

## Rhaglen Hunanreoli

Datblygwyd y cwrs lechyd a Llesiant hwn gan Weithwyr Gofal lechyd Proffesiynol a chleifion. Mae'r broses addysgu yn gwneud y cwrs hwn yn effeithiol, mae'r dosbarthiadau'n gyfranogol iawn. Mae cyd-gefnogaeth a llwyddiant yn adeiladu hyder cyfranogwyr yn eu gallu i reoli eu hiechyd a chynnal bywydau egniol a boddhaus.

Mae'r cwrs hwn yn cynnwys sesiwn dwy awr a hanner, unwaith yr wythnos am chwe wythnos mewn lleoliadau cymunedol ac ar-lein. Hwylusir y sesiynau gan ddau berson hyfforddedig sy'n byw gyda Chyflyrau Hir Dymor neu sy'n cefnogi rhywun â chyflwr hirdymor.

Gwefan : [www.eppcymru.org](http://www.eppcymru.org)

E-bost : [EPPCymru@wales.nhs.uk](mailto:EPPCymru@wales.nhs.uk)

### Mae'r pynciau a drafodir yn cynnwys:

- 1 Ffyrdd** o ddelio â phroblemau fel rhwystredigaeth, blinder, poen, unigedd, cwsg gwael a delio ag iselder a phryder.
- 2 Ymarfer corff ar gyfer cadw'n iach, yn hyblyg ac yn gryf**
- 3 Gwneud penderfyniadau** am driniaeth a therapiau cyflenwol
- 4 Ffyrdd o wella eich technegau anadlu**
- 5 Bwyta'n iach a rheoli pwysau**
- 6 Gosod nodau a chynllunio ar gyfer y dyfodol**
- 7 Eich perthynas â'ch gweithiwr gofal iechyd proffesiynol**

Bydd pob un sy'n mynychu yn derbyn copi o'r llyfr, Byw Bywyd Iach gyda Chyflyrau Cronig (ar fenthyg am y 6 wythnos), a CD ymlacio, **Ymlacio'r Meddwl a'r Corff**, i'w gadw.

Y ffordd y caiff y rhaglen ei rhedeg sy'n ei gwneud yn effeithiol. Trwy drafodaethau grŵp, cyd-gymorth a dysgu ac ymarfer technegau newydd, bydd cyfranogwyr yn gorffen y cwrs gyda mwy o hyder yn eu gallu i reoli eu hiechyd eu hunain a chynnal bywydau egniol a llawn.

### A yw'r Rhaglen (cwrs) yn disodli rhaglenni a thriniaethau presennol?

Ni fydd y Rhaglen Hunanreoli hon yn gwrthdaro â rhaglenni neu driniaethau presennol.

Mae'r cwrs yn arbennig o ddefnyddiol, gan ei fod yn rhoi'r sgiliau i chi gydlynu'r holl bethau sydd eu hangen i reoli'ch iechyd, yn ogystal â'ch helpu i gadw'n actif yn eich bywyd.

### Sut cafodd y Rhaglen ei datblygu a'i gwerthuso?

Derbyniodd Ysgol Feddygaeth Prifysgol Stanford grant ymchwil 5 mlynedd. Diben yr ymchwil oedd datblygu a gwerthuso trwy hap-dreial rheoli, rhaglen hunanreoli yn y gymuned sy'n cynorthwyo pobl â chyflwr cronig. Cwblhawyd yr astudiaeth hon ym 1996.

Roedd cynnwys y cwrs yn ganlyniad grwpiau ffocws gyda phobl ag afiechydon cronig/cyflyrau cronig hirdymor, lle bu'r cyfranogwyr yn trafod pa feysydd cynnwys oedd bwysicaf iddynt.

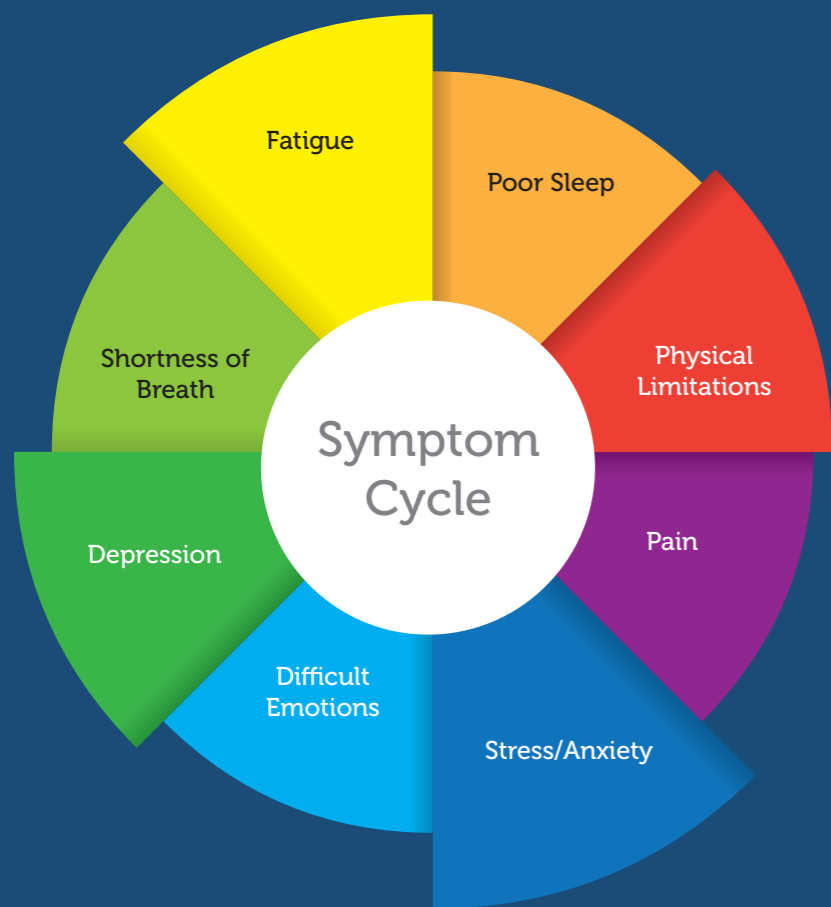


## Health & Well-being

### Living with long term conditions

Education Programmes for Patients (EPP) Cymru deliver FREE Health and Well-being courses for adults across Wales





## Self Management Programme

This Health and Well-being course was developed by Healthcare Professionals and patients. The teaching process makes this course effective, classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

This course consists of two and a half hour session, once a week for six weeks in community locations and online. Sessions are facilitated by two trained people who live with Long Term Conditions or who support someone with a long term condition.

Website : [www.eppcymru.org](http://www.eppcymru.org)

Email : [EPPCymru@wales.nhs.uk](mailto:EPPCymru@wales.nhs.uk)

### Topics covered include:

- 1 **Ways** to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and dealing with depression and anxiety.
- 2 **Exercise for staying healthy, flexible, and strong**
- 3 **Making decisions** about treatment and complementary therapies
- 4 **Ways to improve your breathing techniques**
- 5 **Healthy eating and weight management**
- 6 **Setting goals and planning for the future**
- 7 **Relationships with your Healthcare professional**

Each person who attends will receive a copy of the book, Living a Healthy Life With Chronic Conditions ( on loan for the 6 weeks), and a relaxation CD, **Relaxation for Mind and Body**, to keep.

It is the way in which the programme is run that makes it effective. Through group discussions, mutual support and learning and practicing new techniques, participants will finish the course with more confidence in their ability to manage their own health and maintain active and full lives.

### Does the Programme (course) replace existing programmes and treatments?

This Self-Management Programme will not conflict with existing programmes or treatments.

The course is especially helpful, as it gives you the skills to coordinate all the things needed to manage your health, as well as to help you keep active in your life.

### How was the Programme developed and evaluated?

The School of Medicine at Stanford University received a 5 year research grant. The purpose of the research was to develop and evaluate through a randomised control trial, community based self management programme that assists people with a chronic condition. This study was completed in 1996.

The content of the course was the result of focus groups with people with chronic disease/long term chronic conditions, in which the participants discussed which content areas were the most important for them.



## Iechyd a Llesiant

### Byw gyda chyflyrau hirdymor

Mae Rhaglenni Addysg i Gleifion (EPP) Cymru yn darparu cyrsiau Iechyd a Llesiant AM DDIM ar gyfer oedolion ledled Cymru

