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Country: **Germany**

Titel of the project: **UGOM patient academy – fewer strokes through more awareness of the problem**

Project details

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Award amount: €50,000

At the patient academy, UGOM doctors provide information in patient forums on the subject of strokes, particularly concerning the risk factor of atrial fibrillation and the available therapies and prevention options. This will help patients play an active role in the healing process and family members should also be assisted in making a decisive contribution to increased prevention and more rapid recovery with support offerings.

The Unternehmen Gesundheit Oberpfalz Mitte (UGOM) GmbH & Co. KG in the meantime looks after more than 15,000 AOK network patients in the central Upper Palatinate, a region with around 150,000 inhabitants, with the largest county seat of Amberg and the administrative district of Amberg-Weizsach. A total of 95 practicing general practitioners and specialists are organised in UGOM 95, as well as the regional stationary care providers, the St. Marien Clinic (SPKrh) and the St. Anna (primary, secondary and emergency care) and St. Johannes (specialist clinic for internal medicine with geriatrics) hospitals. One of the core elements in everyday practice is the individual, electronic network patient file, which enables inter-sector communication and the exchange of binding information, such as diagnoses or already prescribed medication. Duplicate examinations and the resulting costs are avoided. This close cooperation should make treatment more effective and efficient. In order to guarantee optimal care, the physicians of UGOM would like to sensitise their patients at an early date to their individual health risks and thus best exploit the potential of prevention. Starting points can be provided by, for example, an annual check-up examination. As a supplement to this, UGOM reinforces the awareness of certain illnesses in the context of patient campaigns and is already providing clarification in the current campaign "UGOM against strokes" in cooperation with Boehringer Ingelheim on dealing with strokes, including about the risk factor of atrial fibrillation. In order to consistently reinforce this preventive thinking in the future, UGOM is setting up a holistically defined, four-level care management system (see accompanying graphic). One project positioned on the second level of the care management model is the setting up of a UGOM patient academy. The UGOM doctors from the respective specialist areas offer those insured in the network comprehensive information in the individual forums on the subject of strokes, especially about the risk factor of atrial fibrillation, as well as the available therapies and prevention possibilities. This will help the patients to play an active role in the healing process and family members should also be assisted in making a decisive contribution to increased prevention and more rapid recovery with appropriate support offerings. Not least, the potential of one's own possibilities for prevention should be illustrated, because individual people ultimately know themselves best.

Audience

Type

- AF Patients
- Healthcare professionals
- Carers of AF Patients
- General public
- Insured population of UGOM

Location

Germany, Europe