



Regione Lombardia
IL CONSIGLIO

III COMMISSIONE
Sanità e Politiche Sociali

RIMETTERE AL CENTRO LA PERSONA RISPETTO ALLA MALATTIA: coaching e cronicità

12 Giugno 2019

MERCOLEDÌ
12 giugno 2019 - ore 9.30

FOCUS DI ESPERIENZE VISSUTE MEDICI - PAZIENTI

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Patient empowerment...



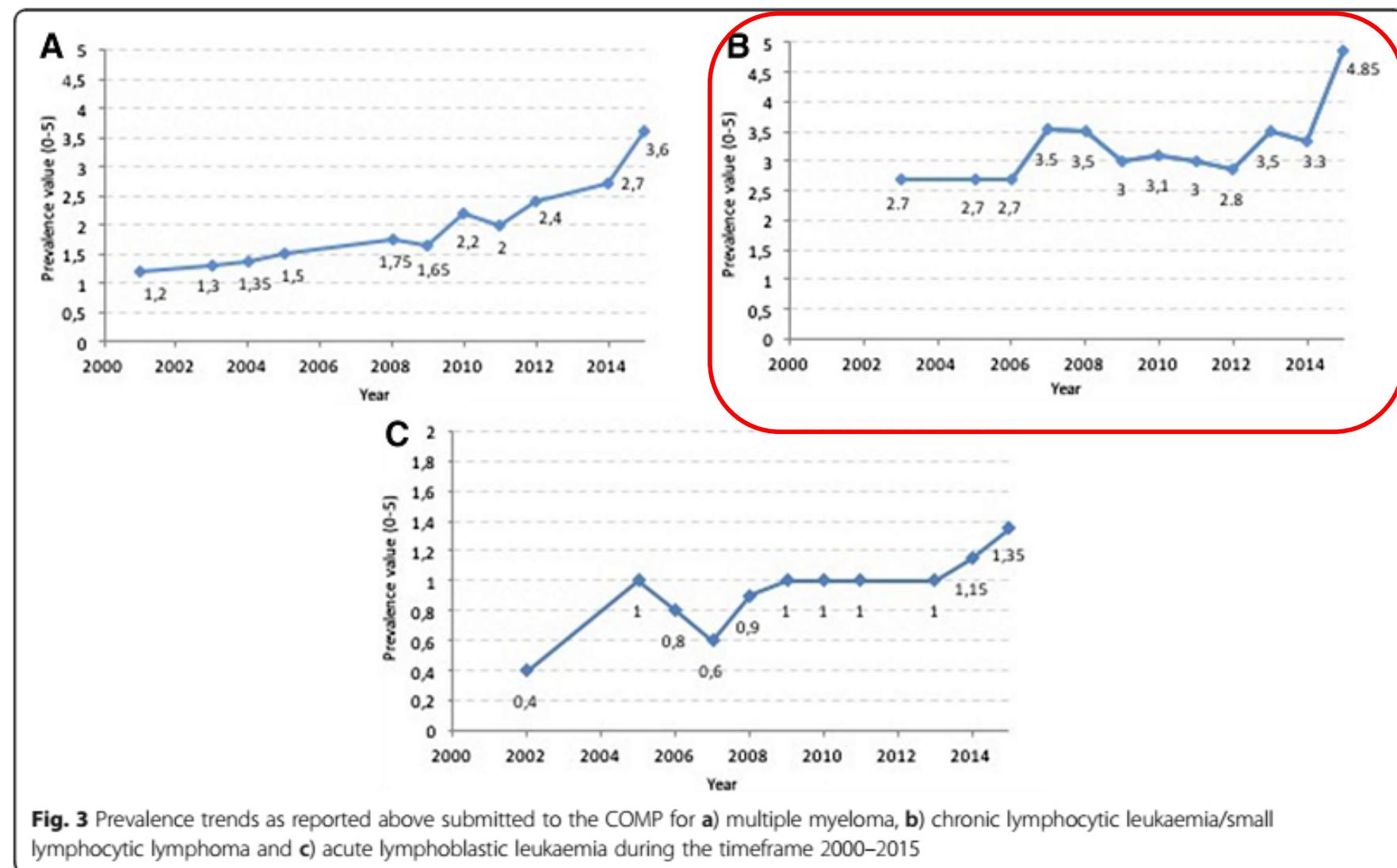
World Health
Organization

Patient Safety

A World Alliance for Safer Health Care

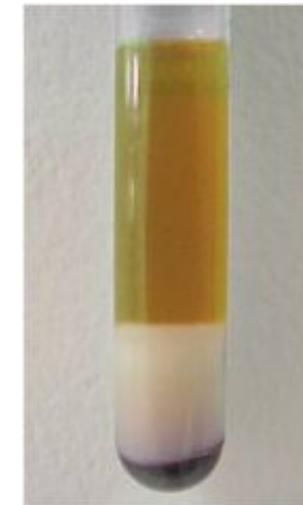
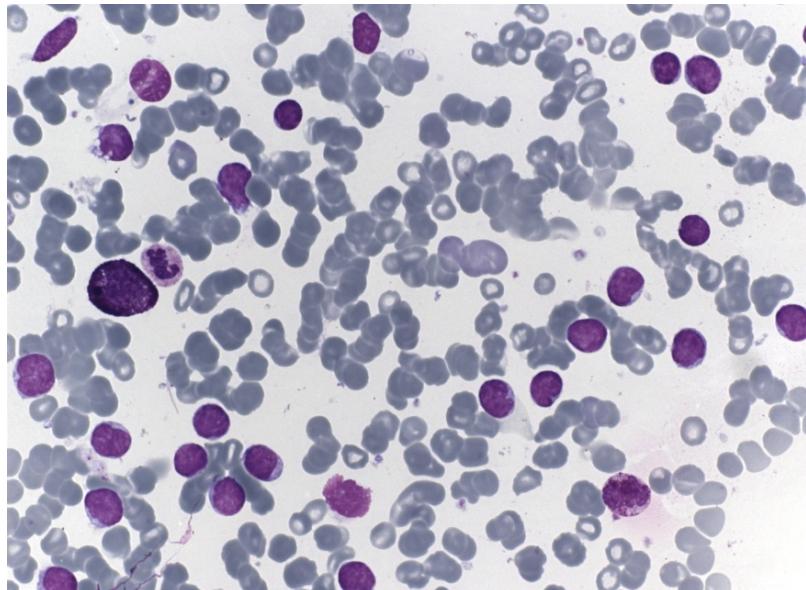
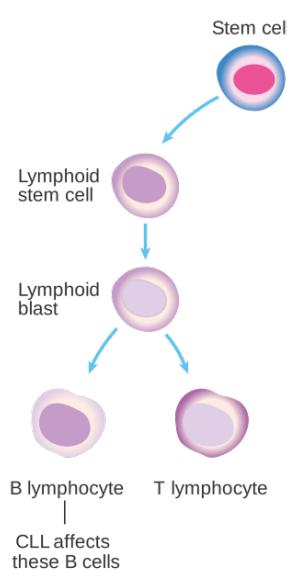
«...A process in which **patients understand their role**, are given the **knowledge and skills** by their health-care provider to perform a task in an environment that recognizes community and cultural differences and **encourages patient participation**...»

Leucemia linfatica cronica



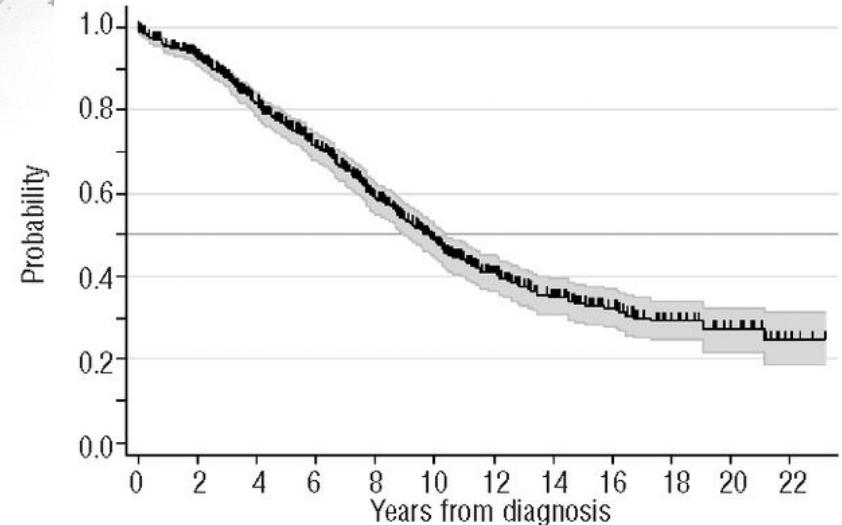
Leucemia Linfatica Cronica (LLC)

Leucemia

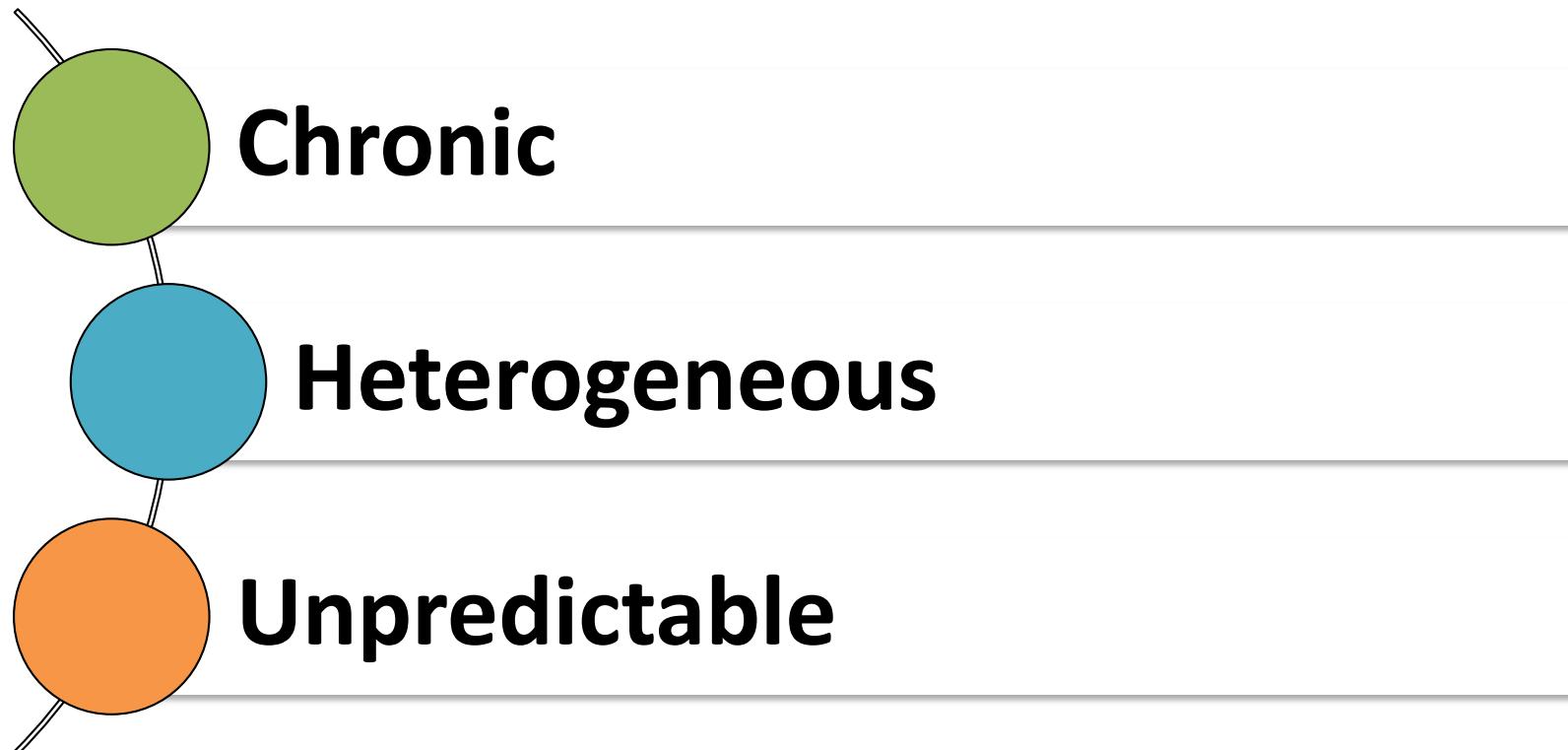


Linfatica

Cronica



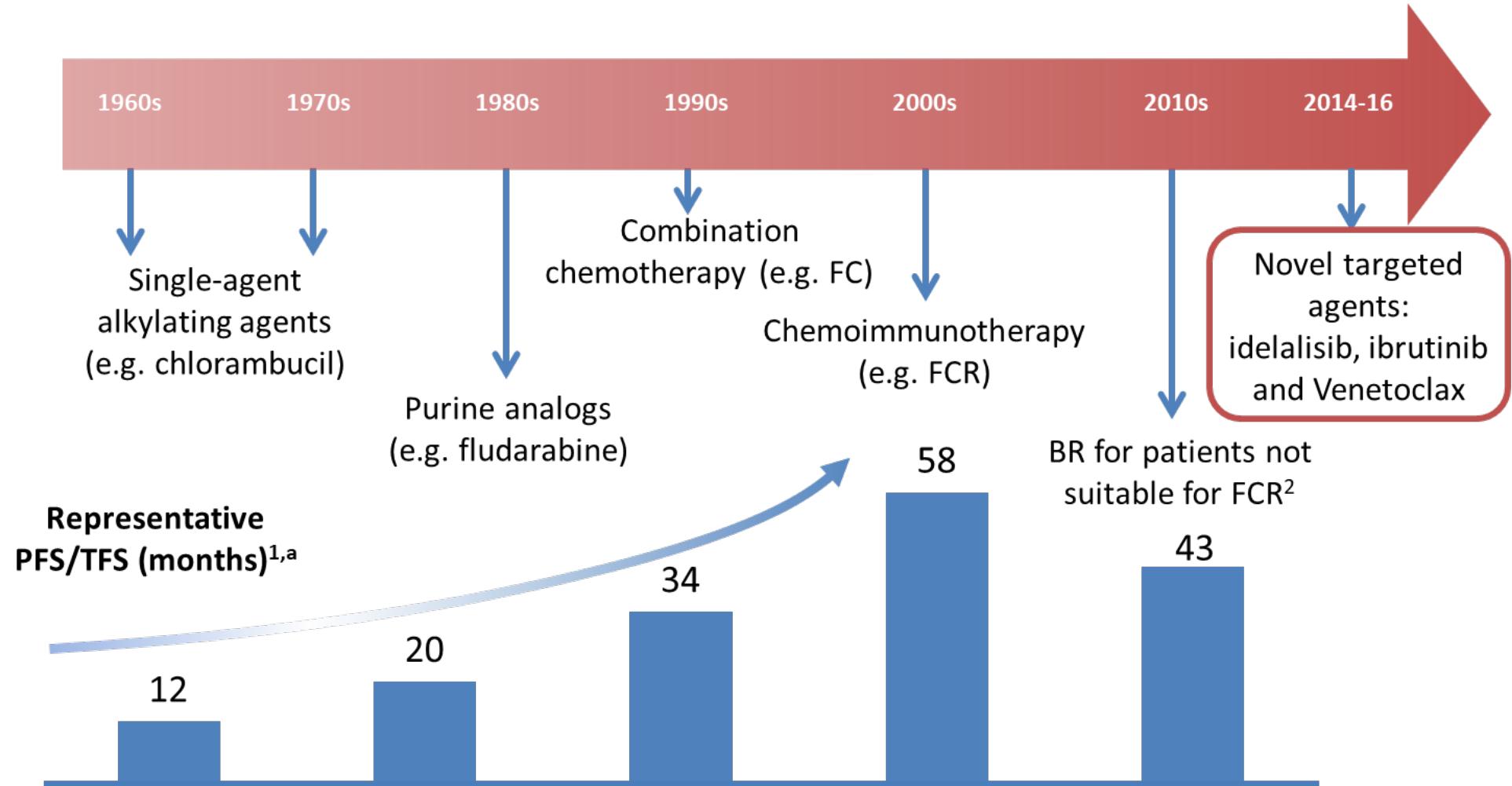
Chronic Lymphocytic Leukemia



Non tutti i pazienti richiedono trattamento

	General practice	Clinical trial
Rai stage 0	Not generally indicated*	Research question
Treat with Binet stage A	Not generally indicated*	Research question
Treat with Binet stage B or Rai stage I or Rai stage II	Possible*	Possible*
Treat with Binet stage C or Rai stage III or Rai stage IV	Yes	Yes
Treatment of active/progressive disease	Yes	Yes
Treat without active/progressive disease	No	Research question

Il trattamento della LLC è cambiato negli anni



^a PFS representative only; cannot be used to compare regimens directly because results are drawn from across trials with different patient characteristics
B: bendamustine; C: cyclophosphamide; CIT: chemoimmunotherapy;
CLL: chronic lymphocytic leukemia; F: fludarabine; PFS: progression-free survival; R: rituximab

PHBE/IBR/0217/0003

1. Shanafelt T. *Hematology Am Soc Hematol Educ Program* 2013; 2013:158–167.

2. Eichhorst B, et al. ASH 2014 (Abstract 19; oral presentation).

La comunicazione in oncologia (ed oncoematologia)...

- **Communication** in oncology practice presents numerous **challenges**.
- Cancers are frightening diseases and patients may react to diagnostic and treatment information with fear, grief, denial, or anger.
- **Clinicians** must learn to **support** patients and to help them **cope**, and must address patient and family **concerns** within the **time constraints** of clinical practice.

PRO nella pratica clinica

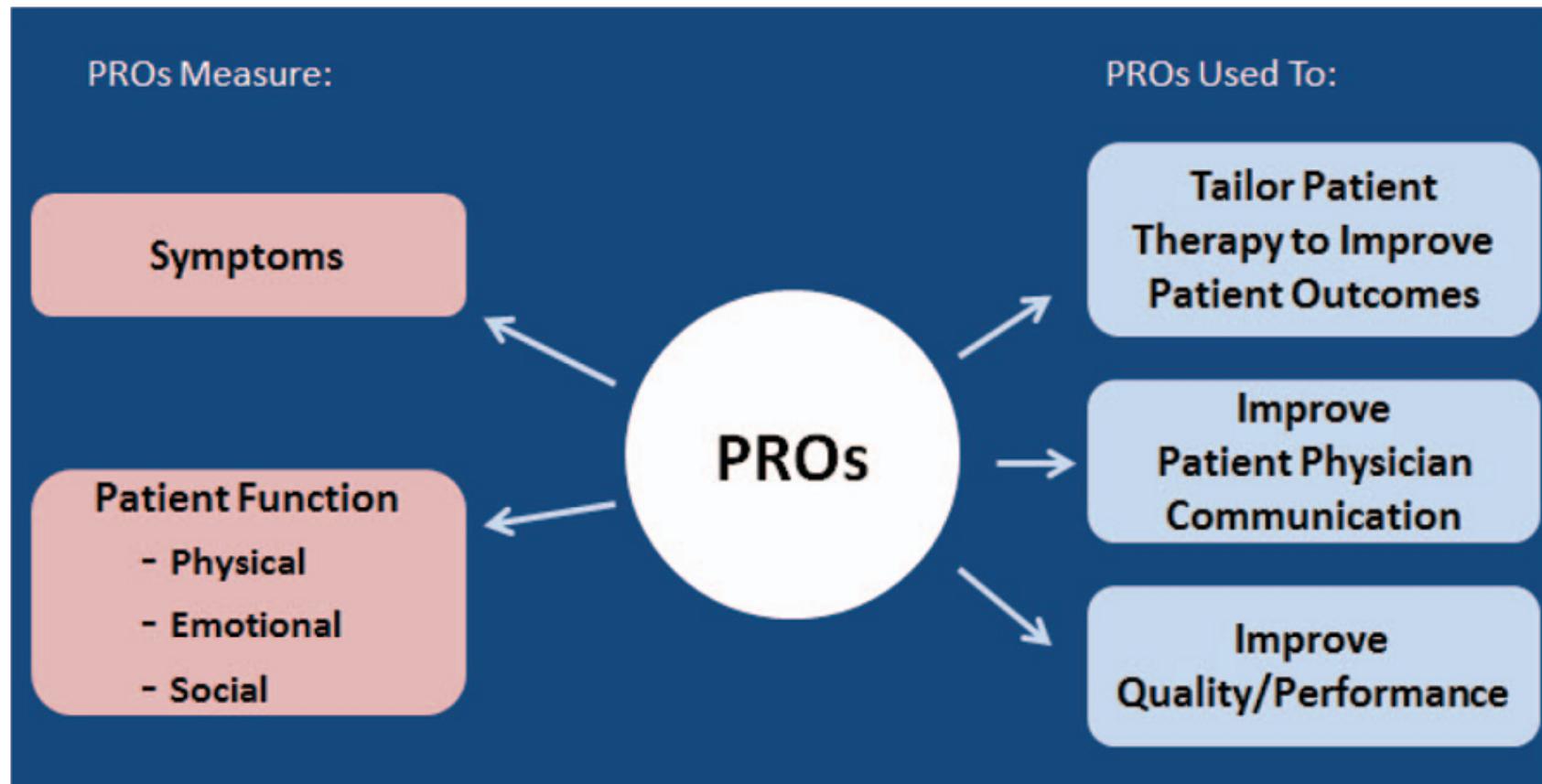


Figure 1. Conceptual framework for PRO integration in clinical care.

Aderenza alle terapie a lungo termine

A worldwide problem of striking magnitude

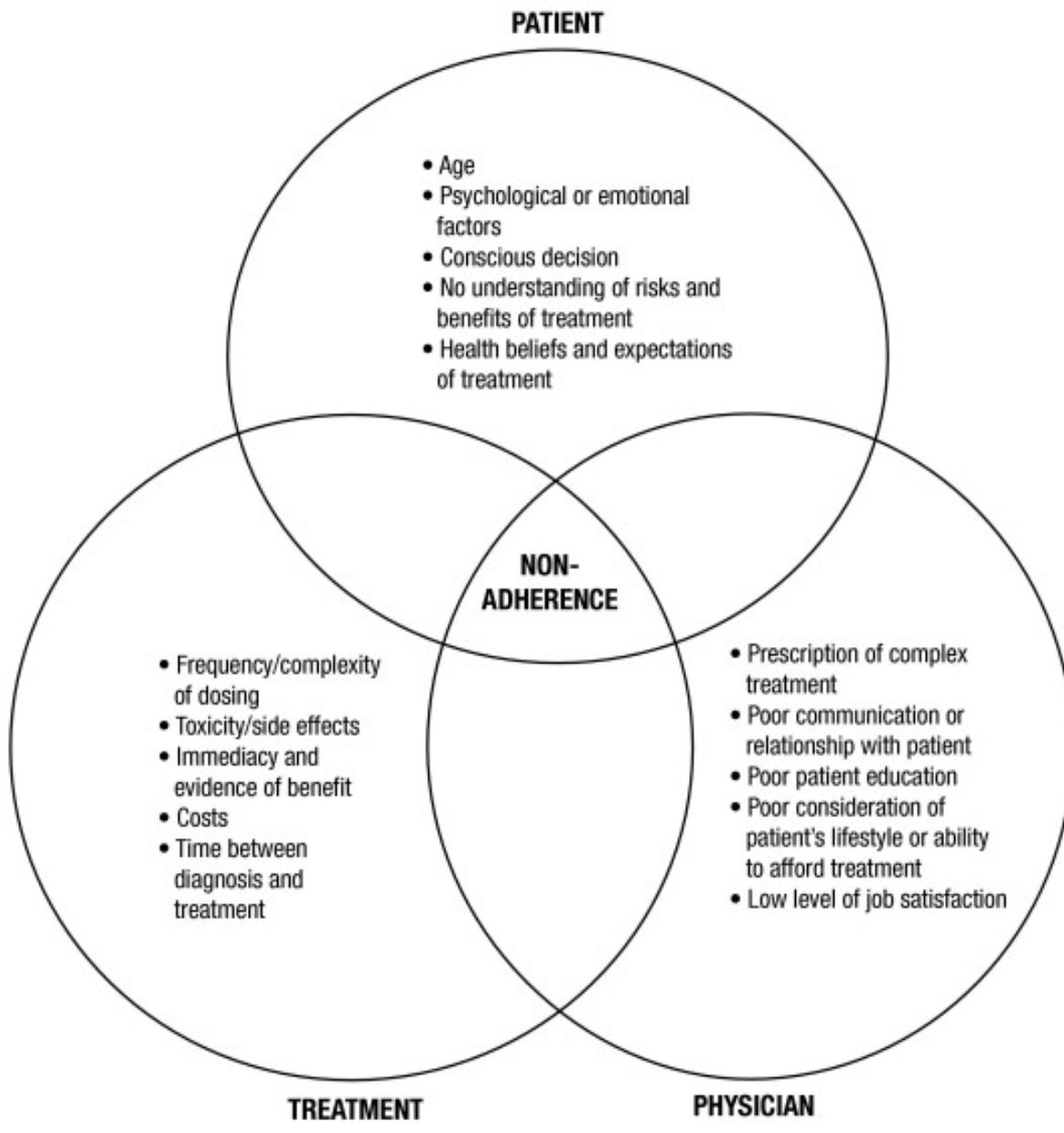
A number of rigorous reviews have found that, in developed countries, adherence among patients suffering chronic disease averages only 50%. The magnitude and impact of poor adherence in developing countries is assumed to be even higher given the paucity of health resources and inequalities in access to health care.

Non-cancer Related Illnesses

HIV: worldwide compliance 37-83%

HTN: worldwide compliance 26-51%
50% labeled as refractory hypertension are non-compliant.

Psych: antidepressant compliance 40-70%.
antipsychotic compliance: 50-6%
bipolar patients: 35%



Approcci comportamentali: cosa funziona?

Combinations of the following interventions are the most effective to increase adherence:

- ✓ **Instruction** and counseling
- ✓ **Simplifying** the regimen
- ✓ **Group sessions**
- ✓ **Reminder** for medications and appointments
- ✓ Cueing medications to **daily habits and events**
- ✓ **Reinforcement** and rewards
- ✓ **Asking** patients about adherence detects 50% non-adherence

MEDICAL COACHING

PATIENT ENGAGEMENT

Sviluppare una capacità che gli permetta di

- ✓ Aderire al meglio alle terapie
- ✓ Adottare uno stile di vita più salutare
- ✓ Abbattere ostacoli, barriere e convinzioni limitanti che si frappongono a un pieno engagement

PATIENT EMPOWERMENT

Pianificazione e messa in atto di azioni

- consapevoli
- responsabili

per conseguire i propri obiettivi di benessere psicofisico e vivere il proprio stato di malato nel miglior modo possibile

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