

- 9'000 patients, 5 day/hospitalization
- 15'000 patients, 1 day/hospitalization
- More than 100'000 hours were given

## Educating the Educator

- 48 seminars of one week post-graduate training attended by over 4'000 HCP coming from more than 60 countries
- Continuing education Diploma on Therapeutic Patient Education



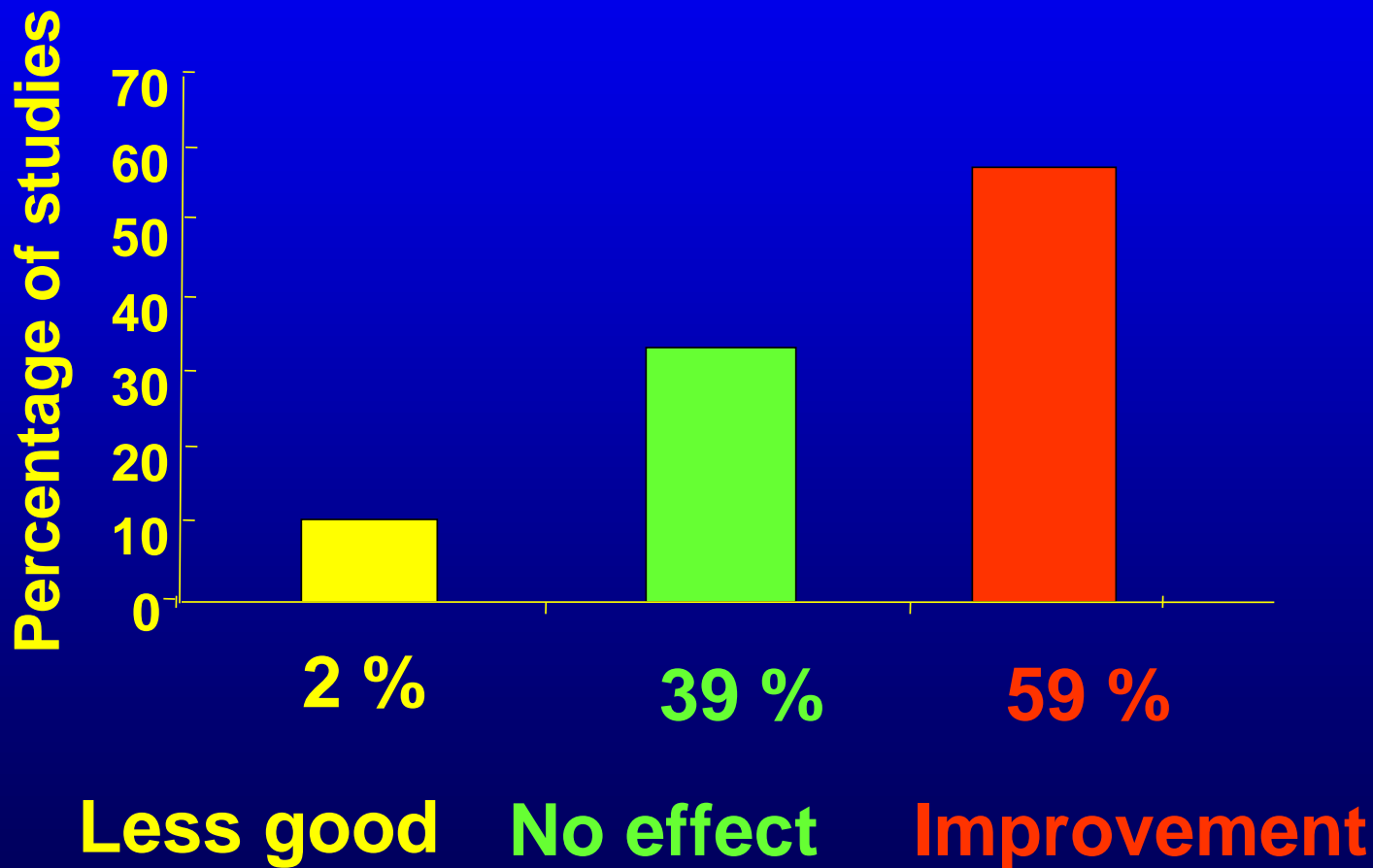
# Efficacy of Patient Education



# Efficacy of Patient Education

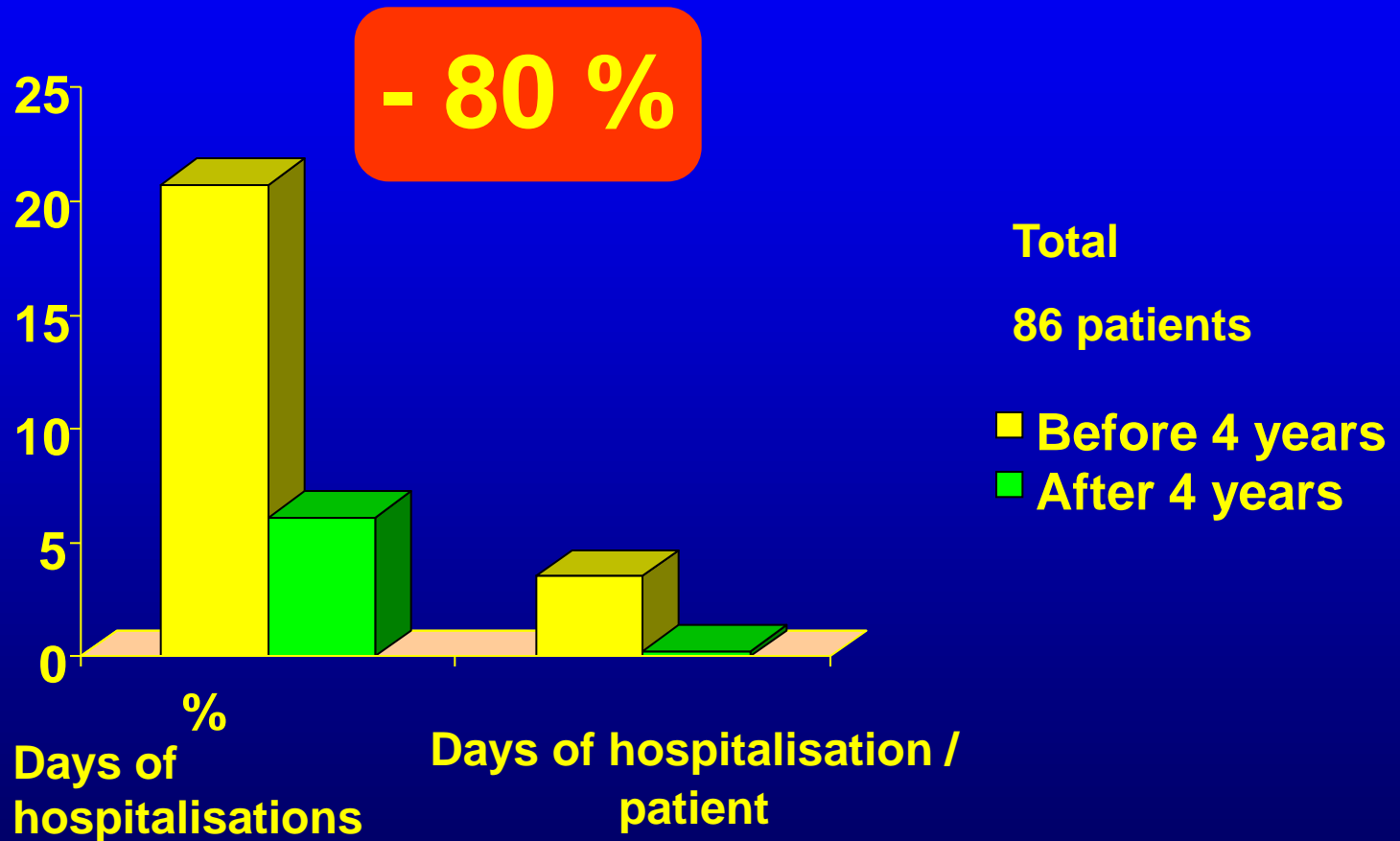
<b>Diabetes</b>	<b>4 meta-analyses 3 reviews</b>	<b>60 studies</b>	<b>12 000 patients</b>
<b>Asthma</b>	<b>3 meta-analyses 1 review</b>	<b>30 studies</b>	<b>4 000 patients</b>
<b>BPCO</b>	<b>3 meta-analyses 2 reviews</b>	<b>80 studies</b>	<b>5 000 patients</b>
<b>Hypertension</b>	<b>3 meta-analyses</b>	<b>100 studies</b>	<b>8 000 patients</b>
<b>Cardiology</b>	<b>3 meta-analyses, 1 review</b>	<b>63 studies</b>	<b>8 000 patients</b>
<b>Obesity</b>	<b>1 meta-analyses, 6 reviews</b>	<b>71 studies</b>	<b>8 000 patients</b>
<b>Rhumatology</b>	<b>1 meta-analyse</b>	<b>17 studies</b>	<b>4 000 patients</b>
<b>Oncology</b>	<b>4 meta-analyses</b>	<b>177 studies</b>	<b>12 000 patients</b>
<b>Total</b>	<b>22 meta-analyses 13 reviews</b>	<b>598 studies</b>	<b>± 61 000 patients</b>

# Efficacy of Patient Education



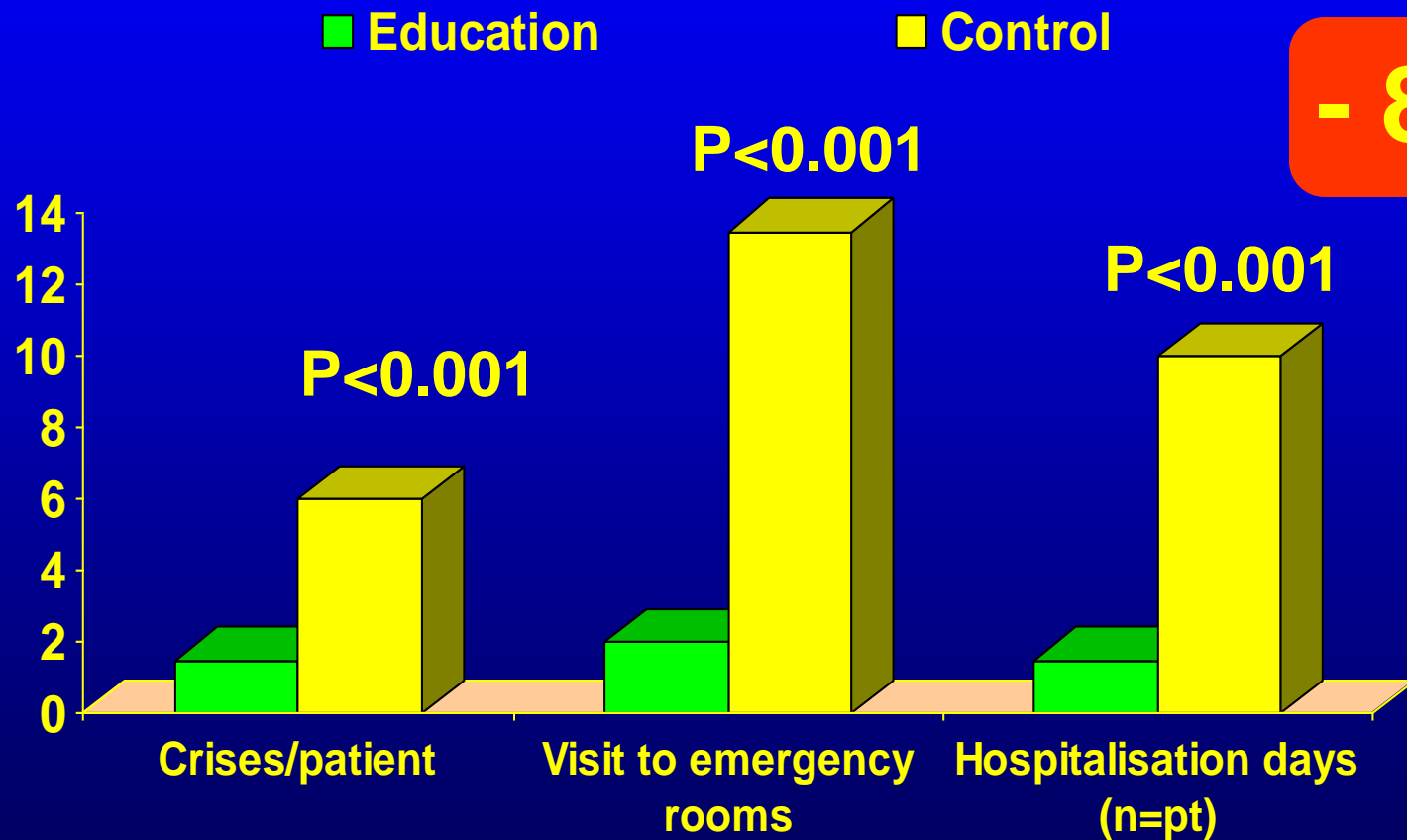
# Diabetes

## Decrease in hospitalisations



# Asthma

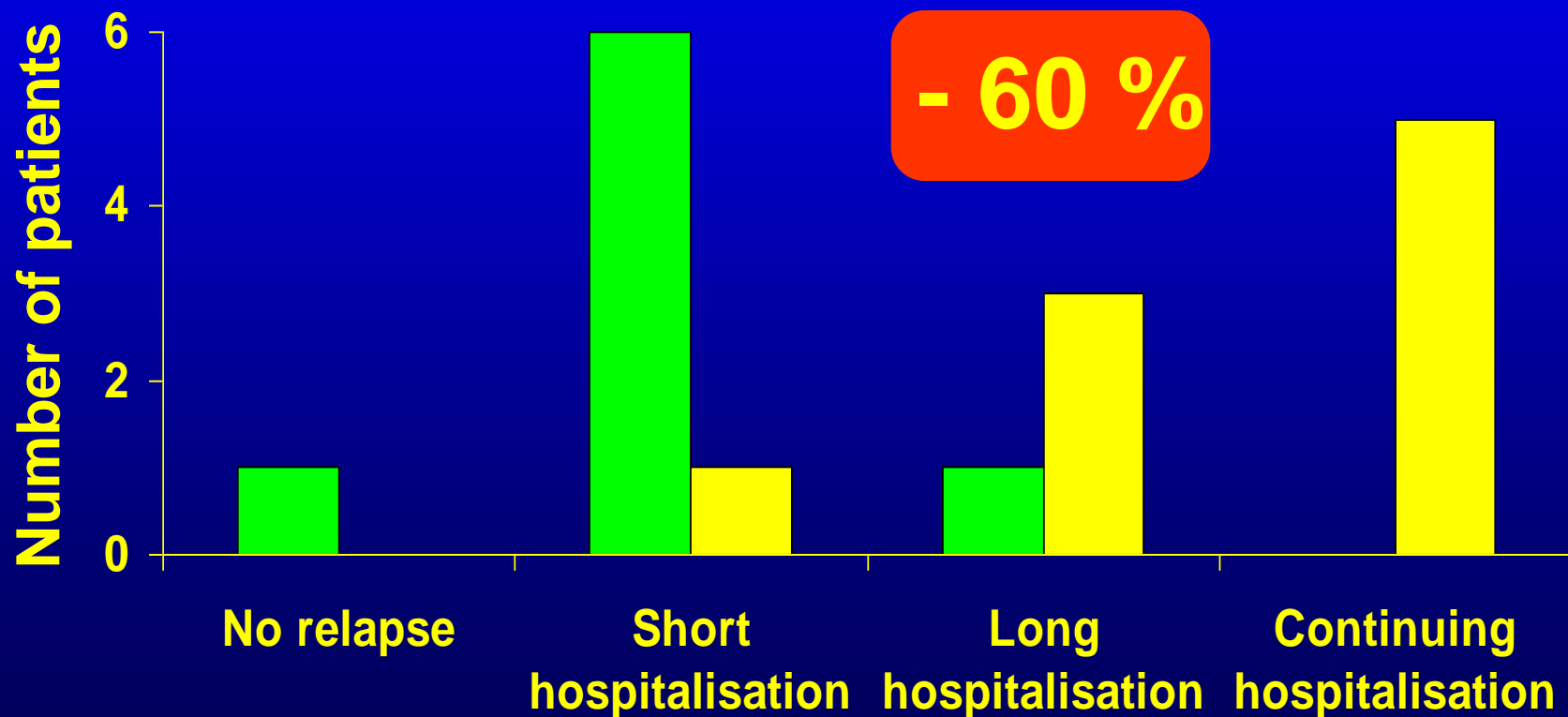
## Decrease in hospitalisations



# Schizophrenia

## Decrease in hospitalisations

■ With TPE  
■ Without TPE



# Heart attack

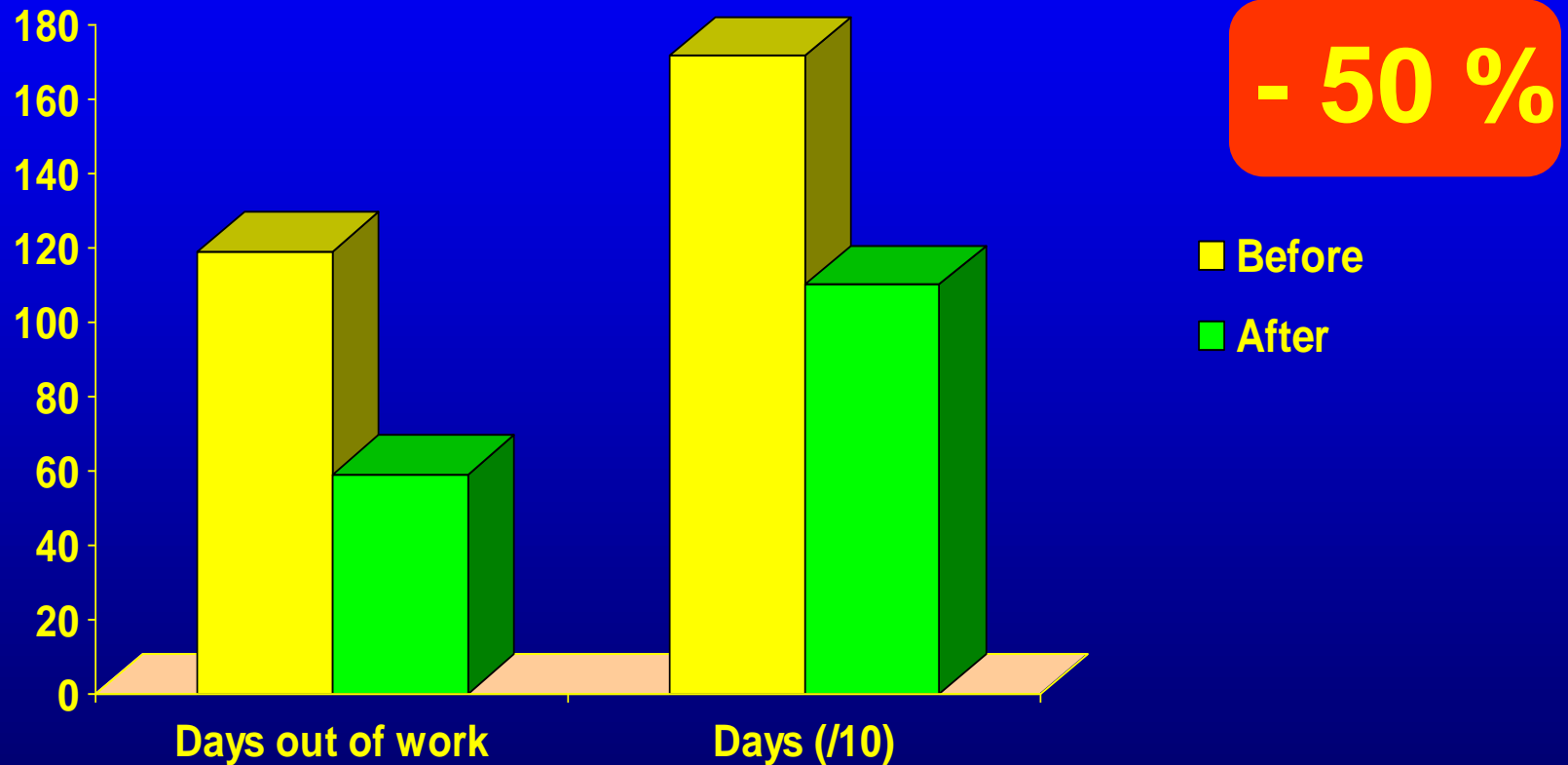
## Decrease in readmissions

- **Meta-analyses 8 randomised controlled studies**
- **Readmission diminished by 21% in 7/8 études**  
**NNT = 9**
- **No effect on mortality**



# Asthma

## Effects of TPE on days out of work

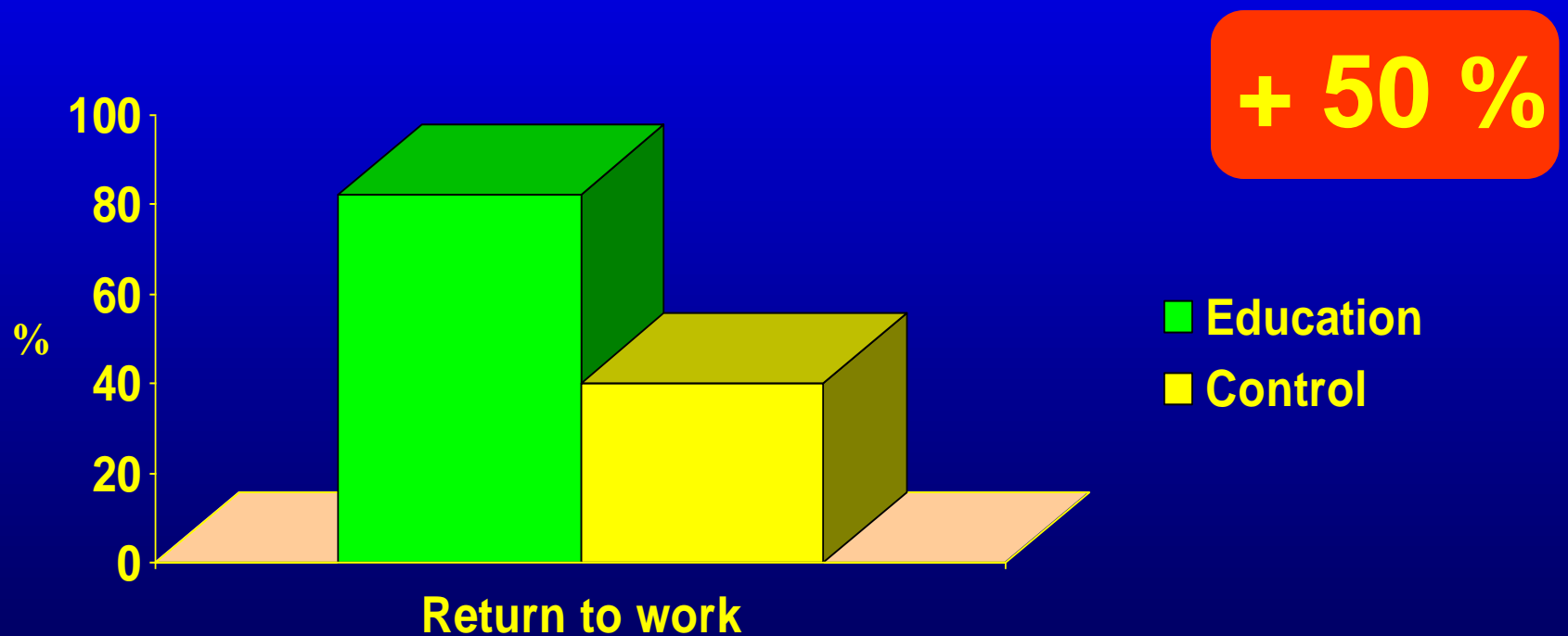


67 employees – follow-up during a year

# Back pain : return to work

50 patients in each group

Education - cognitive-behavioural – physical activity  
(54 h. for 3 weeks)





## Conclusion

**€1 spent for  
Therapeutic  
Patient  
Education  
saves €4**

Cost-benefit analysis of patient  
education – E. Bartlett

# Summary

- **Therapeutic Patient Education is a Humanist medicine**
- **Patient centered approach to help him deal daily with his chronic disease**
- **Approach which enables a better quality of life**
- **Efficient for therapeutic adherence and complications**
- **Efficient for medical costs**

**Thanks to all my collaborators**



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