



## How to motivate patients suffering from rheumatic diseases?

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Therapeutic education is a patient centred approach focused on patients' needs, values and strategies. It allows not only to increase patients' knowledge and skills on the disease but also on their treatment. It brings a better quality of life, an increased therapeutic compliance and decreases complications. The most difficult part of therapeutic education occurs when patients must change their behaviour. Motivational interviewing techniques are of great support and allow patients to be prepared and supported in "step by step" progressive change. It is essential to work on resistance to change. Being ambivalent in choosing a new lifestyle must be measured, discussed and negotiated. Patients become partners and health care professionals become coaches. To negotiate objectives must allow patients to choose their own strategies which should cost them minimum psychological efforts and bring them maximum benefits. Its efficacy has been proved in many chronic diseases especially in diabetes and obesity: 80 % less of amputation at 10 years in diabetic patients, 50 % of stable body weight after weight loss at 5 years, etc.

In conclusion, therapeutic education is part of a humanist medicine centred on patients which allow them to take care of their own treatment, in order to improve their quality of life, therapeutic compliance and potential complications. The health care professionals teach, train, negotiate, motivate and accompany their patients in the long term follow-up of their diseases.

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