



A free-flowing discussion about
Sustainability & Patient Self Care

Two sessions at 13.50 & 14.20 hosted by
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an impatient patient
&
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Sustainability & Patient Self Care

Our Brief:

- What can/should the Green Nephrology programme do to better understand, and directly support a shift to greater patient empowerment?
- What are the opportunities, barriers and actions? (to feed into this afternoon's session with Sir Muir Gray)

Some suggestions to start with

- Doing things greener, e.g. remote consultations (phone, Skype); Local blood tests; Renal Patient view
- Supported Self Management, e.g. using web forums, social networking, peer support
- Fully informed patients often choose less intervention, than is otherwise the case

And a few more

- “Activating” patients – interacting as humans with the shared goal of improving quality of life – impossible in a formalised, impersonal doctor-patient relationship
- Turning “sustainability” into a game – it can be fun to use less, buy less, talk more, play more