- Forward planning and preparation
- Using the tips and suggestions from other course participants
- Using lists to help with pacing and setting priorities
- How to educate others about condition
- EPP as exercise motivator
- Care needed for healthy eating
- Expert Patient Shopper – reading labels
- Putting points in writing to doctor
- Involvement in support group
- Using course techniques to improve communication in consultations
- Ensuring continuity of care by keeping diary to give to doctors
- Educating GP about condition
- Problems in getting a diagnosis and how to overcome them