

# European Patient Education & Health Literacy Conference:

## Meeting patient needs

Barcelona, 14-15th January 2008

Health literacy plays a key role in improving people's health. However, recent research showed a low health literacy profile in citizens of developed countries. Patient Education Programs has been effective in promoting self-care, changing health behaviours, improving quality of life and favouring a more efficient use of health services. The conference explores the scope and potential of health literacy and patient education actions in the US and Europe.

**Organized by:**  
Josep Laporte Foundation  
UAB- Patients' University  
**With the collaboration of:**

Spanish Patients' Forum  
Catalan Patients' Forum  
European Patients' Forum  
Department of Health, Government of Catalonia  
University Autonomous of Barcelona

Conferences in English language without simultaneous translation available

## 14<sup>th</sup> January From Health Literacy to Patient Education

- |                |   |
|----------------|---|
| 9:00-9:45      | Registration  |
| 9:45-10:00     | Welcome   |
| Session Chair: | Maria Navarro, MD, MPH, PhD (Josep Laporte Foundation, University Autonomous of Barcelona)  |
| 10:00-11:00    | Opening conference: Meeting health literacy needs of patients and citizens: A call for action<br>Rima Rudd, Sc.D (Harvard University)   |
| 11:00-11:15    | Questions and answers   |
| 11:15-11:45    | Coffee-break  |
| 11:45-12:30    | The Patient Cancer Navigation Journey: A holistic literacy approach<br>Albert J. Jovell, MD, DPH, PhD (Josep Laporte Foundation, University Autonomous of Barcelona)  |
| 12:30-13:30    | Health literacy views<br>A clinician viewpoint: Joan Escarrabil, MD, PhD (Bellvitge Hospital & SEPAR)<br>A patient viewpoint: Mike O'Donovan (European Patient Forum)<br>A policymaking viewpoint: Government of Catalonia* |
| 13:30-14:00    | Questions and Answers   |
| 14:00-15:30    | Lunch   |

- 15:30-16:30 Brainstorming coffee sessions: How to include health literacy and patient education in the public health policy agenda
- 16:30-17:00 Open floor discussion
- 17:00-17:50 The Stanford Self-Management Programs: Background and Implementation  
Kate Lorig RN, DrPH (Stanford University –teleconference--)  
Frank Villa MPH (Stanford University)
- 17:50-18:05 My experience as an expert patient  
Mirna Sanchez de Rosas (Stanford University)
- 18.05–18.25 Questions and Answers
- 18:25-19:30 The PPE British experience and evaluation of outcomes  
Simon Knighton. (Chief executive. Expert Patients Programme Community Interest Company)\*
- 20:00 Conference dinner at Casa Convalescencia

15<sup>th</sup> January

From theory to practice

Session Chair: Sergi Blancafort MSc (Josep Laporte Foundation, University Autonomous of Barcelona)

- 9:30-10:00 The Patients' University Project.  
Laura Fernández (Josep Laporte Foundation, University Autonomous of Barcelona)
- 10:00-10:30 A technological approach.  
Enric Pineda (Josep Laporte Foundation, University Autonomous of Barcelona)
- 10:30-11:00 Health Literacy in Switzerland  
Jen Wang MD, MPH (University of Zurich)
- 11:00 -11:30 Questions and answers
- 11:30-12:00 Coffee-break
- 12:00-13:00 How can patients' advocacy contribute to patients' education?  
Roxana Radulescu (European Patient Forum)  
Joana Gabriele (Spanish Patients' Forum)
- 13:00-14:30 Working lunch
- 14:30-15:00 A Health Literacy experience in Italy  
Emilia Arrighi MA (Josep Laporte Foundation, University Autonomous of Barcelona)
- 15:00-15:30 Educational consequences of syndrome diagnoses: a swedish experience  
Gunilla Jaeger (AGRENSKA)
- 15:30-16:00 An ADHD guideline for schoolteachers  
Columba Suinaga, MA (Still-THDA)
- 16:00-16:30 Questions and answers
- 16:30-17:00 Conference conclusions: The Barcelona agenda for health literacy and patient education in the 21<sup>st</sup> century  
María Navarro MD, MPH, PhD & Mr. Sergi Blancafort MSc (Josep Laporte Foundation, University Autonomous of Barcelona)

\* To be confirmed  
TBD: To be determined

Please consult the conference website for the last minute changes:  
[www.fbjoseplaporte.org/EPEC](http://www.fbjoseplaporte.org/EPEC)

## REGISTRATION FORM

Please print and return by e-mail, regular mail or fax with a copy of the payment of your registration bank transfer:

[Info.fbjl@uab.es](mailto:Info.fbjl@uab.es) (Please use this subject in the email: Registration EPEC)  
fax: (+34) 934335036  
Fundació Josep Laporte  
C. Sant Antoni Maria Claret, 171  
08041 - Barcelona

### Personal information

Last Name: \_\_\_\_\_

Given Name: \_\_\_\_\_

Institution: \_\_\_\_\_

Address: \_\_\_\_\_

ZIP: \_\_\_\_\_ City: \_\_\_\_\_

Country: \_\_\_\_\_

Phone number: \_\_\_\_\_

Mobile phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Registration fees

**Before 24 December 2007.** Full participant (conference registration, documentation, & 2 lunches, and Conference dinner 14th January 2008 (If you have some special diet requirement, please indicate us):

- 300 euros – For profit organization member
- 250 euros – Public Sector Worker
- 200 euros – Voluntary and Patient's organization member

**After 24 December 2007.** Full participant (conference registration, documentation, & 2 lunches,) and Conference dinner 14th January 2008. (If you have some special diet requirement, please indicate us)

- 400 euros – For profit organization member
- 350 euros – Public Sector Worker
- 300 euros – Voluntary and Patient's organization member

Early registration is advised so places are limited in number and hotels are highly demanded for 2 weeks

Send the total amount by bank transfer to:

**European Patient Education Conference**  
**FUNDACIÓ JOSEP LAPORTE**  
Caixa Catalunya  
Campus UAB  
Bellaterra 08193 - Cerdanyola (Barcelona)  
IBAN: ES11 2013 0692 8102 0156 5893  
Swift: CESCESBBXXX

- I will need an official receipt of the payment

In the mark of the execution of the effective legislation, collection in the Organic Law 15/1999, of December 13, on protection of Data of Personal Character (L.O.P.D.) the data picked up in this form will be object of automated treatment and they incorporate in the properly registered computer files in the Fundació Josep Laporte. You have the right of access, rectification, cancellation and reverse the consent by means of a written notification to the ownership of the file: **Fundació Josep Laporte**. C/ Sant Antoni Ma. Claret 171 (Edifici Casa de Convalescència). 08041 Barcelona. Spain

## ACCOMODATION DETAILS

HOTEL RESERVATION FORM

*Please read carefully the Reservation conditions before sending the reservation request:*

Family name:	Fist name:
University/Institution:	
Mailing Address:	
Country:	
Telephone:	Fax:
E-mail:	

I wish to reserve: (please tick the appropriate box)

Hotel	Single Room*	Double Room*	Phone and FAX Number / Email
<b>Hotel Bel Art****</b> C/Lepant, 406 www.confortel.com	100,00€ <input type="checkbox"/>	116,00€ <input type="checkbox"/>	+34 93 433 54 40 +34 93 433 43 69 reservasbelart@confortel.com
<b>Hotel Abalon*</b> Travessera de Gràcia, 380-384 www.mediumhoteles.com	75,00€ <input type="checkbox"/>	80,00€ <input type="checkbox"/>	+34 93 450 04 60 +34 93 435 81 23 abalon@mediumhoteles.com
<b>Hotel Medicis**</b> C/Castillejos, 340 www.mediumhoteles.com	100,00€ <input type="checkbox"/>	90,00€ <input type="checkbox"/>	+34 93 450 00 53 +34 93 455 34 81 medicis@mediumhoteles.com
<b>Hotel Aristol***</b> C/Cartagena, 369	99,00 $\square$ <input type="checkbox"/>	112,00 $\square$ <input type="checkbox"/>	+34 93 433 51 01 info@hotelaristol.com

7% VAT NOT INCLUDED. PRICES INCLUDE BREAKFAST

Date of arrival: \_\_\_/\_\_\_/2008      Date of departure: \_\_\_/\_\_\_/2008      Number of nights: \_\_\_  
day / month      day / month

Casa Convalescència <http://www.uab-casaconvalescencia.org/>



*Please send this registration form to the corresponding hotel as soon as possible by FAX or email. The reservation will be confirmed upon availability on a first-come first-served basis. Please note that during 14<sup>th</sup> to 19<sup>th</sup> it will be organized in Barcelona the European Fashion Week and rooming reservation maybe will be problematic.*

*Participants should pay the bill directly to the hotel on departure. Hotel will only confirm those reservations with full Credit Card details.*

Credit Card Number:

Name Cardholder:

Expiry date: \_\_\_/\_\_\_  
month / year

Date: \_\_\_/\_\_\_/\_\_\_  
Day/month/year

Signature: \_\_\_\_\_

## TOURIST INFORMATION

Barcelona is an open-air museum. You can visit it by bus, bicycle or on foot, and enjoy its bustling streets. There are many ways to discover the city and a whole host of things to do, for those interested in culture, for those in search of entertainment or for those thinking about where to do some shopping.

You will always find something to do in Barcelona. The city has over 50 museums, showcasing permanent collections of works by artists such as Picasso, Joan Miró and Antoni Tàpies. At the Museu Nacional d'Art de Catalunya (MNAC) you can see one of the world's most important collections of Romanesque art. It also has famous collections of contemporary art housed in museums such as the Museu d'Art Contemporani de Barcelona (MACBA) and CaixaForum. Most museums stage temporary exhibitions.

Gastronomy is, without a doubt, one of the cornerstones of Catalan culture. This culinary variety has helped make Barcelona a city with an extraordinary wealth of gastronomic specialities, which offers variety, quality and great value for money.

Barcelona is the perfect shopping city due to the variety of its retail offering which suits all tastes. Modern and classic shops, world brands and the top names in design... throughout the city you'll find a whole host of retail outlets which make Barcelona a distinctive and unique choice. But, above all, you'll experience the magic of shopping as you explore the city: its retail life is so well integrated into the life of its streets, that you'll discover an exciting new form of sightseeing in the city's loveliest spots.

For practical and tourist information about Barcelona you can visit: [www.barcelonaturisme.es](http://www.barcelonaturisme.es) and [www.gencat.net/turistex\\_nou](http://www.gencat.net/turistex_nou)



## GETTING THERE

Casa Convalescència is located on the corner of St Quinti street and Sant Antoni Maria Claret street.

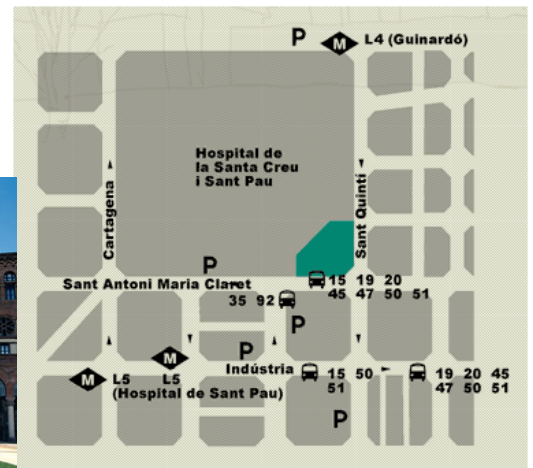
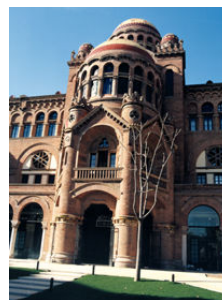
**Parking Garage:** "Hospital de Sant Pau"  
**Metro :** Blue Line (L5), Station "Hospital Sant Pau".

Yellow Line (L4), Station "Guinardó"

**Buses:** 15, 19, 20, 35, 45, 47, 50, 51, 92.

Highway access map:

[http://www.uabcampus.com/eng/7d\\_accessos.html](http://www.uabcampus.com/eng/7d_accessos.html)



## STAKEHOLDERS

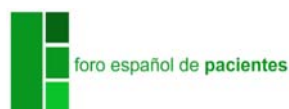
Organised by:



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With the collaboration of:



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The Patients' University is a project developed by Josep Laporte Foundation and the University Autonomous of Barcelona with the support of:



For an unwell world more sense



[www.patientsuniversity.org](http://www.patientsuniversity.org)