Empowering Patients

-a patient’s perspective

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Characteristics of an empowered patient
What should we strive to achieve?
A patient who:

- Understands what thalassaemia is and how it affects their body
- Is able to take responsibility for their own care and outcomes
- Recognises the importance of implementing a holistic approach to their care
Characteristics continued....

- Has the confidence to:
  1) participate in conversations about their care
  2) make informed choices about their care
  3) challenge health care professionals
  4) Ask for help when they need it!
And lastly......

- Patients with Thalassaemia are an asset and a **HUGE** resource- use them!

Thank You!