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MEI Promotes Patient Education During National Health Education Week

Madison, Wisconsin — The non-profit [Medical Education Institute \(MEI\)](http://mei.org) is highlighting its approach to kidney patient education during [National Health Education Week \(NHEW\)](#), October 18-22. Effective patient education is at the core of the MEI mission: *to help people with chronic disease learn to manage and improve their health.*

MEI's patient education material is always hopeful in tone, written at a 5th-6th grade reading level, culturally sensitive, based on an up-to-date review of published medical science, and grounded in motivational theory to help engage people as active self-managers of their disease and its treatment. Our materials work across the spectrum of chronic kidney disease from stage 1 through kidney failure treatment options and end of life issues, and are available in a variety of print, video, and online formats to meet the needs of learners. All are free or low-cost.

MEI Executive Director Dori Schatell, MS, notes, *"To effectively help people with any chronic disease, we have to first address the storm of emotions that accompany the diagnosis. People want to know how an illness will affect their relationships, their livelihoods, their mortgage payments. Until we help them to see how they can best keep what they value most in their lives, they are too afraid to hear us when we try to educate them, and our efforts will be wasted. At MEI, we meet patients where they are, help them define where they want to be—then empower them to improve their own health outcomes."*

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ABOUT THE NON-PROFIT MEI
Watch a short video to learn about our work.

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