

**Expert Patient Programme
Course Overview ©**

Topic	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and long term health conditions	√					
Making an action plan	√	√	√	√	√	√
Relaxation/cognitive symptom management	√		√	√	√	√
Feedback/problem solving		√	√	√	√	√
Difficult emotions		√				
Fitness/exercise		√	√			
Better breathing	√					
Fatigue			√			
Healthy eating				√		
Future plans for health care				√		
Communication				√		
Medication					√	
Depression					√	
Making treatment decisions						√
Working with your health care professional						√
Looking back- looking forward						√