

Patient support in the Capital Region of Denmark

- information to patients and relatives

What is patient support?

If you get a life threatening disease, are involved in a serious accident or are diagnosed with a chronic disease, a lot of questions will raise such as “why is it exactly me, who has become ill”, “will I die due to my disease” or “will I get my normal life back again”?

The hospitals in the Capital Region of Denmark offer patient support as a help to better understand and manage the emotional, social or existential problems that can be experienced as a patient. This can be everything from patient counselors to social workers, priests/ imams, ethnic resource teams, patient schools, psychologists etc.

How do I find the patient support?

At the website www.region.dk/patientstoette, you will find a list of available patient support offers at the different hospitals in the Capital Region of Denmark.

You can also find material, which may inspire how to manage the emotional and existential challenges as a patient or relative. The material will among other things contain other patient's stories how they have managed their disease, and stories about how it is like being a relative. You can also find professional literature, radio and TV broadcasts.

Would you like to join our patient panel?

Cross-disciplinary Knowledge Centre for Patient Support (Tværfagligt Videnscenter for Patientstøtte) runs a patient panel, where patients and relatives discuss different topics about patient support such as how you can start

to work again after having been ill, how you should explain the disease to your children and etc.

The meetings are not like therapies but more an exchange of experiences that is used to improve the offers to patients. The meetings are held upon request and are advertised at our website, www.regionh.dk/patientstoette. We recruit patients to the patient panel on a continuous basis. Read more at the website if you are interested in the patient panel.

Would you like to get more information?

Cross-disciplinary Knowledge Centre for Patient Support is a knowledge centre under the Capital Region of Denmark, which aims to collect and spread knowledge about emotional, psychosocial, existential and religious patient support to patients, relatives and professional health care providers. The Knowledge Centre does not provide direct patient support, but supports the patient support at the hospitals and spreads the knowledge of the arrangements.

If you have any good ideas and additional ideas to the work of the centre or would like to get more information, you are welcome to contact us.

Find information about patient support in the Capital Region of Denmark at the website www.regionh.dk/patientstoette. You can get an overview of patient support in the Capital Region of Denmark here, watch short movies about patient support and find materials how to manage the challenges of being ill.