

TO BE SEEN & TO BE HEARD



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GOVERNMENT OF MALTA
MINISTRY FOR INCLUSION
AND THE VOLUNTARY SECTOR



**Small Initiatives
Support Scheme**

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Have you ever felt that decisions about your healthcare were taken without your full understanding or agreement?

That your voice was not heard?

It is time to be seen and to be heard.

As an empowered patient, you will have control over the management of your condition in your daily life. As a patient, you have the right to be seen and heard.

The World Health Organisation (WHO) defines empowerment as “a process through which people gain greater control over decisions and actions affecting their health” and should be seen as both an individual and a community process

Patient empowerment also includes seeking health education and learning self-management skills, being encouraged and supported by healthcare professionals in becoming involved in treatment planning and making informed decisions about one's care.

Your voice becomes bigger and louder through participation in patient organisations.

Remember: You are more than your health condition and you can be empowered to the extent you wish to be.

Be seen and be heard.

Check out the Charter on Patient Empowerment





Self-management is defined as “what individuals, families and communities do with the intention to promote, maintain, or restore health and to cope with illness and disability with or without the support of health professionals.” (European Commission, 2015).

If you suffer from a long-term or chronic condition, self-management can be the key to a better quality of life.

Self-management teaches you a set of skills so that you can deal with challenges that can arise on a daily basis.

This helps you take care of your health ... physical, mental and emotional.

Self-management includes knowing how to spot the signs and symptoms of your condition, and how to screen yourself.

Learn more about your condition through trustworthy sources and with the direction of your professionals.

Stay active and exercise where possible. Keep to the advice given by professionals. Follow a healthy diet.

Keep a logbook, which helps you be better informed and prepared for your next doctor's visit. This can be done also with dedicated health apps.

Follow your medication schedule as prescribed by your doctor.

Seek the support of others. Join patient associations for people with the same condition, where you can share information and experiences.

The benefits of self-management are endless.

Empower yourself today.





Healthcare professionals can help and guide patients to be more empowered.

If you are a healthcare professional, make sure to be respectful and non-judgemental when listening to your patients. Ensure that their privacy and dignity is respected.

Give access to information which is easily understandable and, if possible, in written form. Make sure they have understood you, and ask if they have questions.

Guide your patients towards reliable sources of information.

Support and encourage patient involvement in decision-making and promote and teach the skills needed for self-management.

MHN Objectives

- To give patients a voice on health-related issues in Malta and beyond.
- To influence health-related policies and practices for the welfare of the community.
- To establish a framework to facilitate communication on health-related and patient concerns between the Health NGOs, Health NPOs and PRGs and the government of Malta, local councils and the community at large.
- To promote the representation of Health NGOs, Health NPOs and PRGs in National, European and International Fora.
- To take any appropriate measures to fulfil the above objectives.

Who can join?

All organisations qualifying as Health Non-Governmental Organisations (NGOs), Not for profit organisations (NPOs) and Patient Representation Groups and which;

Operate in Malta and Gozo; have as their main objective patient welfare and health of the society; Act as representatives of health professionals and health workers.

The statute of the enrolling organisations must clearly reflect their direct contribution towards the advancement of society and their input in the Malta Health Network is to be focused solely on Giving Patients a Voice.

Contact us / Ikkuntatjana:

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