



# Holistic Empowerment of Citizens to Become Experts in Their Own Health

<http://smart-patients.eu>

Welcome to the Smart Patients Online Training platform!

**Module 1:  
Prevent**

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**Module 2:  
Empower**

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M3. Smart Patients - Participate (En)

**Module 3:  
Participate**

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### Smart Patients Modules

We have designed three online modules, which focus on empowering you to develop self-confidence and your competence in promoting health and participating as informed citizens in your healthcare system. The main objectives are summarised under the project motto: **Prevent-Empower-Participate**.

### Smart Patients courses

Three Smart Patients Modules entitled **Prevent-Empower-Participate** offer a range of awareness raising, training and demonstration materials that will empower you around important health issues. Each module is made up of a series of sub-modules and these sub-modules can be completed as stand-alone learning experiences.

### Smart Patients mobile application

The Smart Patients' mobile phone application was developed to facilitate flexible access to the module materials where ever and whenever you need. You can download the application for Android phones and tablets, and play the quizzes through the website to test your knowledge.



<https://www.facebook.com/smartpatientsproject/>

The goal of the “Smart Patients” project is to empower citizens to develop self-confidence and patients’ competence in interaction with medical experts, to support them in preventing disease and detecting health issues at an early stage and to understand their own contribution to recovery as a necessary complement, rather than compete with the achievements of medicine.



**The European dimension** of the project is achieved by the fact that the partnership spans from North-West (Ireland) via South-West (Portugal) via Central Europa to the East (Greece). In a world of globalisation, the project will therefore develop transnational best practice approaches and transfer them into localized solutions in the eight European states of the partnership and beyond. The partnership comprises a multi-disciplinary team of health organisations, education and pedagogic expert partners as well as ICT and multimedia specialists.

A “smart patient” is someone who takes an active role in his or her health

**PARTNERS**

The partners section features a collection of logos for the project's collaborators. At the top left is the 'PARTNERS' header. Below it, from left to right, are the logos for MEDri (with a stylized waveform), NUI Galway OÉ Gaillimh (with a building icon), Was hab' ich? (in a blue box), P. PORTO (in an orange box), and Inštitut Integra (with a puzzle piece icon). At the bottom, there are logos for QUALED (a blue circular logo) and GU net AKASHMAIKO AIAIKTYO (with a stylized 'GU' logo).