

INFORMATION  
ANALYSIS  
DIRECTORATE



# Patient Education / Self Management Programmes for People with Long Term Conditions (2024/25)



Department of  
**Health**

An Roinn Sláinte  
Máinnstríe O Poustie

[www.health-ni.gov.uk](http://www.health-ni.gov.uk)



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Statistics  
& Research  
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# About Us



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The statisticians within IAD are outposted from the Northern Ireland Statistics & Research Agency (NISRA) and the statistics are produced in accordance with the principles and protocols set out in the [Code of Practice for Official Statistics](#).

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IAD comprises four statistical sections: Hospital Information, Community Information, Public Health Information & Research and Project Support Analysis.

This publication is produced by Community Information Branch.

## Our Vision and Values

- *Provide up-to-date, quality information on children and adult social services and community health;*
- *To disseminate findings widely with a view to stimulating debate, promoting effective decision-making and improvement in service provision; and*
- *Be an expert voice on social care information.*

## About Community Information Branch

The purpose of Community Information Branch (CIB) is to promote effective decision making in children and adult social services by providing quality information and analysis.

We collect, analyse, and publish a wide range of community information that is used to help monitor the delivery of personal social services policy. Information collected by CIB is used to assess HSC Trust performance, for corporate monitoring, policy evaluation, and to respond to parliamentary/assembly questions.

Information is widely disseminated through a number of regular key statistical publications and ad hoc reports, details of which are available online.

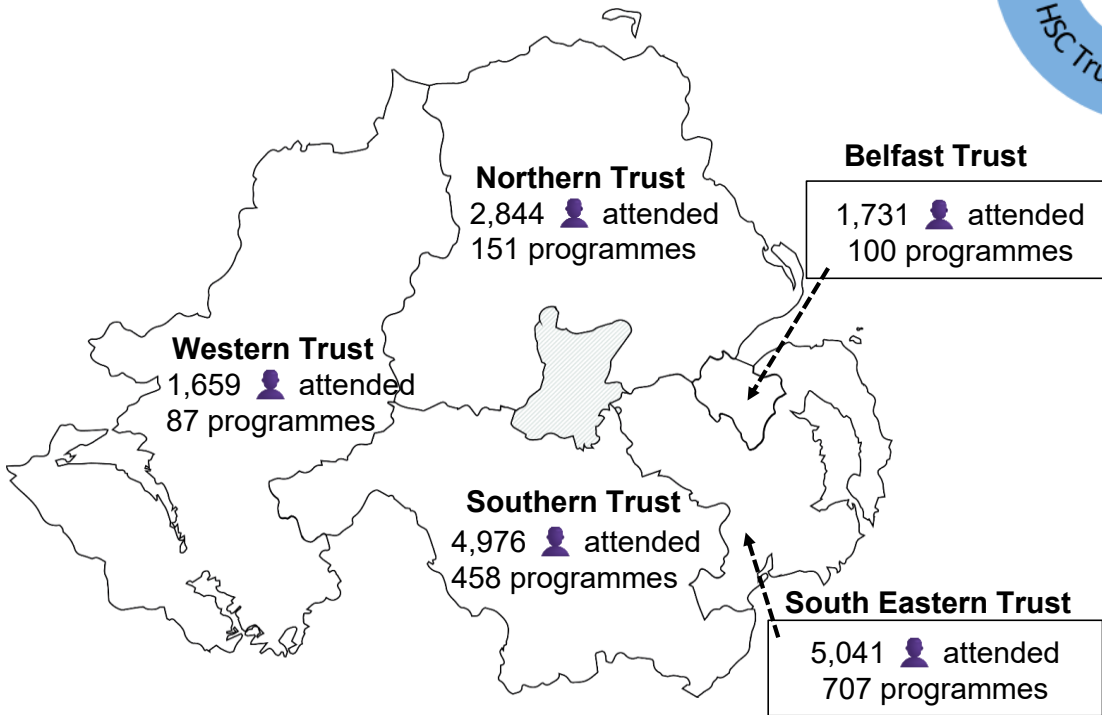
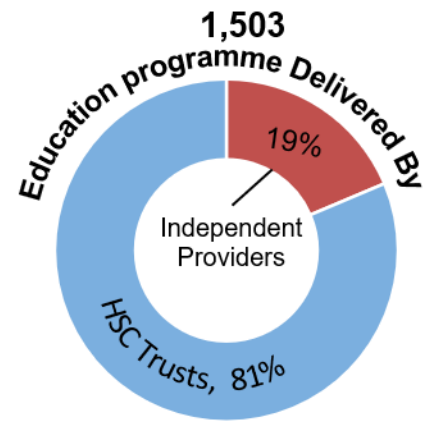
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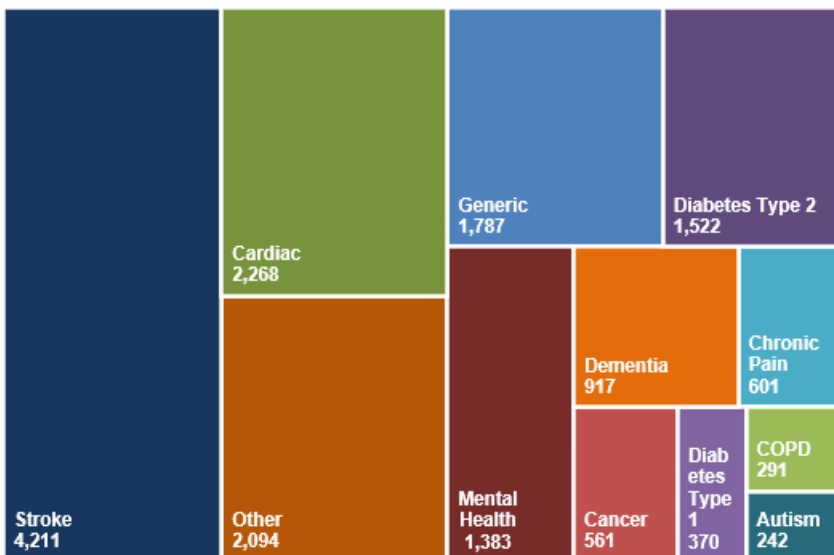
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# 1. Key Facts

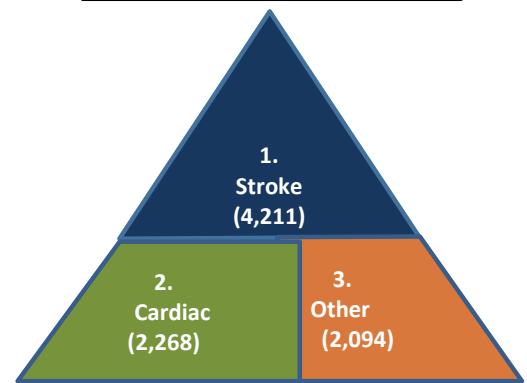
**16,251** persons attended a patient education programme in 2024/25



## Participants Numbers by Programme Type



Top 3 programme types by participant numbers



Learning Disability, 4

## 2. Programmes

### COVID-19 impact on Patient Education / Self Management Programmes

When considering historical data, Health & Social Care (HSC) Trusts and community and voluntary organisations have reported changes to their provision of Patient Education / Self Management Programmes from 2020 onward due to the impact of COVID-19. The following points indicate the background to these changes and may apply to all, or only a single HSC Trust or community / voluntary organisation. It is not possible to apportion specific issues to specific changes in reported provision, unless specified.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. Particular issues in programme provision, or data submission include:
  - Belfast HSC Trust did not complete a return ahead of publication from 2020/21 to 2024/25, and due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have likely been inaccurate. **Therefore, Belfast HSC Trust data is unavailable for 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25**
  - AWARE was unable to provide a 2020/21 or 2023/24 return, however AWARE NI did have programmes recorded on Trust returns in those years. Cancer Lifeline was unable to submit a 2020/21 return. This was likely due to COVID-19 pressures.
- Face-to-face patient education / self management programmes were suspended at various points to reduce the risk of contact and transmission of the virus.
- While many patient education / self management programmes continued to be provided virtually during the COVID-19 pandemic, some programmes were less able to continue for various reasons e.g.
  - Staff were redeployed to other areas.
  - Due to staff sickness and absence.
  - Voluntary and community sector programme delivery was impacted by the effect of the COVID-19 pandemic on resources, and fundraising.
  - Some programmes were less suited to virtual attendance than others.
- Some programmes which were previously provided face-to-face in different HSC Trust areas moved to a regional online format. Resultantly, the sum of figures presented by HSC Trust area in this publication may not match the total figures presented for Northern Ireland.
- There was variation in the number of virtual programmes able to be provided and participants able to attend. In some cases it was recommended that the number of participants per session should be capped, according to the type of programme offered. For other programmes where the number of participants did

not have a limit, a greater number of participants could attend than in previous face-to-face sessions.

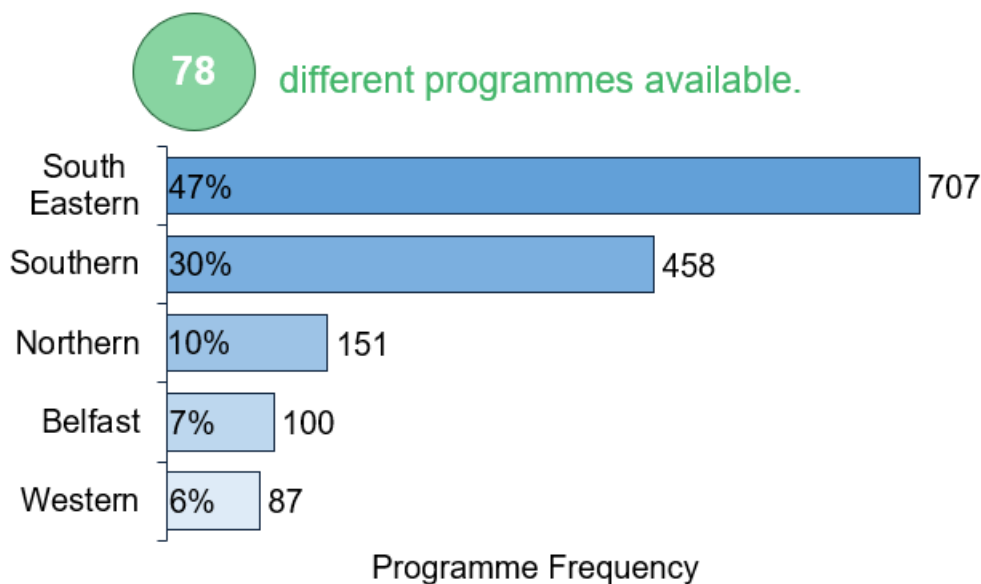
- Some programme providers detailed the following reasons for low uptake of virtual patient education / self management programmes:
  - People without suitable internet access or familiarity with technology may not have been able to access the online programmes.
  - Some older people that would usually attend face to face programmes did not engage online.
  - For some programmes, setting up online programme provision took time, and programmes were not available until towards the end of the year.
  - Some people preferred to wait until a face-to-face session was offered in the future.
- Some programme providers indicated that their programmes may continue to be run online in the future, even after the restrictions due to the COVID-19 pandemic have eased, if the format has been successful, and if this suits the structure of the programme. Some programme providers noted in 2021/22 that they have incorporated a hybrid structure of online and face to face delivery.

### 3. Programmes

#### Programme Frequency by HSC Trust Area

In 2024/25 there were 78 different patient education / self management programmes in place across Northern Ireland. These programmes ran a total of 1,503 times within HSC Trust areas throughout the year, ranging from 707 in the South Eastern HSC Trust area to 87 in the Western HSC Trust area (Figure 1).

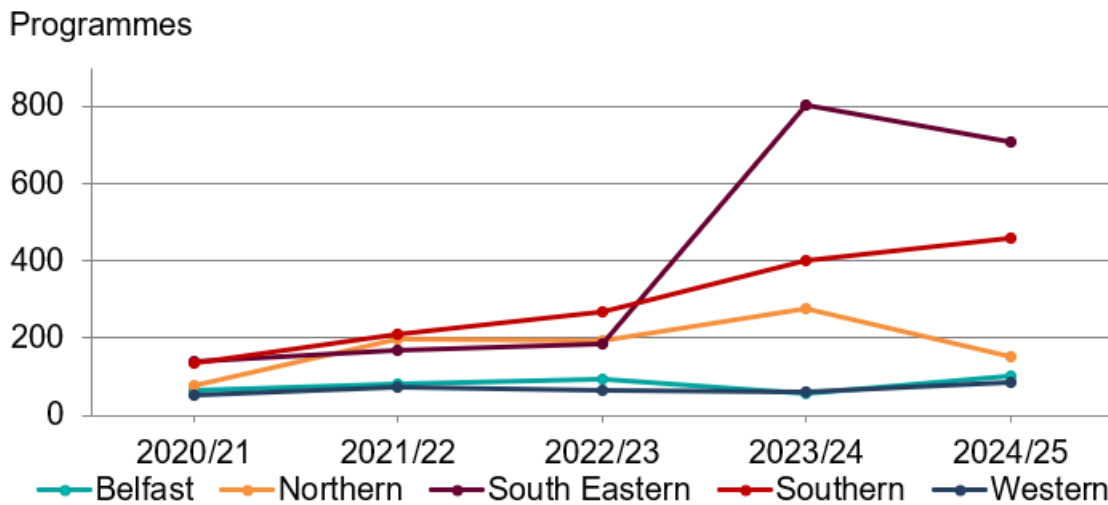
**Figure 1 Programme Frequency by HSC Trust Area (2024/25)**



#### Programme Frequency

Belfast HSC Trust were unable to provide data for publications from 2020/21 to 2024/25, however some programmes were run in this HSC Trust by other providers. Across the HSC Trusts, reduction in programme frequency from 2019/20 and into 2020/21 reflects the impact of COVID-19 on the services and some programmes returning in person and online in recent years. Across Northern Ireland programme frequency slightly decreased in 2024/25 (1503) compared to the previous year (1602), however figures remain increased compared to that of 2022/23 and previous years. However, due to the impact of COVID-19 on programme scheduling in 2019/20 and 2020/21 and changes made to how programmes were delivered, caution should be taken when comparing data from 2020/21 and that for subsequent years, with the below figures included for completeness. The increase in programme volume suggests a return to pre-COVID level figures, likely driven by eased social distancing rules and the increased uptake of online delivery to meet completion requirements. Please note that ongoing refinement and validation of data in this area may account for some of the annual change displayed in the below trend lines (Figure 2; Table 1).

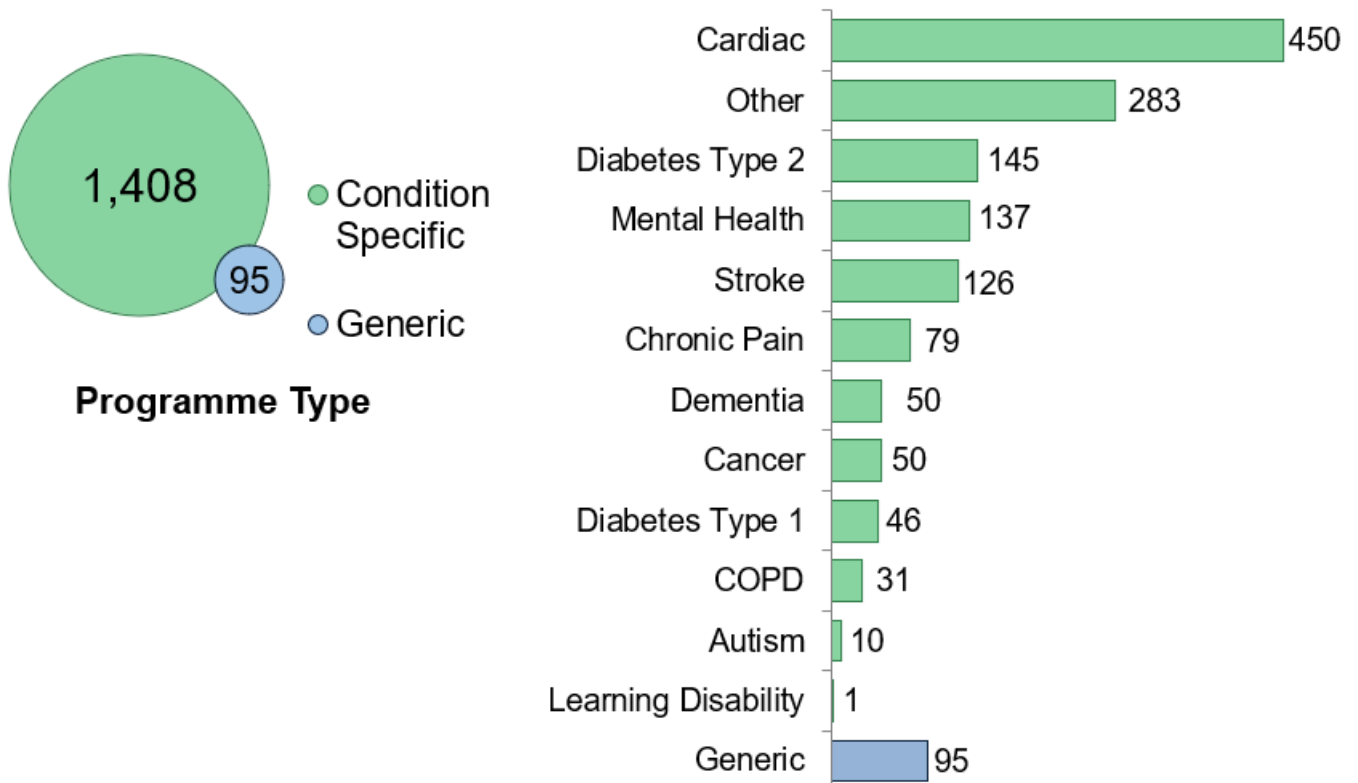
**Figure 2 Programme Frequency by HSC Trust Area (2020/21 – 2024/25)**



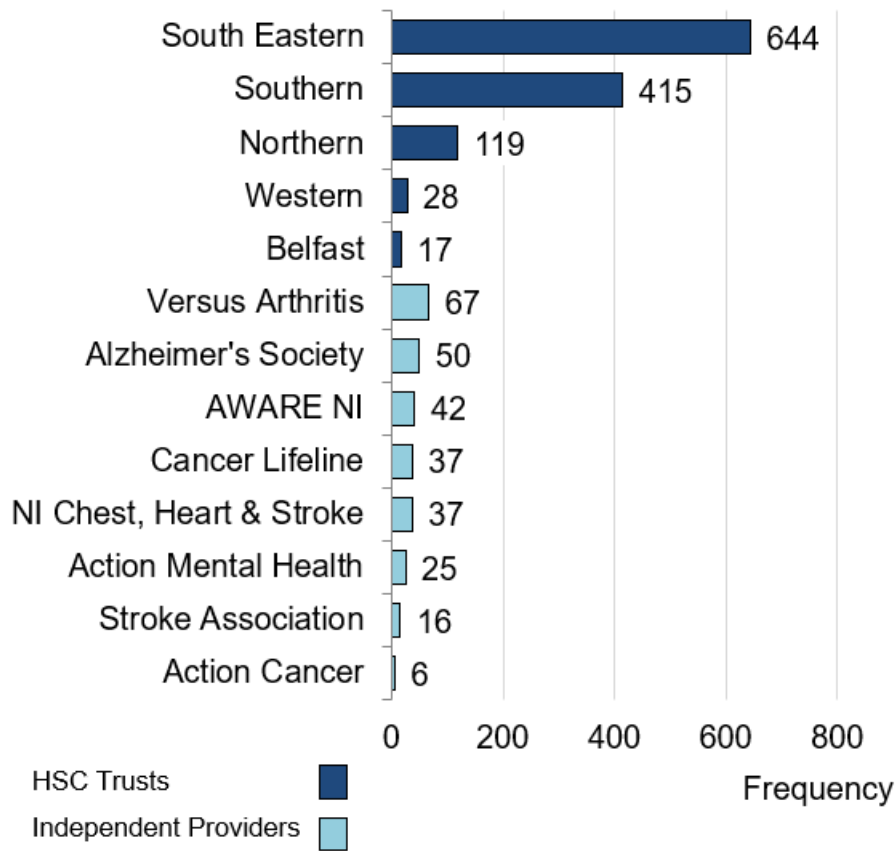
### Programme Frequency by Provider Organisation

During 2024/25, patient education / self management programmes ran 1,503 times within HSCT Trust areas. Of the 1,503 times that programmes ran, 94% were condition specific and 6% were generic. The most frequent programme type in 2024/25, covering a single condition, was Cardiac (450), accounting for nearly one third (30%) of all programmes run (Figure 3; Table 2). Cardiac was also the most frequent programme type in 2023/24.

**Figure 3 Programme Frequency by Programme Type (2024/25)**



**Figure 4 Programme Frequency by Provider Organisation (2024/25)**



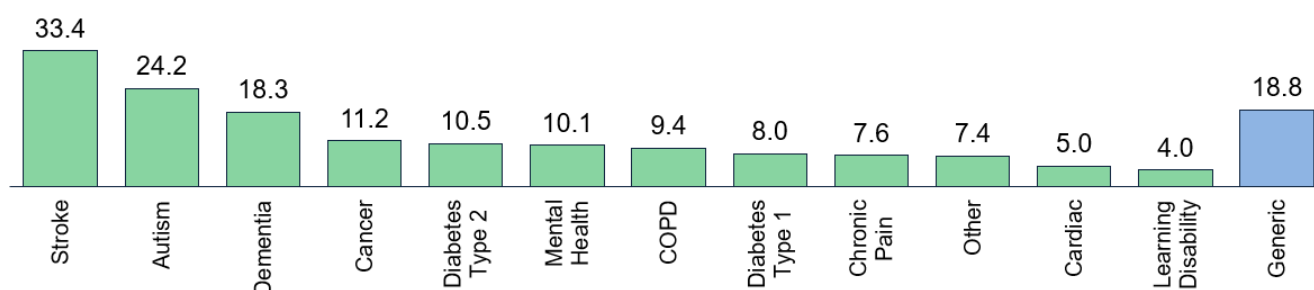
Just over eight in ten (81%) of programmes run during 2024/25 were provided by HSC Trusts (Figure 4). Of those programmes run by independent providers, Versus Arthritis provided the most (67; Table 5).

## 4. Conditions

### Average Number of Participants per Programme by Condition

The average number of participants per programme, by condition, ranged from 33.4 for those attending Stroke programmes, to 4 for Learning Disability programmes (Figure 5). The overall regional average number of participants per programme was 10.8.

**Figure 5 Average Number of Participants per Programme by Condition (2024/25)\***



Stroke specific programmes were the most frequented patient education / self management programmes in 2024/25, with just above 1 in 4 participants.

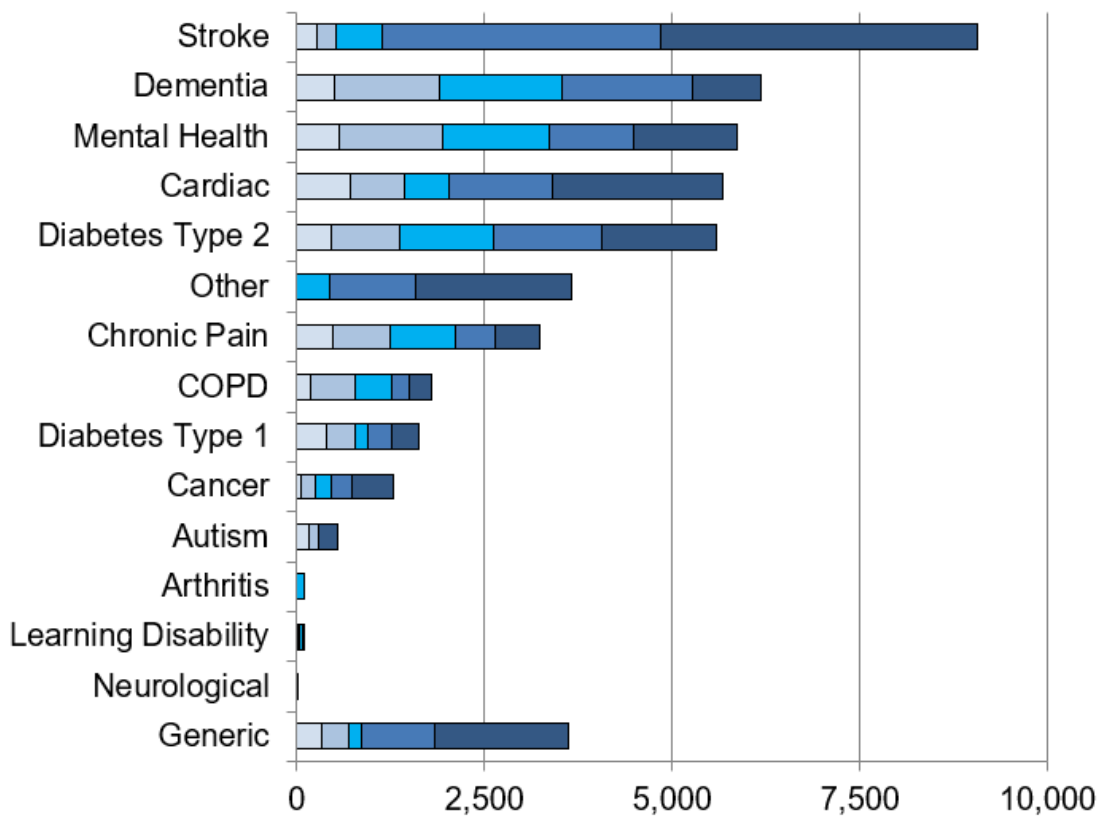


### Number of Participants by Programme Type

Over the last 5 years, large numbers of participants have been continually accessing programmes related to type 2 diabetes, dementia, cardiac, stroke, and mental health as shown in (Figure 6; Table 7). However, across the programme types, the low numbers of participants from 2020/21 reflects the impact of COVID-19 on these services. The increase in programme/participants volume suggests a return to pre-COVID level figures, likely driven by eased social distancing rules and the increased uptake of online delivery to meet completion requirements.

\* Data should be interpreted with care due to impact of COVID-19 pandemic, please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

**Figure 6 Number of Participants by Programme Type (2020/21 – 2024/25)\***

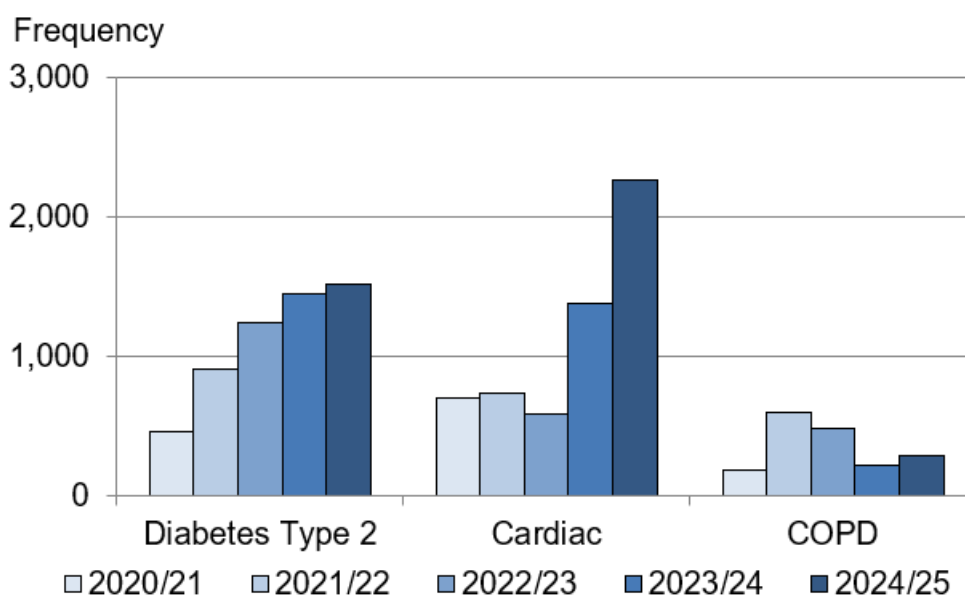


\* Data should be interpreted with care due to impact of COVID-19 pandemic, please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

## Number of Participants by Condition

Figure 7 shows increased participant levels from 2020/21. The impact of COVID-19 on programme scheduling since 2019/20, and subsequent resource issues experienced by organisations in submitting complete returns may have resulted in reduced participant numbers in 2020/21. Caution should be taken when comparing data from 2020/21 to 2024/25, with the below figures included for completeness. In Figure 7, only programmes related to cardiac conditions are experiencing figures similar to that of pre-COVID.

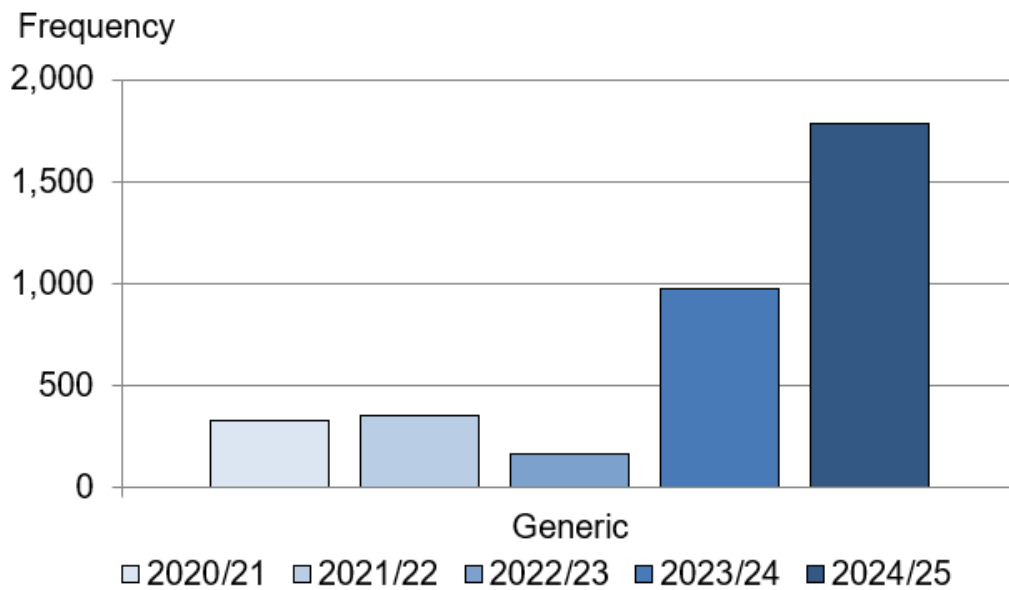
**Figure 7** Number of Participants by Condition (2020/21 – 2024/25)\*



\* Data should be interpreted with care due to impact of COVID-19 pandemic, please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

Over the last 5 years, participants attending generic education programmes have increased with 2024/25 showing a record high of 1,787 (Figure 8; Table 8). Likely reasons for this may include greater derived benefit from tailored educational programmes. As before, due to the impact of COVID-19 on programme scheduling in 2020/21 and 2021/22, as well as subsequent resource issues experienced by organisations in submitting complete returns, caution should be taken when comparing trend data.

**Figure 8 Number of Participants by Condition (2020/21 – 2024/25) - Generic\***



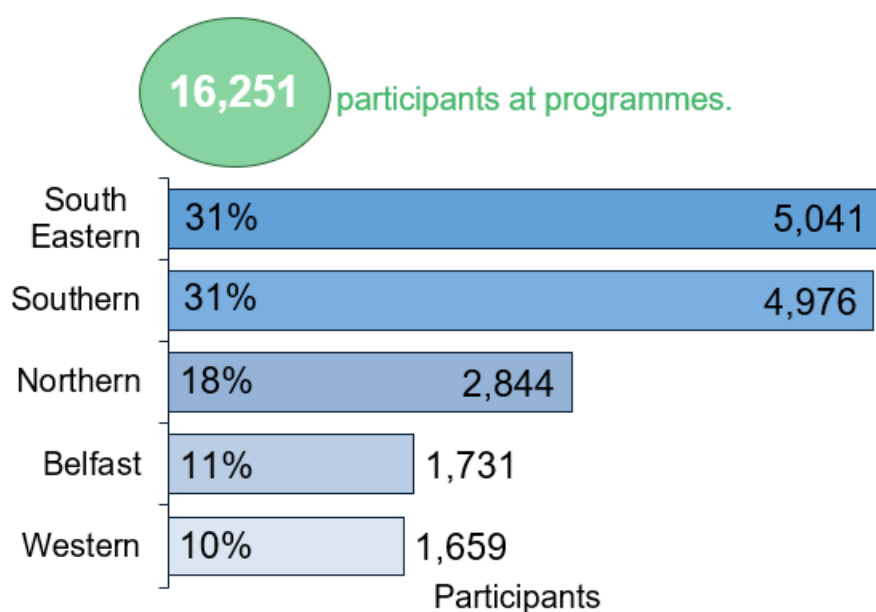
\* Data should be interpreted with care due to impact of COVID-19 pandemic, please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

## 5. Participants

### Participant Numbers by HSC Trust Area

In 2024/25, 16,251 participants attended a patient education / self management programme, ranging from 5,041 in the South Eastern HSC Trust area to 1,659 in the Western HSC Trust area (Figure 9; Table 6). Belfast HSC Trust were unable to provide data for the 2024/25 publication, however some programmes were run in this HSC Trust by other providers. Data should be interpreted with care due to impact of COVID-19 pandemic, please see Technical Guidance for detail.

**Figure 9 Participant Numbers by HSC Trust Area (2024/25)\***



Nearly 1 in 3 of all participants in a patient education / self management programme were in the South Eastern Trust area or the Southern Trust area in 2024/25.

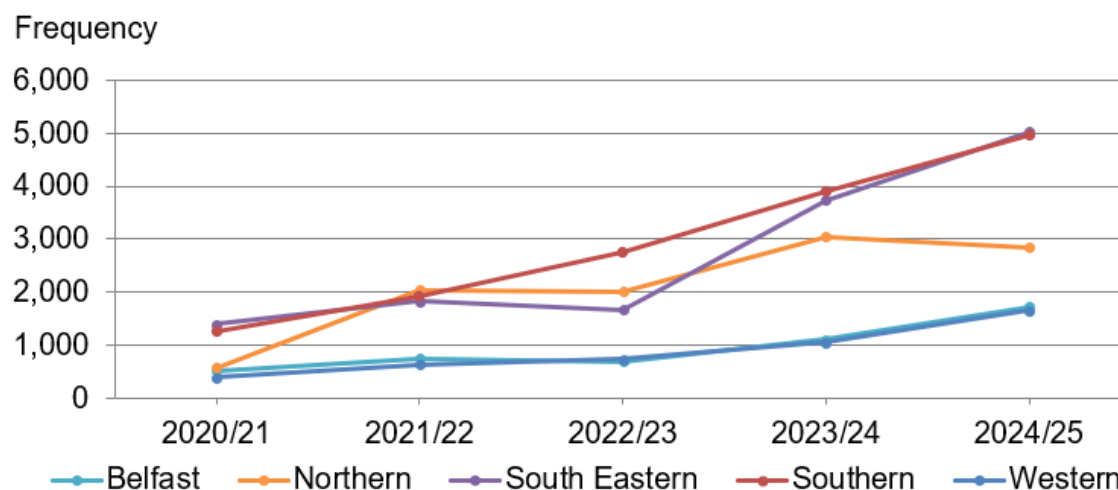


Across the HSC Trusts, large rises in participant numbers reflects the impact of services post COVID-19. Between 2020/21 and 2024/25 participant numbers almost quadrupled regionally from 4,121 to 16,251. Regional participant numbers increased in 2024/25 by 26% (3,387) compared to the previous year. However, due to the impact of COVID-19 on programme scheduling in 2020/21 and changes made to how programmes were delivered, extreme caution should be taken when comparing data from 2020/21 and that for subsequent years, with the below figures included for completeness. The increase in programme volume suggests a return to pre-COVID level figures, likely driven by eased social distancing rules and the increased uptake of online delivery to meet completion

\* Data should be interpreted with care due to impact of COVID-19 pandemic, please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

requirements. Please note that ongoing refinement and validation of data in this area may account for some of the annual change displayed in the below trend lines (Figure 10; Table 6).

**Figure 10 Participant Numbers by HSC Trust Area (2020/21 – 2024/25)\***



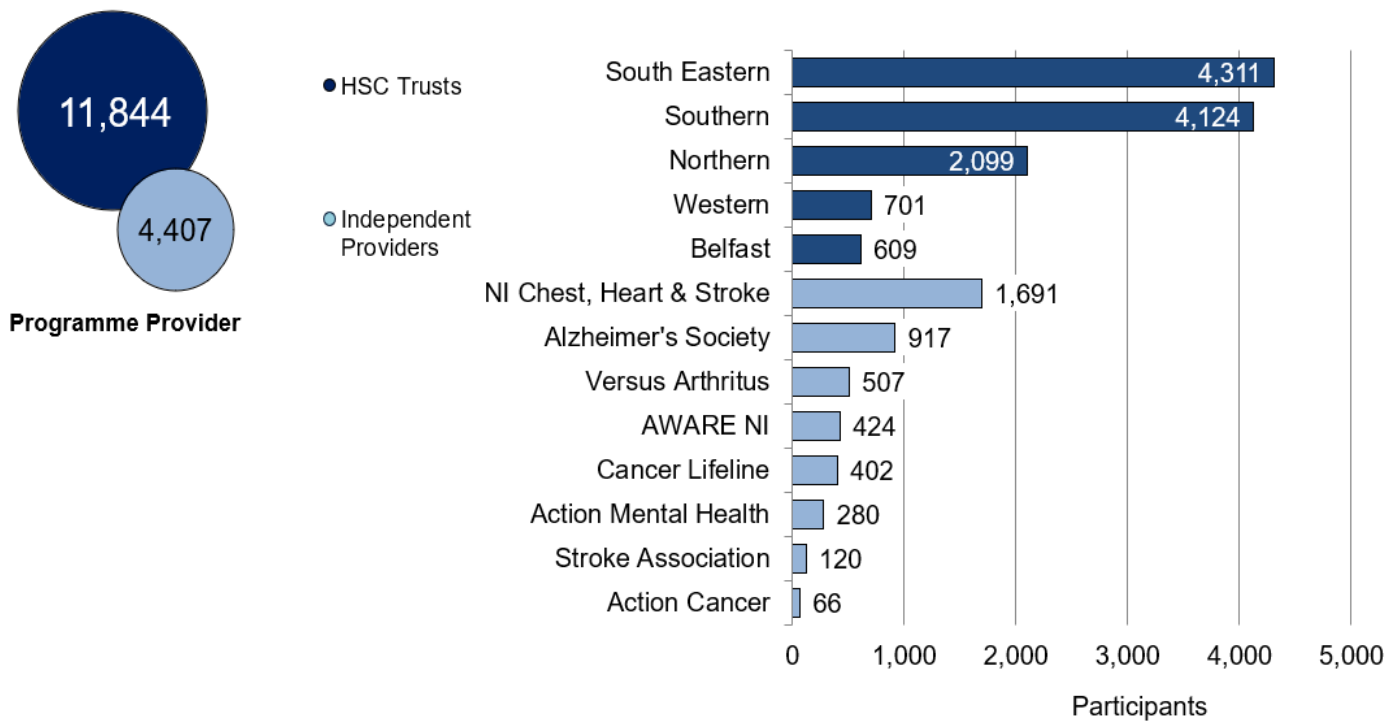
## Participant Numbers by HSC Provider

Of the 16,251 participants attending within Trusts and regionally, 73% were attending a programme delivered by HSC Trusts and 27% a programme by independent providers. In 2024/25, the South Eastern Trust had the greatest number of participants (4,311), of all the HSC Trust providers, and 27% of the total regional participant numbers. Although data should be interpreted with care due to impact of COVID-19 pandemic, please see Technical Guidance for detail. In addition, Belfast HSC Trust were unable to provide data for the 2022/23, 2023/24 and 2024/25 publications, however some programmes were run in this HSC Trust by other providers.

NI Chest, Heart & Stroke had the greatest number of participants (1,691), of all the independent sector providers, and 10% of the total regional participant numbers (Figure 11; Table 9), participation figures include group-based, multi-week education programmes (Taking Control, Breathing Better and Heart Strong) delivered repeatedly across the region, which contributes to higher cumulative participant numbers.

\* Data should be interpreted with care due to impact of COVID-19 pandemic, please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

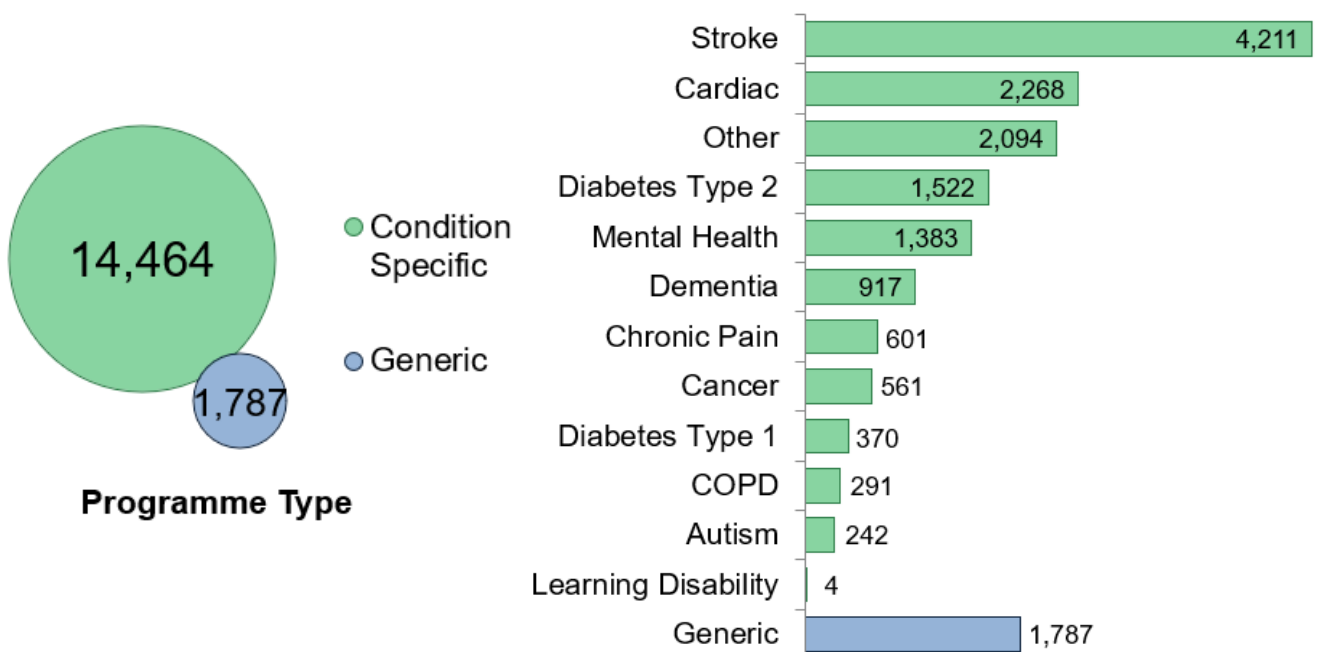
**Figure 11 Participant Numbers by Provider Organisation (2024/25)**



### Participant Numbers by Programme Type

Of the 16,251 participants at programmes, 89% were attending a condition specific programme with 11% attending a generic programme. Figure 12 shows that the programme types with the most participants were stroke programmes (26%) and cardiac programmes (14%).

**Figure 12 Participant Numbers by Programme Type (2024/25) \***



## Participants by Programme Delivery

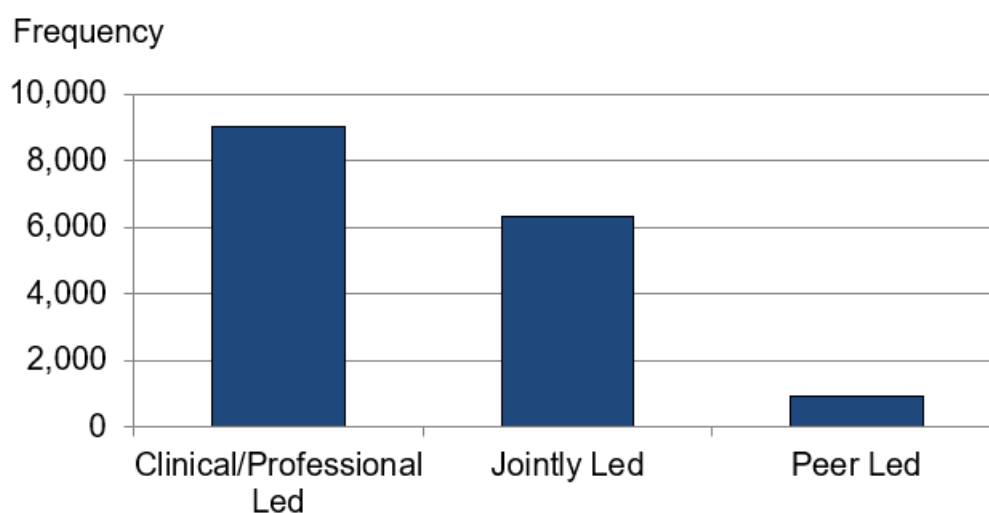
Prior to 2020/21, the top 6 conditions by participant numbers had programmes available across all 5 HSC Trust areas with the exception of cardiac specific programmes reported in the Western HSC Trust area. In 2024/25, 5 of the top 6 conditions had a programme available in all HSC Trusts. These were stroke, cardiac, dementia, mental health and other. Diabetes Type 2 programmes were only recorded in South Eastern, Southern and Northern HSC Trusts.

Data should be interpreted with care due to impact of COVID-19 pandemic, please see Technical Guidance for detail. Belfast HSC Trust were unable to provide data for the 2024/25 publication, however some programmes were run in this HSC Trust by other providers.

In 2024/25, 56% (9,017) of participants attended a programme that was either clinically or professionally led; this was similar to the proportion in 2023/24 (55%). Participants at jointly led programmes accounted for 39% (6,310) of the total, with the remaining 5% (924) of participants attending a programme that was peer led.

Of the participants at clinically or professionally led programmes in 2024/25, 97% (8,772) were attending a condition specific programme. This was the case for 82% (5,156) of those at jointly led programmes. Of all 924 participants at peer led programmes 58% were attending condition specific programmes (Table 10).

**Figure 13 Number of Participants by Programme Delivery (2024/25)\***

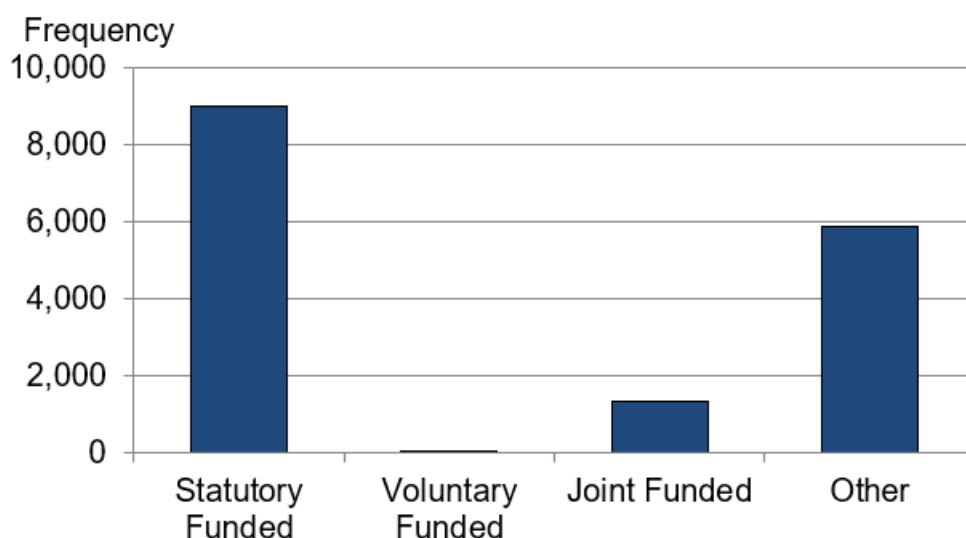


\* In 2023/24 there were 277 participants without programme delivery information recorded.

## Participants by Funding Arrangement

In 2024/25, 55% (9,006) of participants attended a programme that was statutory funded, a percentage increase of 52% since the previous year, which represents an increase of 3,064 participants. Joint funded programmes were provided for 8% of participants; with <1% of participants attending voluntary funded programmes. 36% were at programmes utilising other funding arrangements<sup>1</sup> (Table 11).

**Figure 14 Number of Participants by Funding Arrangement (2024/25)<sup>\*1</sup>**



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\* Data should be interpreted with care due to impact of COVID-19 pandemic, please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

<sup>1</sup> Funding may be provided through other sources such as Cooperation and Working Together (CAWT) - a partnership between the Health and Social Care Services in Northern Ireland and the Republic of Ireland which facilitates cross border collaborative working in health and social care.

## 6. Tables

Table 1: Programme Frequency by HSC Trust Area (2020/21 - 2024/25) <sup>1,2</sup>

HSC Trust Area	2020/21	2021/22	2022/23	2023/24	2024/25
Belfast	63	79	95	57	100
Northern	76	196	192	277	151
South Eastern	138	169	183	803	707
Southern	135	211	268	399	458
Western	54	74	66	66	87
<b>Northern Ireland</b>	<b>466</b>	<b>729</b>	<b>804</b>	<b>1,602</b>	<b>1,503</b>

<sup>1</sup> Please note that a number of organisations advised of disruption to programmes due to the impact of COVID-19.

- Belfast HSC Trust did not complete a return ahead of publication in 2020/21, 2021/22, 2022/23, 2023/24 or 2024/25 and due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have been inappropriate. Therefore, Belfast HSC Trust data is unavailable for 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25; however some programmes were run in this HSC Trust by other providers.

- AWARE were unable to submit a 2020/21 return due to COVID-19 pressures.

- Northern HSC Trust cardiac programmes were not included in 2021/22 as they were delivered on a one-to-one basis. This type of programme delivery is typically not included in the patient education programme criteria.

- South Eastern HSC Trust did not record programme numbers for their pulmonary rehabilitation programmes in 2021/22.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

<sup>2</sup> As some information was not available by HSC Trust area, or programmes have been provided regionally, the sum of HSC Trust area figures may not match the total figure for Northern Ireland. Further information can be found in the Data Presentation section of [Appendix B](#).

Table 2: Programme Frequency by Programme Type and HSC Trust Area (2024/25)

Programme Type	Belfast	Northern	South Eastern	Southern	Western	Total
Condition Specific	95	136	703	417	57	1,408
Autism	-	-	10	-	-	10
Cancer	38	8	1	1	2	50
Cardiac	1	46	395	6	2	450
Chronic Pain	16	8	17	29	9	79
COPD	-	7	-	24	-	31
Dementia	10	4	26	4	6	50
Diabetes Type 1	-	1	17	28	-	46
Diabetes Type 2	-	2	42	101	-	145
Learning Disability	-	-	-	1	-	1
Mental Health	9	24	14	84	6	137
Other	2	7	155	109	10	283
Stroke	19	29	26	30	22	126
Generic	5	15	4	41	30	95
<b>Total</b>	<b>100</b>	<b>151</b>	<b>707</b>	<b>458</b>	<b>87</b>	<b>1,503</b>

Table 3: Frequency of Programmes by Type and HSC Trust Area (2020/21-2024/25) – Condition Specific<sup>4,5</sup>

HSC Trust Area	2020/21	2021/22	2022/23	2023/24	2024/25
Belfast	58	78	95	55	95
Northern	71	191	192	276	136
South Eastern	136	167	183	801	703
Southern	120	196	253	344	417
Western	46	64	66	62	57
<b>Northern Ireland</b>	<b>431</b>	<b>696</b>	<b>789</b>	<b>1,538</b>	<b>1,408</b>

<sup>4</sup> Please note that a number of organisations advised of disruption to programmes due to the impact of COVID-19.

- Belfast HSC Trust did not complete a return ahead of publication in 2020/21, 2021/22, 2022/23, 2023/24 or 2024/25 and due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have been inappropriate. Therefore, Belfast HSC Trust data is unavailable for 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25; however some programmes were run in this HSC Trust by other providers.

- AWARE was unable to provide a 2019/20 return. AWARE were unable to submit a 2020/21 return due to COVID-19 pressures.

- Northern HSC Trust cardiac programmes were not included in 2021/22 as they were delivered on a one-to-one basis. This type of programme delivery is typically not included in the patient education programme criteria.

- South Eastern HSC Trust did not record programme numbers for their pulmonary rehabilitation programmes in 2021/22.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

<sup>5</sup> As some information was not available by HSC Trust area, or programmes have been provided regionally, the sum of HSC Trust area figures may not match the total figure for Northern Ireland. Further information can be found in the Data Presentation section of Appendix B.

Table 4: Frequency of Programmes by Type and HSC Trust Area (2020/21-2024/25) – Generic<sup>3</sup>

HSC Trust Area	2020/21	2021/22	2022/23	2023/24	2024/25
Belfast	5	1	-	2	5
Northern	5	5	-	1	15
South Eastern	2	2	-	2	4
Southern	15	15	15	55	41
Western	8	10	-	4	30
<b>Northern Ireland</b>	<b>35</b>	<b>33</b>	<b>15</b>	<b>64</b>	<b>95</b>

<sup>3</sup> Please note that a number of organisations advised of disruption to programmes due to the impact of COVID-19.

- Belfast HSC Trust did not complete a return ahead of publication in 2020/21, 2021/22, 2022/23, 2023/24 or 2024/25 and due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have been inappropriate. Therefore, Belfast HSC Trust data is unavailable for 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25; however some programmes were run in this HSC Trust by other providers.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

Table 5: Programme Frequency by Provider Organisation (2024/25)<sup>4</sup>

Provider Organisation	2024/25
AWARE NI	42
Action Cancer	6
Action Mental Health	25
Alzheimer's Society	50
Cancer Lifeline	37
NI Chest, Heart & Stroke	37
Stroke Association	16
Versus Arthritis	67
BHSCT	17
NHSCT	119
SEHSCT	644
SHSCT	415
WHSCT	28
<b>Total</b>	<b>1,503</b>

<sup>4</sup> Belfast HSC Trust were unable to provide data for the 2024/25 publication, however some programmes were run in this HSC Trust by other providers.

Table 6: Participants Numbers by HSC Trust Area (2020/21-2024/25)<sup>5</sup>

HSC Trust Area	2020/21	2021/22	2022/23	2023/24	2024/25
Belfast	515	750	685	1,109	1,731
Northern	582	2,038	2,014	3,055	2,844
South Eastern	1,395	1,830	1,671	3,735	5,041
Southern	1,246	1,915	2,744	3,918	4,976
Western	383	638	739	1,185	1,659
<b>Northern Ireland</b>	<b>4,121</b>	<b>7,171</b>	<b>7,853</b>	<b>13,002</b>	<b>16,251</b>

<sup>5</sup> Please note that a number of organisations advised of disruption to programmes due to the impact of COVID-19.

- Belfast HSC Trust did not complete a return ahead of publication in 2020/21, 2021/22, 2022/23, 2023/24 or 2024/25 and due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have been inappropriate. Therefore, Belfast HSC Trust data is unavailable for 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25; however some programmes were run in this HSC Trust by other providers.

- AWARE were unable to submit a 2020/21 return due to COVID-19 pressures.

- Northern HSC Trust cardiac programmes were not included in 2021/22 as they were delivered on a one-to-one basis. This type of programme delivery is typically not included in the patient education programme criteria.

- South Eastern HSC Trust did not record programme numbers for their pulmonary rehabilitation programmes in 2021/22.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

- Northern HSC Trust did not record participant numbers for their autism programme 'Emotional Regulation' in 2021/22.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

Table 7: Participants Numbers by Programme Type and HSC Trust Area (2024/25)<sup>6</sup>

Programme Type	Belfast	Northern	South Eastern	Southern	Western	Total
<b>Condition Specific</b>	<b>1,590</b>	<b>2,599</b>	<b>4,875</b>	<b>4,263</b>	<b>1,137</b>	<b>14,464</b>
Autism	-	-	242	-	-	242
Cancer	415	103	10	7	26	561
Cardiac	40	467	1,453	208	100	2,268
Chronic Pain	130	86	140	225	20	601
COPD	-	52	-	239	-	291
Dementia	222	245	118	311	21	917
Diabetes Type 1	-	99	119	152	-	370
Diabetes Type 2	-	242	346	934	-	1,522
Learning Disability	-	-	-	4	-	4
Mental Health	84	340	200	688	71	1,383
Other	77	118	1,248	316	335	2,094
Stroke	622	847	999	1,179	564	4,211
<b>Generic</b>	<b>141</b>	<b>245</b>	<b>166</b>	<b>713</b>	<b>522</b>	<b>1,787</b>
<b>Total</b>	<b>1,731</b>	<b>2,844</b>	<b>5,041</b>	<b>4,976</b>	<b>1,659</b>	<b>16,251</b>

<sup>6</sup> Belfast HSC Trust were unable to provide data for the 2024/25 publication, however some programmes were run in this HSC Trust by other providers.

Table 8: Participant Numbers by Condition (2020/21 – 2024/25)<sup>7</sup>

Programme Type	2020/21	2021/22	2022/23	2023/24	2024/25
<b>Condition Specific</b>	<b>3,793</b>	<b>6,813</b>	<b>7,767</b>	<b>12,023</b>	<b>14,464</b>
Arthritis	-	-	100	-	-
Autism	155	140	-	-	242
Cancer	57	197	200	276	561
Cardiac	706	738	586	1,385	2,268
Chronic Pain	473	778	856	528	601
COPD	185	603	486	224	291
Dementia	500	1,396	1,640	1,732	917
Diabetes Type 1	390	397	155	316	370
Diabetes Type 2	461	913	1,241	1,447	1,522
Learning Disability	23	18	32	6	4
Mental Health	566	1,381	1,408	1,127	1,383
Neurological	-	-	18	-	-
Other	-	-	429	1,282	2,094
Stroke	277	252	616	3,700	4,211
<b>Generic</b>	<b>328</b>	<b>358</b>	<b>168</b>	<b>979</b>	<b>1,787</b>
<b>Total</b>	<b>4,121</b>	<b>7,171</b>	<b>7,935</b>	<b>13,002</b>	<b>16,251</b>

<sup>7</sup> Please note that a number of organisations advised of disruption to programmes due to the impact of COVID-19.

- Belfast HSC Trust did not complete a return ahead of publication in 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25 due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have been inappropriate. Therefore, Belfast HSC Trust data is unavailable from 2020/21 to 2024/25; however some programmes were run in this HSC Trust by other providers.

- AWARE and Cancer Lifeline were unable to submit a 2020/21 return due to COVID-19 pressures.

- Northern HSC Trust cardiac programmes were not included in 2021/22 as they were delivered on a one-to-one basis. This type of programme delivery is typically not included in the patient education programme criteria.

- Northern HSC Trust did not record participant numbers for their autism programme 'Emotional Regulation' in 2021/22.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

Table 9: Participants Numbers by Provider Organisation (2020/21-2024/25)<sup>8</sup>

Provider Organisation	2020/21	2021/22	2022/23	2023/24	2024/25
AWARE NI	-	369	575	31	424
Action Cancer	47	61	94	57	66
Action Mental Health	91	162	200	250	280
Alzheimer's Society	460	941	1,640	1,396	917
Cancer Lifeline	-	100	72	186	402
NI Chest Heart & Stroke	421	396	636	792	1,691
Stroke Association	53	27	100	-	120
Versus Arthritis	351	538	360	-	507
BHSCT	-	-	-	585	609
NHSCT	414	1,481	1,430	2,524	2,099
SEHSCT	1,195	1,382	786	3,447	4,311
SHSCT	878	1,452	1,854	3,031	4,124
WHSCT	211	262	188	703	701
<b>Total</b>	<b>4,121</b>	<b>7,171</b>	<b>7,935</b>	<b>13,002</b>	<b>16,251</b>

<sup>8</sup> Please note that a number of organisations advised of disruption to programmes due to the impact of COVID-19.

- Belfast HSC Trust did not complete a return ahead of publication in 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25 due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have been inappropriate. Therefore, Belfast HSC Trust data is unavailable from 2020/21 to 2024/25; however some programmes were run in this HSC Trust by other providers.

- AWARE and Cancer Lifeline were unable to submit a 2020/21 return due to COVID-19 pressures.

- Northern HSC Trust cardiac programmes were not included in 2021/22 as they were delivered on a one-to-one basis. This type of programme delivery is typically not included in the patient education programme criteria.

- Northern HSC Trust did not record participant numbers for their autism programme 'Emotional Regulation' in 2021/22.

- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' and 'Appendix B Technical Notes' for detail.

Table 10: Participants Numbers by Programme Type and Programme Delivery (2024/25)<sup>9</sup>

Programme Type	Clinical /Professional Led	Jointly Led	Peer Led	Total
<b>Condition Specific</b>	<b>8,772</b>	<b>5,156</b>	<b>536</b>	<b>14,464</b>
Autism	192	50	-	242
Cancer	561	-	-	561
Cardiac	1,861	407	-	2,268
Chronic Pain	176	26	399	601
COPD	291	-	-	291
Dementia	-	917	-	917
Diabetes Type 1	370	-	-	370
Diabetes Type 2	1,522	-	-	1,522
Learning Disability	4	-	-	4
Mental Health	1,383	-	-	1,383
Other	1,484	473	137	2,094
Stroke	928	3,283	-	4,211
<b>Generic</b>	<b>245</b>	<b>1,154</b>	<b>388</b>	<b>1,787</b>
<b>Total</b>	<b>9,017</b>	<b>6,310</b>	<b>924</b>	<b>16,251</b>

<sup>9</sup> Belfast HSC Trust were unable to provide data for the 2024/25 publication, however some programmes were run in this HSC Trust by other providers.

Table 11: Participants Numbers by Programme Type and Funding Arrangements (2024/25)<sup>10</sup>

Programme Type	Statutory Funded	Voluntary Funded	Joint Funded	Other	Total
<b>Condition Specific</b>	<b>7,946</b>	<b>20</b>	<b>1,354</b>	<b>5,019</b>	<b>14,339</b>
Autism	242	-	-	-	242
Cancer	116	-	420	25	561
Cardiac	1,918	-	-	350	2,268
Chronic Pain	581	20	-	-	601
COPD	291	-	-	-	291
Dementia	-	-	917	-	917
Diabetes Type 1	338	-	-	32	370
Diabetes Type 2	1,502	-	-	20	1,522
Learning Disability	-	-	-	4	4
Mental Health	1,375	-	-	8	1,383
Other	1,605	-	-	489	2,094
Stroke	103	-	17	4,091	4,211
<b>Generic</b>	<b>935</b>	<b>-</b>	<b>-</b>	<b>852</b>	<b>1,787</b>
<b>Total</b>	<b>8,881</b>	<b>20</b>	<b>1,354</b>	<b>5,871</b>	<b>16,251</b>

<sup>10</sup> Belfast HSC Trust were unable to provide data for the 2024/25 publication, however some programmes were run in this HSC Trust by other providers.

<sup>12</sup> Funding may be provided through other sources such as Cooperation and Working Together (CAWT) - a partnership between the Health and Social Care Services in Northern Ireland and the Republic of Ireland which facilitates cross border collaborative working in health and social care.

## Appendix A: Background

This publication provides statistical information on patient education / self management programmes for long term conditions collected from Health & Social Care (HSC) Trusts and independent programme providers. It details information on the type, provision, frequency and Trust area of the programmes delivered during the year 1 April 2024 to 31 March 2025.

The [Programme for Government \(PfG\) 2011-15](#) included a commitment to enrol people who have a long term (chronic) condition, and who want to be enrolled, in a dedicated chronic condition management programme. The commitment sought to ensure that people who have a long term condition have the information and skills they need to be able to self manage their condition as effectively as possible.

The number of people in Northern Ireland living with one or more long term condition is increasing<sup>4</sup>. The Department is committed to improving the health and well-being and quality of life for people with long term conditions. It has produced a Policy Framework [“Living with Long Term Conditions”](#) to provide a strategic direction and driver for the commissioning, planning and delivery of services for adults in Northern Ireland with long term conditions. A key feature of the policy framework will be that people with long term conditions should be supported to self manage their condition effectively in order to maintain or enhance their health and well-being as well as their clinical, emotional and social outcomes.

Central to effective self management is providing information, education, advice and peer support for people with long term conditions in order to ensure they have the knowledge and skills to manage their own conditions more confidently, particularly when variations from the norm may occur, and to make daily decisions to improve their own health and well-being.

An initial data collection exercise was carried out during 2012 to establish a baseline on the number and type of patient education / self management programmes available in each HSC Trust during 2011/12. The original baseline information was produced in September 2013. Since then, arrangements have been put in place to facilitate the on-going collection of information on the provision of patient education and self management programmes. In July 2014 a regional summary report was published for the 2012/13 information collection and annual publications have continued since.

This report is a regional summary of the information provided on the Patient Education / Self Management Programme questionnaire 2024/25. Information was provided by HSC Trusts and independent sector organisations who delivered programmes during 2024/25. The report summarises the key statistical information provided for the year 2024/25 and how this compares with that collected in previous years.

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<sup>4</sup> [Programme for Government 2011 - 2015 | Northern Ireland Executive](#)

# Appendix B: Technical Notes

## Data Collection

The information presented in this publication derives from the Patient Education / Self Management Programmes for Long Term Conditions questionnaire. Completed questionnaires were provided by four of the five HSC Trusts in Northern Ireland, as well as independent providers, to Community Information Branch (CIB) in the Department of Health. Belfast HSCT did not provide a completed questionnaire in 2024/25.

For this publication, the questionnaire covered the year ending 31 March 2025 and gathered information on the type, provision, frequency and Trust area of patient education / self management programmes delivered during the year. Further details about the scope of this audit can be found in the [collection guidance notes along with a copy of the questionnaire](#).

## Data Quality

On receipt of the Patient Education / Self Management Programmes questionnaire, statisticians in CIB conduct internal consistency checks. They also check for variations from the baseline information collated for 2019/20 and the subsequent collections both regionally and across providers. Queries arising from validation checks are presented to the independent organisations or HSC Trusts for clarification and if required returns can be amended and re-submitted. The HSC Trusts are also asked to provide appropriate explanations for any inconsistent or missing information.

The statistics presented in this bulletin were collected as an audit of programme provision and uptake for 2024/25 and are best described as experimental. Any future statistics covering this issue may be subject to revisions in coverage and methodology.

## Data Presentation

Any instance of ‘ – ‘ represents either a zero figure or that the information is not available.

The total number of people who attended a patient education / self management programme would include any individuals who attended more than 1 programme during the year – there may therefore be an element of double counting.

As some information was not available by HSC Trust area, or programmes have been provided regionally, the sum of HSC Trust area figures may not match the total figure for Northern Ireland. In addition, there are some instances where data was unavailable but an estimate could be derived. Details of these can be found in the table below.

<b>Data Validation Issues</b>
<p>- Belfast HSC Trust did not complete a return ahead of publication in 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25 due to the likely impact of COVID-19 on programme provision in these years, imputing figures based on prior years would have likely been inappropriate. Therefore, submitted Belfast HSC Trust data is unavailable for 2020/21, 2021/22, 2022/23, 2023/24 and 2024/25</p> <p>- A number of organisations advised of disruption to programmes due to the impact of COVID-19. For many organisations there was a reduction in the number of programmes provided and participants attending. Please see 'COVID-19 impact on Patient Education / Self Management Programmes' for detail.</p> <p>- Cancer Lifeline were unable to submit a return due to COVID-19 pressures in 2020/21.</p>
<p>- Some new programmes could not be validated in time for the 2021/22 publication so were not included, but are part of ongoing data quality work to include all relevant programmes.</p> <p>In Northern HSC Trust these were new autism, long covid, and cancer programmes. In South Eastern HSC Trust these were new autism programmes.</p>
<p>In 2021/22 AWARE and Northern HSC Trust recorded that they had delivered regional online mental health programmes. These are not yet included in the Northern Ireland totals as further data validation work is required to incorporate regional programmes into this publication.</p>
<p>Northern HSC Trust cardiac programmes were not included in 2021/22 as they were delivered on a one-to-one basis. This type of programme delivery is typically not included in the patient education programme criteria.</p>
<p>Northern HSC Trust did not record participant numbers for their autism programme 'Emotional Regulation' in 2021/22.</p>
<p>South Eastern HSC Trust noted that the DESMOND (Virtual) diabetes programme was stood down from January to March 22 due to winter pressures, and there was a reduced ability to deliver the programme in 2021/22, due to staff redeployment related to COVID 19.</p>
<p>South Eastern HSC Trust did not record programme numbers for their pulmonary rehabilitation programmes in 2021/22.</p>
<p>Western HSC Trust noted issues in the provision of their pulmonary rehabilitation programmes in 2021/22 due to issues with technology and participant engagement leading to participant dropout.</p>
<p>Western HSC Trust noted staffing issues in the provision of their diabetes programmes in 2021/22.</p>

## **Amendments**

The cut-off point for amendments to data was 30<sup>th</sup> March 2026. Any amendments notified by HSC Trusts or independent organisations after this date will not have been included.

## **Rounding Conventions**

Percentages have been rounded to whole numbers and as a consequence some percentages may not sum to 100. 0% may reflect rounding down of values under 0.5%

## **Revisions Policy**

These data are revised by exception. If revisions are required, background circumstances are reported and revision dates are noted in subsequent publications of these series of statistics. The general revisions policy for Official Statistics produced by the DoH can be found in the DoH Statistics Charter on our [website](#).

## **Main Uses of Data**

Data presented in this publication helps to meet the information needs of the DoH. Commitment 44 in the Programme for Government (PfG) 2011-2015 is to 'Enrol people who have a long-term (chronic) condition, and who want to be enrolled, in a dedicated chronic condition management programme'. The figures included contribute to the Performance Indicators required to measure the provision of programmes and programme participation as well as identifying any further need of provision.

## **Contact**

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## **User Feedback**

Any comments you have regarding this or any other publication produced by CIB are welcome. Your views help us to improve the service we provide to users of this information and to the wider public.

Please send any comments you have to [cib@health-ni.gov.uk](mailto:cib@health-ni.gov.uk).

The scope of collection was agreed between the Public Health Agency and DoH and is summarised in the table below.

<b>This data collection IS covering</b>	<b>This data collection IS NOT covering:</b>	<b>LTCs included in audit:</b>
<p>Programmes for people with long term conditions.</p> <p>Programmes designed for:</p> <ul style="list-style-type: none"> <li>• Adults;</li> <li>• Children/young people;</li> <li>• Carers.</li> </ul> <p>Both HSC Trust <u>and</u> Independent sector provided / funded programmes.</p> <p>Programmes that have a formal / structured approach and are time limited.</p> <p>Programme format either structured group format or on-line format.</p>	<p>Any kind of “Support groups” for either physical or mental health long term conditions. By ‘support groups’ we mean informal, unstructured groups with no time limit.</p> <p>One-to-one reviews or appointments with health and social care professionals, e.g. GPs or other primary / community care professionals.</p>	<p>LTCs relating to physical health eg:</p> <ul style="list-style-type: none"> <li>• Diabetes;</li> <li>• Cardiac;</li> <li>• COPD / respiratory;</li> <li>• Stroke / dementia / neurological;</li> <li>• Chronic Pain;</li> <li>• Arthritis / other Musculoskeletal;</li> <li>• Cancer.</li> </ul> <p>LTCs relating to mental health.</p>

If you believe other organisations provide patient education programmes that fall within this definition and are not yet included please get in touch.

### Abbreviations

<b>Abbreviations</b>	<b>Full term</b>
BERTIE	Bournemouth Type 1 Intensive Education
BHSCT	Belfast Health and Social Care Trust
BNF	British National Formulary
BSO	Business Services Organisation

<b>Abbreviations</b>	<b>Full term</b>
CHOICE	Carbohydrate Insulin Collaborative Education
COPD	Chronic Obstructive Pulmonary Disease
CrISP	Carer Information and Support Programme
DIP	Dementia Information Programme
DM	Diabetes Mellitus
DAFNE	Dose Adjustment for Normal Eating
DAY	Diabetes And You
DESMOND	Diabetes Education & Self Management of Ongoing and Newly Diagnosed
DoH	Department of Health
HOPE	Help to Overcome Problems Effectively
IBD	Inflammatory Bowel Disease
NHSCT	Northern Health and Social Care Trust
PUMPS	Insulin Pump Education Programme
SEHSCT	South Eastern Health and Social Care Trust
SET2	Southern Education Type 2
SHAIRE	Southern Health Adjusting Insulin Round Eating
SHSCT	Southern Health and Social Care Trust
WHSCT	Western Health and Social Care Trust

This and other statistical bulletins published by Community Information Branch are available to download on the DoH website at:

**[Department of Health \(Social care statistics\).](#)**

This publication can be requested in large print or other formats.