



Press Release
1/2019

8 April 2019

**Meopin launches Patient
University in Luxembourg**



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Meopin launches Patient University in Luxembourg today to develop patient skills.

A first event will take place and will be animated by Dr. Sergio Marcucci, talking about how to "get a strong back ". The event is on April 29th, 2019 at 6.00 p.m., at the Da Vinci Forum in Luxembourg-City.

Patients increasingly unable to fully understand their disease and the treatment that professionals prescribe

Society in the 21st century faces a paradox. On the one hand, it is becoming increasingly difficult for citizens to make decisions for better health and find their way, and that of their families, through complex life situations and health systems. They are not very well prepared for this task, nor are they supported. "Modern" societies, on the other hand, actively market unhealthy lifestyles and their health systems are difficult to understand, even for well-educated citizens. Education systems are also failing to provide individuals with the skills they need to better understand and evaluate information that could be beneficial to their health.

A study * shows that almost half of adults have insufficiencies or problems related to their health skills. Negative consequences are important for citizens themselves (who make decisions that are less healthier, expose themselves to more risk, become sicker, may be less able to help themselves, and are more often admitted to hospital) and the public sector (which must devote greater human and financial efforts to manage and treat patients).

* Source: Comparative report on health literacy in eight EU member states. The European Health Literacy Project 2009–2012. Maastricht, HLS-EU Consortium, 2012 (<http://www.health-literacy.eu>)

The proportion should be the same for adults (and close to 90% for the elderly) who do not have a literacy level high enough to fully understand the dosage of drugs and the safety instructions they are given. These health literacy issues are found at all levels of education. However, reading difficulties have an influence on adherence, adherence to treatment, hospitalization, understanding of illness and understanding of consent to care.

A patient-centered approach to a true partnership

If it is true that training exists for professionals, it must be observed that patient education is lacking in Luxembourg. Patient University, launched by Meopin, fills this gap.

The goal is to develop and strengthen the patient's skills to share decisions with caregivers and to engage in their care, in managing their life with the disease through sharing information and patient experience with professionals.

These new skills will allow the patient to build a real partnership with the doctor and other caregivers, to define together the care option, the monitoring of its implementation and its adjustment.

The patient has access to all knowledge, but most importantly, carries experiential knowledge. He lives his illness, he knows the effects of different treatments and their consequences on everyday life. This knowledge is increasingly valued. It includes aspects such as continuity of care, the patient's environment, the relationship with professional teams, the announcement of illness, etc.

Beyond the questions of knowledge, the patient must be able to exercise his will freely. Since care choices are eminently subjective (because they express an experience of illness, a personal journey, values and a way of projecting oneself into the future), this will can not be exercised without shared and adapted information.

A new concept: "Health Education for Everyone"

Patient University will be a series of events where taking part will help develop and strengthen patient skills: "Health Education for Everyone".

Patients can:

- listen to the speaker, specialist of the subject (30-45min)
- talk to the speaker, ask questions and get answers (max 30 min)
- broaden their skills on diseases, treatments, and their rights and obligations to the health system
- test medical applications and devices
- speak to other professionals offering services or related products
- visit information booths and interactive workshops.

An imperative for each speaker: to adopt a clear language and understandable for the public (avoid technical terms).

A first event in Luxembourg on 29 April 2019: "Get a strong back"

The theme of the first event is the treatment of back pain. Back and pelvic pain, as well as body tension, are often linked to dysfunction.

If the patient can help himself by developing a good musculature and avoiding prolonged positions, sitting or standing, some problems can also be corrected by manual osteopathic treatments, in combination with the current treatment carried out by the referring doctor.

But where do the back problems come from? How to approach them? Our expert for this conference: Dr. Sergio Marcucci, DO, MSc, Dr. of Health Sciences. As a doctor in Health Sciences at AT Still University College, Mesa, Arizona (USA), he has been practicing osteopathy for 16 years in Luxembourg, not to mention his research in the field of osteopathic clinic, in order to optimize manual osteopathic treatment.

Interactive station: Pilates Studio, Luxembourg

Topics of next events

For coming events, Patient University is preparing topics such as:

- Fear of the doctor - How to behave
- Anaesthesia - What are the risks?
- Depression after childbirth
- Tumor of the skin - how to recognise and prevent it
- How to strengthen the heart
- Rights and obligations of patients
- Pilates
- Protection of personal data, view from the patient
- Medical record of the patient
- Claims reimbursement by Caisse Nationale de Santé
- Staying abroad (stationary treatment programmed in a hospital, doctor's consultation, emergency)

Mobile Patient University: offer for companies and schools

Patient University plans for September 2019 to expand its offer to a mobile concept that can be deployed to companies (for employees, for example on the theme of burnout or occupational health) and schools (for elementary school students and high school students). The goal is still to communicate on medical topics so that the patient can develop his skills.



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