

AIPAMM Academy: Peer Counseling for Empowered Patients

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INTRODUCTION

The **Italian Association of MPN Patients** (Associazione Italiana Pazienti con Malattie Mieloproliferative, AIPAMM) aims to provide accurate **information** on myeloproliferative neoplasms (MPN) and **support** to facilitate emotional elaboration and adjustment. In particular, individuals who are newly diagnosed with MPN may experience confusion and concern due to the rarity of these diseases, each with its specific characteristics, being neoplasms, and being chronic conditions.

AIM

We hypothesized that providing **peer education and support** could benefit individuals with MPN by increasing awareness of available services, their knowledge of rights and duties, and their understanding of therapeutic options.

METHODOLOGY

AIPAMM decided to implement the “AIPAMM Academy” project, which aims to create a **community of empowered patients** by providing education on rights and opportunities, emotional and psychological support, personal growth, and empowerment. AIPAMM Academy consists of free 1.5-hour educational **webinars** for patients, caregivers, and anyone interested in learning more about MPNs.



CONTACT DETAILS



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RESULTS

Overall, since March 2024, we have conducted **5 webinars**:

- 1) presentation
- 2) invalidity and laws
- 3) mindfulness
- 4) communication in healthcare and journalism
- 5) communication through social media.



- ✓ In the final part of each webinar, we have encouraged **peer discussion** on disease management, interactions with clinicians, and the impact of the disease on personal lives.
- ✓ The health professionals and experts involved demonstrated availability and **professionalism** in addressing various topics.
- ✓ Patients who participated in the meetings provided **positive feedback**.
- ✓ **Peer interaction** has proven to be very useful and supportive, even on an emotional and psychological level.

CONCLUSIONS

- AIPAMM Academy acknowledges the value of **peer counseling** in supporting one another, living in the present to the fullest, collaborating with health professionals, researchers, and institutions to combat disease, and directing research toward the actual needs of patients.
- The peer support provided by AIPAMM is evident through approximately **3,500 yearly interactions** between patient experts and patients seeking help.
- These interactions include listening, providing information, emotional support, shared experiences, and guidance.
- This highlights the importance of establishing a comprehensive and organized **support network** across all regions.

MPN Horizons
Shifting treatment
paradigms of MPNs

6-8 September
Warsaw, Poland

2024.

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