

HOW CAN WE TACKLE THE CHALLENGES OF DIABETES AND OTHER CHRONIC DISEASES?

JA-CHRODIS is a European collaboration that brings together over 70 partners from national and regional departments of health and research institutions, from 26 European countries. These partners work together to identify, validate, exchange and disseminate good practices on chronic diseases across Europe and to facilitate their uptake across local, regional and national borders.

This publication highlights some of the findings relevant from the patient perspective resulting from a consultation about a specific chronic disease: diabetes*.

1. EDUCATION

Education for both patients and healthcare professionals is an absolutely crucial element.

Where are we now?

FOR PATIENTS



15 out of 19 responding countries have education programmes for people with diabetes.



Educational programmes are roughly equally present in both rural and urban settings.



Implementation is more regional and local rather than national (= specific programmes adapted to local settings and needs).

FOR HEALTHCARE PROFESSIONALS

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of the countries have training programmes for professionals.

79%

of the training for professionals is supported by national policies and legislation in 79% of the responding countries.



More than half of the responding countries report to have an evidence-based curriculum, defined specific training methods and didactics.



Prevention is now emphasised in the university training curricula.



Positive change of the paradigm from teaching to coaching.



Developments in integrated chronic disease management and care.

How can we improve it?

- ✓ **Develop tools to raise awareness and health literacy.**
- ✓ **Consider vulnerable groups in management programmes.**
- ✓ **Offer more educational programmes for relatives and caregivers.**
- ✓ **Include ageing population's changing needs in healthcare professionals' education.**
- ✓ **Add the integrated care approach to disease-specific educational programmes.**
- ✓ **Address the specific needs of the person after hospitalisation.**
- ✓ **Promote patient empowerment.**
- ✓ **Encourage SELF-MANAGEMENT.**

2.

SELF-MANAGEMENT

Improving patients' self-management skills is a way to promote health.

How should it be taught and implemented?



Consider factors such as: socioeconomic status, cultural background, gender difference and rural-urban divide.



Create ownership of the condition.

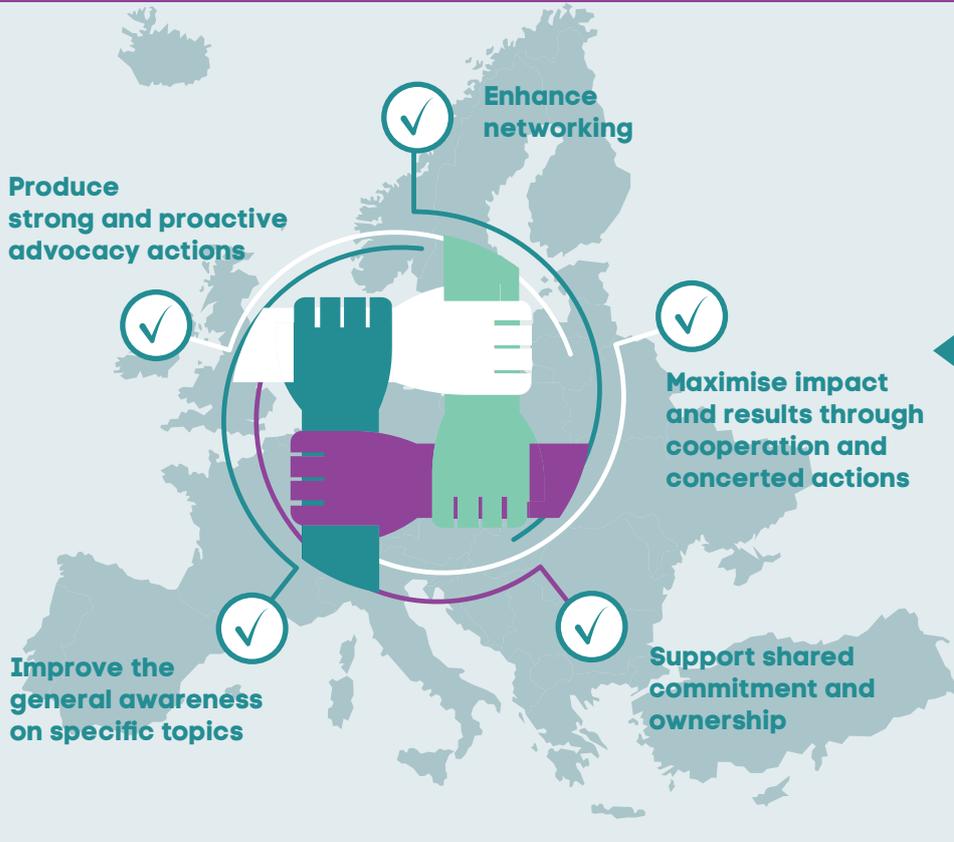


Use information and communication technologies to improve adherence to treatment plans.



Implement new tools and techniques: solution-centred counselling, motivational interviewing, empowerment-based approaches and updated curricula.

How can Patient and Civil Society organisations help?



3.

PATIENT AND CIVIL SOCIETY ORGANISATIONS

Their involvement in developing and implementing national strategies is well documented across Europe and it is encouraging to see that such organisations are taken more and more into serious consideration and are recognised as equal partners.

For more information about JA-CHRODIS visit the website: <http://www.chrodis.eu/>

*Why diabetes? It overlaps in health promotion, prevention, treatment as well as training of patients and healthcare professionals, and it can therefore be used as a model case study, applicable to other diseases.



This publication arises from the Joint Action [on chronic diseases and promoting healthy ageing across the life cycle (JA-CHRODIS)] which has received funding from the European Union, in the framework of the Health Programme (2008-2013). The content of this publication represents the views of the author and it is his sole responsibility; it can in no way be taken to reflect the views of the European Commission and/or the Consumers, Health, Agriculture and Food Executive Agency or any other body of the European Union. The European Commission and/or Agency do(es) not accept responsibility for any use that may be made of the information it contains.