



talkhealth is one of the leading online **FREE** patient health communities in the UK, providing information & support for those with ***chronic health conditions***, whilst collaborating with the NHS, charities & medical professionals to develop sustainable health programmes & solutions. talkhealth and its community is an influencer, helping to shape the future of the health & well-being landscape.

- ✓ **FREE** support programmes that run from 12 weeks+ offering practical information and guidance, provided in bite-size topics, designed to improve knowledge about specific skin conditions in order to support self-care.
- ✓ The programmes are also **FREE** for healthcare professionals to offer to patients & caregivers.
- ✓ Support programmes are condition **NOT** treatment focused.
- ✓ Written to [NHS England Information Standard](#) by medical professionals (dermatologists and dermatology nurses).
- ✓ Once registered, patients & caregivers receive a themed weekly email containing a PDF to download or video to watch, designed to build knowledge and confidence around self-care.
- ✓ Programmes act as an additional resource to complement what GPs and consultants are able to provide to patients given appointment time constraints.
- ✓ talkhealth's support programmes fit with NHS England's social prescribing/self-care initiatives by helping patients to improve their health, well-being, and social welfare for better health outcomes.

*my***dryskin**  
support programme

*my***eczemachild**  
support programme

*my***hairloss**  
support programme

*my***psoriasis**  
support programme

*my***rosacea**  
support programme

*my***wound**  
support programme

## Reduce the burden of dermatology appointments on your surgery or clinic

- ✓ **24%** of the population seek advice from their GP about a skin condition (*most common disease encountered in Primary Care*)<sup>1</sup>
- ✓ there are **2.79 million** outpatient appointments for skin problems across 873,000 secondary care referrals every year<sup>2</sup>
- ✓ skin disease is a common and distressing condition, costing the NHS in England and Wales around £1,820 million a year.<sup>1</sup>

## Increase patient confidence, knowledge & satisfaction

- ✓ good quality, unbiased, evidence-based information helps patients to self-manage more effectively
- ✓ increased self-management techniques can lead to better health outcomes and improved quality of life

## Provide easy access to good quality information and guidance

- ✓ patients & caregivers managing chronic conditions traditionally have difficulty accessing and re-accessing services<sup>1</sup>
- ✓ talkhealth's range of dermatology support programmes provides information that consultants aren't always able to offer to patients due to limited time during consultations

**Studies show that offering patients a self-care educational intervention programme, like the FREE support programmes offered by talkhealth, can measurably reduce the frequency of appointments by up to 35%.<sup>3, 4</sup>**

## What patients think about the support programmes

- **87%** would recommend a support programme to someone else with the same condition.
- **68%** reported a good or very good improvement in their condition directly attributable to the programme.
- **57%** said they now visit their GP **less** about their skin due to the information provided in the support programme.
- **89%** said the support programme provided them with information their health care professional did not.
- **96%** said it would be helpful for all patients to receive an appropriate support programme directly from their GP or hospital consultant.

Click on the links below to read reviews from patients who have completed one of the condition-focused dermatology programmes

[mywound](#)  
[myrosacea](#)  
[myeczemachild](#)  
[mydryskin](#)

**"It was great to learn there are lots of things that can be done to help my condition."**

**"I had advice I normally wouldn't have access to."**

***"I learnt more from being on the programme than I ever did during my appointments as they are so short to discuss anything in detail."***

***"The programme gave me support and reassurance that I'm not alone."***

