

# Joint Action on Chronic Diseases and Promoting Healthy Ageing Across the Life Cycle

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## 2ND WP7 MEETING REPORT

6 –7 November 2014  
Vilnius, Lithuania



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This 2nd Work package 7 (WP7) meeting was joint with WP6. The objective of meeting was to present an update of the work package activities, to exchange and receive the contribution from the participants and improve the collaboration among all the partners of the two WPs.

The JA-CHRODIS coordinator, the WP leaders and co-leaders emphasised the interest and the importance of this joint meeting in creating the opportunity to share resources and experiences, and in promoting the integration of the activities towards more efficient strategies to prevent and care chronic diseases.

The principal [objective](#) of WP7 is to improve coordination and cooperation among Member States to act on diabetes, including the exchange of good practices. Implicit in this sentence is the assumption that the exchange of good practices will improve the quality of care including its outcomes in terms of health. The good practices will be defined on the basis of criteria identified through literature review. Examples of quality criteria and indicators have been presented on the four WP7 main topics:

- type 2 diabetes [prevention](#) with a focus on people at high-risk
- [management](#) of diabetes, including models of care delivery
- health [promotion](#)
- [educational](#) intervention for persons with diabetes, and training for health professionals.

Having [National Diabetes Plans](#) by itself may not be the solution to improve diabetes prevention and care, it is merely a tool that could bring together the partners that can make an impact in diabetes field and bring out of them the best they can give. The importance of creating a safe environment that every partner can feel comfortable at was brought up.

[ECD](#) (European Coalition for Diabetes) highlighted that we already have the knowledge for an effective prevention and care of diabetes, but we need to act. In particular we need:

- National strategies and effective leadership on diabetes and chronic disease,
- Better data, better accountability for outcomes,
- New community-based prevention, care and management in diabetes,
- To reach out to disadvantaged groups where the greatest burden of ill health lies.



An overview of the experience of [NHS England](#) in caring people with diabetes was presented. From 2001 to 2011 a full national policy team supported a National Service Framework for diabetes at Ministry level, and attached funding, specifically on making it a reality at the frontline. There were national bodies set up (“NHS Diabetes”, “NHS Institute for innovation and improvement”, “NHS Improvement”), whose role was to spread good practice and to hear about good examples and share these further.

The significance of patient [empowerment](#) as key factor for patient-centred healthcare systems was discussed. WP7 must seek a better integration with the EMPATHiE project. EMPATHiE is a research project funded by the Health Programme of the EU with an aim to achieve a common understanding of the concept of patient empowerment and identify good practices, success factors and barriers.

[EPF](#) (European Patient Forum) outlined that empowerment is perceived primarily in terms of self-management and “consumer choice”, while the concept involves many other factors including not just information but also health literacy, a key dimension of a citizen’s right to health. Further research is needed to identify the specific health system characteristics that contribute to empowerment or act as barriers.

In order to reduce health inequalities and improve the quality of care, the [EIWH](#) (European Institute of Women’s Health) aims to ensure a gender-sensitive approach to health policy, prevention, treatment, care and research. Due to biological differences and varied gender roles, men and women have different health needs, and women experience specific barriers to accessing healthcare.

WP7 team has defined a [questionnaire](#) on practices for prevention and management of diabetes in EU Member States. The survey is organized in two phases: the first has the objective to provide a structured overview about current programs (interventions, initiatives, approaches or equivalents) that focus on aspects of primary prevention of diabetes, identification of people at high risk, early diagnosis, prevention of complications of diabetes, comprehensive multifactorial care, education programs for persons with diabetes and training for professionals; the second phase will be devoted to an in-depth analysis of the programs identified in the first one. The questionnaire was piloted in Finland, Germany, Italy, Lithuania, Norway, and Slovenia. The [web version](#) of the questionnaire will be distributed in the coming weeks.

In [Lithuania](#) a Diabetes Control Programme (DCP) 2009-2011 was established in order to keep continuity of similar programme of 2006-2007 – the first one, which targeted primary diabetes prevention, early diagnosis and aimed to build up the multidisciplinary approach for diabetes care. During these 2 years there were financial recourses allocated for active early identification of people with DM, professional education and public information. However, this programme ended due to lack of financial recourses and then re-started for year 2009-2011, with almost the same aims with focus on early DM diagnosis, prevention of complications, education of professionals and public information.

During the [workshop](#), many ideas and proposed contributions of WP partners were collected.



**In conclusions:** the participants considered this first joint meeting as useful, they appreciated the organization, the networking and experiences exchange; it was good opportunity to enhance interaction between WP partners. The atmosphere was conducive for discussion. For future meeting an even more collaborative work was recommended with content related discussions in small groups.

**Actions to be taken:**

Those ideas brought up mostly during the workshop:

- To foster the work on communication.
- To give more visibility to partners.
- To make every partner heard and to have the possibility to contribute, use “out of the box” ideas in finding methods and logistics for successful communication.
- To share responsibilities, leadership and burden of work in WP7, stick to discipline.
- To deliver work on time, make clear what should be done, by when and by whom.
- To involve all partners in producing deliverables.
- To make WP7 place with high confidentiality in order to keep everybody to speak openly.
- To follow real life progress, the theory is known, progress from theory to practice!
- To support implementation (not deliver theory).

