

PRACTICE NURSE EDUCATION EVENT

“Self-Management from a Patient Perspective”

6:30pm – 9 pm, 12th July 2017

Cromwell Room, Slepe Hall, St Ives, PE27 5RB

Agenda:

6:30 pm	Registration, Light Supper and Networking
7.00 pm	Welcome
7.05 pm	Talk from Lynne Craven: “Self-Management from a Patient Perspective” -What is self-care and self-management? -Stages of activation to self-manage -Why are these stages important and how to support patients at different stages
9.00 pm	Finish

Speaker Information:

Lynne Craven, Director, Self-Management Partnership

Lynne was diagnosed with MS in 1995, and for the first two years was either in denial or in 'victim' mode. Her life as a newly qualified teacher with a young family and a run-down house to do up felt out of control. Then she attended an Expert Patients Programme which changed her life by showing her another way. She had started on her journey to becoming an optimal self-manager, feeling in control of her life with MS.

Lynne speaks passionately about the current system of paternalistic health care that leads to passive, deactivated patients, unwilling and unable to make the necessary changes that life with a health condition requires. She is driven by a desire to change the culture to one in which the patient and clinician can share decisions about treatment and mutually explore and agree a self-management plan.

Cost: £20 (booking & payment methods on next page)

This meeting is supported by Boehringer Ingelheim Ltd who have paid a fee for stand space. Boehringer Ingelheim Ltd have had no input into the agenda or content of the meeting

Booking:

Email: contact@sknurses.com
Please include "Education Event" in the subject line

Tel: 01480 220212

Booking will be confirmed on receipt of payment

Payment:

Online (BACS): HSBC Bank
 Account Name: SK Nurses Ltd
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Please make payable to 'SK Nurses Ltd' and send to:

SK Nurses
Devonshire House,
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St Ives, PE27 5BN

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Venue:

Post code: PE27 5RB
There is free parking available at this venue