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EMPOWERING PATIENTS FOR CHRONIC DISEASE SELFMANAGEMENT THROUGH ACCESS TO HEALTH INFORMATION IN NIGERIA

OVERVIEW OF STRATEGIES

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Abstract

In Nigeria fast moving urbanization and its attendant changes in life style and in diet, have led to increase in chronic diseases. The paper is a review on the role of health information in patients' self-management of chronic diseases. It noted that the most important role of health information is patient empowerment which supports patients in taking good decisions on their care. The paper noted the lack of organized patient health information disseminating structures in Nigerian health institutions. This has created limited access to health information for patients who might need it in the care process. The paper reviewed various methods and strategies that can be adopted for health information dissemination In conclusion, it stated that the Federal Government of Nigeria, health care institutions and organizations have a duty to ensure that patients have access to health information through development of appropriate policies and strategies to support its dissemination.

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