



TPE

BUDAPEST 2008

Therapeutic Patient Education 2008

PATIENT-CENTRED SELF MANAGEMENT EDUCATION
AND LONG-TERM FOLLOW-UP STRATEGIES
IN DIABETES AND OTHER CHRONIC DISEASES

Including

DAWN
Diabetes Attitudes Wishes & Needs

**THE 4th INTERNATIONAL
DAWN SUMMIT**



ANNOUNCEMENT AND CALL FOR ABSTRACTS

Important Dates:

Deadline for submission of abstracts: June 24, 2008

Early registration deadline: August 10, 2008

www.kenes.com/tpe

BUDAPEST, HUNGARY | NOVEMBER 5-8, 2008

COMMITTEES

UNDER THE AUSPICES OF:

**HUNGARIAN DIABETES
ASSOCIATION**

**EGÉSZSÉGÜGYI
MINISZTERIUM**



International Diabetes Federation

JDRF ITALIA

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Dear Colleagues,

Self-management education of people with chronic conditions - such as diabetes, hypertension, obesity, post-myocardial infarction, asthma, epilepsy, back pain, cancer - is recognised as an essential part of treatment. Moreover spreading education for healthy lifestyles to the general population appears to be the only way to prevent the anticipated explosion of obesity, type 2 diabetes, the metabolic syndrome, and their cardiovascular complications.

Almost two years ago, the international congress Therapeutic Patient Education 2006, including the International DAWN Summit, brought together in Florence more than nine hundred professionals from all over the world, and served as an important platform for presentation and evaluation of educational efforts in the management and long-term follow-up of diabetes and other chronic diseases.

The great success of TPE 2006, and the impressive amount of research and activities, that were initiated globally to further advance the implementation of patient-centred chronic care, led us to convene Therapeutic Patient Education 2008. The congress will cover recent advances in TPE, and will create a novel possibility for experts in human sciences such as psychology, sociology, pedagogy, anthropology, bioethics, and for health professionals specialized in different chronic diseases to exchange their experiences and confront different paradigms of medicine. Again, the concurrence with the Dawn Summit will add a unique opportunity for sharing worldwide experience in therapeutic education and psycho-social care.

Still too often self-management education is limited to information and training, in a prescriptive framework. A significant aim of this congress will be the clarification of more efficient strategies to facilitate individuals' inner motivation and sustain healthy lifestyle permanent changes.

Along with scientific sessions, several optional master-classes will enable participants to exercise specific skills with the supervision of experts in the field.

Budapest, with its continental beauty, at the intersection of European history and art, appears to be a very appropriate venue for this congress.

We hope that the congress will attract again hundreds of physicians, nurses, dieticians, psychologists, podiatrists, and other health professionals working in this field, and that the series of congresses started in 2006 will be confirmed as the primary arena for discussion and diffusion of the educational approach to chronic disease management.

Yours sincerely,

Aldo Maldonato

Chair, Therapeutic Patient Education 2008
On behalf of the Organizing Committee

4TH INTERNATIONAL DAWN SUMMIT

The 4th DAWN Summit will once again provide a unique global venue for multi-disciplinary dialogue and better practice sharing among leading healthcare professionals, health policy-makers, and representatives of patient and professional societies who are committed to promoting person-centred care for people with diabetes and other chronic diseases in their country.

The 4th DAWN Summit is the fourth of a series of unique international events aimed at facilitating worldwide implementation of the IDF-endorsed DAWN Call to Action from 2004, calling for international and multi-disciplinary collaboration to improve the psychosocial and self-management support for people with diabetes and those at risk.

The DAWN Call to Action was developed by the international diabetes community on the basis of the international DAWN survey studies of the needs of people with diabetes and the perceptions of diabetes healthcare professionals. It was first published worldwide by the International Diabetes Federation in 2004 and subsequently widely communicated in peer reviewed, professional and lay journals.

5 goals for collaborative action were defined: 1) Enhance communication between people with diabetes and their healthcare professionals, 2) Promote team-based multidisciplinary diabetes care, 3) Promote active self-management, 4) Overcome psychosocial barriers to use of effective therapies, and 5) Improve psychological support for people with diabetes.

To reach these goals in a sustainable way, the DAWN Call to Action identified 6 areas : 1) Drive awareness and advocacy for the patient's perspective on the disease, 2) involve and educate people with diabetes and those at risk, 3) train healthcare professionals in giving self-management and psychosocial support, 4) ensure availability of simple practical tools for people with diabetes to better manage their own condition, 5) ensure that national policies and treatment guidelines fully support adequate provision of self-management support and education, and 6) support translational research focusing on psychosocial and self-management support.

The DAWN call to action has already inspired actions in more than 30 countries around the world as was showcased at the TPE 2006 congress and the ongoing DAWN programme, a Novo Nordisk initiative in collaboration with the International Diabetes Federation (IDF) and the International Society for Pediatric and Adolescent Diabetes (ISPAD) continues to support national leaders take action inspired from this through best practice sharing, concrete initiatives and dissemination of concrete tools.



In connection with the World Diabetes Day theme of 2007 and 2008 being children with diabetes, the 4th DAWN Summit will include highlights of DAWN Youth, a new global partnership initiative by ISPAD, IDF and Novo Nordisk to explore the unique unmet needs of children and young people with diabetes and their families worldwide.

In close collaboration with TPE 2008, the 4th DAWN Summit provides an opportunity for all congress delegates to discuss and reflect on how the many new strategies and tools for self-management support can be implemented locally in a sustainable way through multi-disciplinary advocacy and global better practice sharing.

We truly look forward to your active participation at the 4th DAWN Summit.

Sincerely,

On behalf of the 4th DAWN Summit Advisory Committee,
Professor Frank Snoek, International DAWN Advisor

DAWN *THE 4th INTERNATIONAL*
Diabetes Attitudes Wishes & Needs **DAWN SUMMIT**

For further information please see:

www.dawnstudy.com and **www.dawnyouth.com**

DAWN References:

1. Peyrot, M; R.R. Rubin; T. Lauritzen; F.J. Snoek; D. Matthews; S. E. Skovlund on behalf of the DAWN International Advisory Board: Psychosocial Problems and Barriers to Improved Diabetes Management: Results of the Cross-national Diabetes Attitudes, Wishes and Needs (DAWN) Study. *Diabetic Medicine* 22, 1379–1385 (2005).
2. Peyrot M; R.R.Rubin; T. Lauritzen; S. E. Skovlund; F.J. Snoek; D. R. Matthews; R. Landgraf; L. Kleibreil on behalf of the International DAWN Advisory Board: Resistance to Insulin Therapy among Patients and Providers: Results of the Cross- Peyrot et al: Patient and Provider Perceptions of Care for Diabetes: Results of the Cross-national DAWN Study. *Diabetes Care*, Vol 28, Issue 11, 2673-2679, 2005.
3. Peyrot, M; R.R. Rubin; T. Lauritzen; S.E. Skovlund; F. J. Snoek; D.R. Matthews (6); R. Landgraf on behalf of the DAWN International Advisory Panel: Patient and Provider Perceptions of Care for Diabetes: *Diabetologia*, accepted for publication, 2006.
4. Skovlund, S; M. Peyrot on behalf of the DAWN International Advisory Board: The DAWN Programme, A new approach to improving outcomes of diabetes care. *Diabetes Spectrum*, Volume 18, 3, 136-142, 2005
5. IDF, Putting People at the Centre of Care, June 2004. *Diabetes Voice Special Issue*. www.diabetesvoice.org/issues/2004-05/

PRELIMINARY TIMETABLE

WEDNESDAY, NOVEMBER 5, 2008

Noon	TPE Workshops / DAWN Summit Regional Meetings
17:30 - 18:00	Opening Session
18:00 - 19:00	Plenary Lecture
19:00	Get Together Reception

THURSDAY, NOVEMBER 6, 2008

4th International DAWN Summit

08:30 - 09:30	Opening Session
09:30 - 17:00	Plenary Lectures
17:00 - 17:10	Closing Remarks

FRIDAY, NOVEMBER 7, 2008

08:30 - 10:30	Plenary Session
11:00 - 17:30	Round Table / Free Communication Sessions
19:30	Farewell Dinner (Optional)

SATURDAY, NOVEMBER 8, 2008

08:30 - 10:20	Plenary Session
10:50 - 12:30	Round Table / Free Communication Sessions
14:00 - 15:50	Plenary Session
15:50 - 16:00	Closing Remarks





LIST OF TOPICS

- Long-term follow-up strategies in chronic diseases
- Evidence-based Therapeutic Patient Education
- Evaluation of results
- Monitoring self-management behaviors: strategies and tools
- The empowerment of people with chronic diseases
- Emotional intelligence and self management of a chronic disease
- Therapeutic Patient Education and Quality of Life
- Therapeutic Patient Education and motivation to change
- The narrative approach to chronic disease management
- Psychosocial treatment in chronic care
- Psychosocial determinants of self-management in diabetes and other chronic diseases
- Role of Art in Therapeutic Patient Education
- Internet-based patient support and education systems
- Technological approaches to enhancing patient-provider communication
- Educating the educators. Curricula for evidence-based methods for TPE and self-management support
- Cost-effective Therapeutic Patient Education
- Organizational aspects of Therapeutic Patient Education
- Implementing patient education for chronic diseases in primary care
- Specific learning objectives for chronic diseases:
 - Diabetes, Type 1
 - Diabetes, Type 2
 - Asthma
 - Back pain
 - Hypertension
 - Post myocardial infarction
 - Obesity
 - Epilepsy

CALL FOR ABSTRACTS

Participants are requested to submit an abstract to the Secretariat together with the registration form and fees. Abstracts will be reviewed and assigned to appropriate sessions.

DEADLINE FOR SUBMISSION OF ABSTRACTS: TUESDAY JUNE 24, 2008

Authors will be notified regarding abstract acceptance. All accepted abstracts will be available on CD-Rom which will be distributed at the Congress. Only a very limited number of abstracts will be scheduled for oral presentation. Please indicate if you are submitting your abstract for oral or poster presentation. Authors will be notified of the method of presentation.

METHOD OF SUBMISSION

Abstracts should be submitted via the internet:

www.kenes.com/tpe

If you have no access to the internet, please contact the Secretariat.

GUIDELINES FOR SUBMISSION

1. The abstract should be as informative as possible:
 - a) state specific object of study
 - b) state method used, if pertinent
 - c) summarise results obtained
 - d) state conclusions reached
2. Standard abbreviations may be used.
3. Inclusion in the Scientific Program and Abstracts CD-Rom is dependent on payment of registration fees.
4. Abstracts should be submitted in good English.
5. Abstract length should not exceed 250 words.

FAXED ABSTRACTS ARE NOT ACCEPTABLE



GENERAL INFORMATION

VENUE

Novotel Budapest Congress & World Trade Centre
Jagelló út 1-3
Budapest H-1123
Hungary
Tel: +36 1 372 54 00
Fax: +36 1 466 56 36
Web: www.bcwtc.hu

LANGUAGE

English is the official language of the Congress.

DATES

November 5-8, 2008

EUROPE-WIDE ACCREDITATION OF THE CONGRESS

Once the Scientific Program has been finalized, an application will be submitted to the European Accreditation Council for Continuing Medical Education (EACCME) to provide accreditation by the following CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS): www.uems.net.

CLIMATE

The weather in Budapest in November is cool.

PERSONAL INSURANCE

We recommend that all participants take out a personal travel and health insurance for their trip.

CLOTHING

Clothing is informal for all occasions. Please bring an umbrella, sunglasses and walking shoes.

VISAS

Most Europeans do not require an entry visa for Hungary. Please consult the Hungarian Embassy or Consulate nearest to you for specific details relating to Visas or alternatively you can visit the website of the Hungarian Ministry of Foreign Affairs: www.mfa.gov.hu.

LETTER OF INVITATION

Participants requiring a formal letter of invitation to enable them to make their arrangements to participate in the Congress may receive a letter via the website. Please note that this letter cannot be regarded as a commitment regarding scheduling or financial support from the organizers.



THERAPEUTIC PATIENT EDUCATION

PATIENT-CENTRED SELF-MANAGEMENT EDUCATION AND LONG-TERM FOLLOW-UP STRATEGIES IN DIABETES AND OTHER CHRONIC DISEASES

AIRPORT INFORMATION AND TRAVEL TO BUDAPEST

Budapest Ferihegy International Airport is served by many daily direct flights from most destinations in Europe. The International airport is 20-30 minutes from the city and private taxis are available 24 hours a day. Approximate cost is €22 per taxi to the city centre.

EXHIBITION AND SPONSORSHIP

An industrial and pharmaceutical exhibition will take place within the framework of the Congress. For further details regarding exhibition and sponsor opportunities, please contact:

Yael Almog-Manor
Industry Liaison & Sales Associate
Kenes International
1-3 rue de Chantepoulet
PO Box 1726

CH-1211 Geneva
Switzerland
Tel: +41 22 908 0488
Fax: +41 22 732 2850
Email: ILSDept@kenes.com



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ABSTRACT CD-ROM

The Congress Organizing Committee wishes to advise that as part of the campaign to preserve the environment, all Congress abstracts will be available on CD-Rom only. All printed material will be recycled after the Congress.

CONGRESS ORGANIZERS

Please do not hesitate to contact the Organizers if you require any additional information or assistance. Please address all correspondence to:
TPE 2008 including the 4th International DAWN Summit

c/o Kenes International –
Global Congress Organizers
and Association Management Services

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GLOBAL CONGRESS ORGANIZERS AND
ASSOCIATION MANAGEMENT SERVICES

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ABOUT BUDAPEST

Known by many as the “Pearl of the Danube”, the Hungarian capital is undoubtedly one of the most beautifully located capitals in the world.

The city known as Budapest actually consists of three cities: Óbuda, the oldest section, with Celtic and Roman ruins on the Buda side of the Danube; Buda in the gently rolling hills on the western bank, famous for its historic Castle Hill and beautiful residential area; and bustling Pest with its shopping, government and commercial districts on the flat plain of the east bank.

United in 1873, Budapest is renowned as the location of one of the most beautiful World Heritage Sites.



You will find side by side the ruins of fortresses and buildings from Roman times, still operating 400 years-old Turkish baths, Gothic and Baroque buildings, and the incredibly rich Art Nouveau architectural heritage.

It is a city where the pleasing harmony of different architectural styles and superb structures, the cafés, gastronomy and culture, are combined with legendary hospitality and blend into an unforgettable experience.

REGISTRATION

REGISTRATION FEES

	Early Until August 10, 2008	Late From August 11, 2008	On Site From October 29, 2008
Participants - physicians and scientists	€ 380	€ 430	€ 470
Residents*, nurses, dieticians, psychologists, social workers	€ 300	€ 350	€ 370
Workshop	€ 20	€ 20	€ 35
Farewell Dinner	€ 75		
Additional ticket for the opening session and welcome reception (for non-registered participants)	€ 40		

* Refers to non-tenured junior scientists. Registration form must be accompanied by a letter from their head of department confirming their status.

FEES FOR PARTICIPANTS INCLUDE:

- Participation in scientific sessions
- The printed material of the Congress
- Entrance to the exhibition
- Opening session and welcome reception

CANCELLATION POLICY

Refund of registration fees will be as follows:

Postmarked before August 6, 2008 - 100% refund (minus € 50 handling fee).

Postmarked from August 7, 2008 until October 1, 2008 - 50% refund .

No refund on cancellations sent after October 2, 2008.



HOTEL ACCOMMODATION

KENES *International*
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 ASSOCIATION MANAGEMENT SERVICES

Therapeutic Patient Education 2008

1-3, rue de Chantepoulet

CH 1211, Geneva, Switzerland

Tel: +41 22 908 04 88

Fax: +41 22 732 28 50

E-mail: reg_tpe2008@kenes.com

Kenes International is the official agent for Therapeutic Patient Education 2008 including the 4th International DAWN Summit and will be offering specially reduced rates for accommodation.

Accommodation at special rates is available in the following hotels:

Hotel	Category	Hotel vs Congress Center	Single room	Double room
Novotel Congress Center	★★★★	Congress venue	€145	€160
Sofitel Budapest	★★★★★	15 minute drive	€170	€190
Gellert	★★★★	10 minute drive	€145	€160
Novotel Budapest Centrum	★★★★	15 minute drive	€135	€155
Mercure Budapest City Center	★★★★	15 minute drive	€125	€145
Mercure Budapest Buda	★★★★	10 minute drive	€120	€140
Mercure Budapest Metropol	★★★★	15 minute drive	€110	€123
Ibis Budapest Heroes	★★★	20 minute drive	€75	€85

Rates shown are per room, per night and include 20% VAT (which is subject to change) and breakfast. In the event of the VAT increasing, the resulting increase in hotel rates will be passed onto the client.

An interactive map of Budapest and the official congress hotels is available on the Congress website: www.kenes.com/tpe/accommodation.asp

Official check in time for hotels is 15:00 and check out is required until 10:00

BOOKING

In order to benefit from the special rates, please use one of the following booking methods:

- Send the enclosed Registration & Accommodation Form with the required deposit by FAX or MAIL at your earliest convenience
- Book your hotel accommodation through the congress website: www.kenes.com/tpe/accommodation.asp

We strongly advise all participants to reserve their hotel accommodation as soon as possible. Kenes International will not be able to guarantee rooms **after October 26, 2008.**

- Reservations will only be confirmed if credit card details are fully supplied; alternatively please forward a deposit of 1 night accommodation.
- Each participant will receive an individual confirmation, indicating the name and address of the hotel. The booking will be final upon receipt of the corresponding deposit.
- If your hotel reservation is being made by a sponsoring company, the participant will receive the corresponding hotel confirmation directly from the sponsoring company.
- For block bookings (10 rooms and more) companies are requested to send their request by fax or e-mail to Kenes International at: reg_tpe2008@kenes.com. Different payment and cancellation policies will apply.

PAYMENT

Full payment for accommodation should be made in Euro by the following methods:

- By Credit Card: i.e. Visa, MasterCard, Diners Club or American Express*
*Payments made with American Express will be charged in U.S. Dollars according to the exchange rate at the day of the transaction
- Cheque: payable to the "TPE 2008"
- Bank Transfer: Please make drafts payable to:
Account Name: "TPE 2008"
Bank Details: Credit Suisse Bank, Geneva 70, Switzerland
Bank Code: 4835
Swift Code: CRESCHZZ12A
Account number: 693980-52-117
IBAN number: CH17 0483 5069 3980 5211 7

Bank charges are the responsibility of the participant and should be paid at source in addition to the registration and accommodation fees.

Please make sure the name of the Conference and the participant are stated on the bank transfer.



Please note three weeks prior to your arrival in Budapest, your credit card will be automatically charged for the balance of your hotel accommodation. Participants, who have paid with a bank transfer or cheque, need to send this balance to Kenes International. Full prepayment is required for all hotel accommodations.

CANCELLATION POLICY – HOTEL ACCOMMODATION

All changes or cancellations have to be made in writing to Kenes International. Please do not contact the hotel directly.

- Until 16 days prior to arrival (up to October 20, 2008): full refund less handling charge of € 30.
- Between 15-10 days prior to arrival (up to October 25, 2008): 1 night's cancellation charge.
- Cancellations received from October 26, 2008 - No refund.

In the event of non-arrival, the hotel will automatically release the reservation and all payments will be non-refundable.

IMPORTANT NOTES

Kenes International, and their agents shall not be responsible for and shall be exempt from all liability in respect of any loss, damage, injury, accident, delay or inconvenience to any person, or his/her luggage or any other property for any reason whatsoever, for any tourist services provided. Personal travel and health insurance is recommended.





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