

Consumer Choice and Empowerment

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This session explores one of the aims of the Bone and Joint Decade, namely 'to promote prevention of musculoskeletal disorders and empower patients through education programs'.

Empowering consumers can be approached through shared decision making or through consumer participation. Both approaches are appropriate and will produce good outcomes, for consumers themselves and for the health system. While empowering consumers may not lead to an immediate reduction of the incidence of musculoskeletal disease it will lead to a safer and more responsive system. This is necessary objective in the overall aim.

**Abstract for Bone and Joint Decade Meeting
18 October, 2003**