

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

Diabetes: a case study on strengthening health care for people with chronic diseases

3rd WP7 Meeting Report

2 -3 July 2015
Rome, Italy



The objective of this 3rd meeting was to present an update of the work package activities, to exchange and receive the contribution from the participants, to improve the collaboration among all the partners towards achieving the objectives of the WP7. The list of [participants](#) is available.

AGENDA

- Opening session
- Overview of the progress made in the WP7
- Questionnaire on prevention and management of diabetes. Presentation of the results
- SWOT analysis
- Communication and dissemination
- Evaluation of the JA-CHRODIS
- Patient empowerment: a lever for change
- Quality criteria - Consensus process
- Indicators for the quality of diabetes care
- Input from Partners
- Conclusions and next steps

July 2nd

Opening session

Carlos Segovia, on behalf of the coordination team, emphasised the interest and the importance of this meeting in creating the opportunity to share resources and experiences. JA-CHRODIS represents a big community, with more than 63 partners, and offers unique opportunity to learn from each other in promoting efficient strategies to prevent and care chronic diseases.

Overview of the progress made in the WP7

Marina Maggini and Jelka Zaletel presented the [work](#) of the WP from the 1st meeting held in Rome in July 2014. They reminded that the principal objective of the WP is to improve coordination and cooperation among Member States to act on diabetes, including the exchange of good practices. The deliverable of WP7 consists on recommendations to improve early detection and preventive interventions, to improve the quality of care for people with diabetes, and to develop National Diabetes Plans, along with the definition and agreement on a common minimum set of indicators. These cross-national recommendations will be based on existing knowledge and existing successful strategies.

Questionnaire on prevention and management of diabetes. Presentation of the results

The first phase of the survey on programs (interventions, initiatives, approaches or equivalents) on prevention and management of diabetes was concluded. Data, collected in the period December 2014-April 2015, were summarized and reviewed by each responder. Preliminary results are presented in the [Report](#) "Survey on practices



for prevention and management of diabetes". The report contains descriptive analyses with frequency of countries by each response option, and a detailed description with data by Country.

Flavia Lombardo presented an [overview](#) of the results of the survey, and some specific results on education and training for professionals. A total of nineteen countries (and 55 experts) contributed to the collection of data on prevention and management of diabetes. Seventeen of them were involved in the JA-CHRODIS, Romania was reached through EPF, and Hungary by its representative in the JA Advisory board. The degree of completeness varied as a function of the National policies on diabetes, and of availability of data. Jaana Lindström presented results on the [prevention](#) of diabetes, and Ulrike Rothe the results on [management](#) of diabetes.

Key points of debate and agreements

The Report is open for comments until the 10 of September.

ISS team will perform additional analyses by section, using as denominator the number of countries respondents to the specific section.

The description with data by Country stays as an integral part of the Report.

The names of all the experts who contributed to the collection of data will be reported.

An executive summary with key messages will be ready by the end of September. It can be used for the Diabetes World Day on the 14 of November.

SWOT analysis

Angela Giusti presented the aims of a [SWOT](#) analysis on National policies and programs on prevention and management of diabetes, and explained the principal characteristics of the method. The participants performed a [pilot](#) analysis. Alain Brunot presented the SWOT for France, and Valentina Strammello (EPF) a SWOT on EU policy on patient empowerment. The pilot and the discussion on the two particular experiences were considered interesting and helpful for the WP7 objectives.

Key points of debate

Some colleagues raised the question on the need to conduct the SWOT analysis, given that WP7 major objective is to exchange good practices. It was argued that the idea is to offer insights on what makes a policy/program applicable, sustainable, effective from a public health and from the stakeholders perspectives, what are the necessary preconditions for its implementation and what are the lesson learnt from the experience.

Communication and dissemination

Anna Gallinat, WP2 leader, highlighted the central role of [communication](#) activities for the success of CHRODIS, outlining the why we communicate:



- to raise awareness about the issue of chronic diseases in Europe, and the existence of the Joint Action;
- to build knowledge about the situation relating to the prevention, management and treatment of chronic diseases in EU Member States and how the work of the Joint Action can contribute to solutions;
- to involve stakeholders in the process of identifying solutions;
- to encourage stakeholders to apply JA-CHRODIS outputs.

Communication is a responsibility of all the partners involved in the JA, and all are encouraged to contribute and help WP2 in the dissemination of the JA activities and outcomes.

Evaluation of the JA-CHRODIS

Agència de Qualitat i Avaluació Sanitàries de Catalunya (AQuAS) is leading WP3 together with Associação Protectora dos Diabeticos de Portugal (APDP) (co-leader). Rogerio Ribeiro (APDP) reminded that, as the work package for **evaluation** is defined as a horizontal WP, all partners should be involved in this work having the WP leaders an important role with comments and feedback of the work done. Objective of the evaluation activities is to assess the Implementation and the impact of the JA-CHRODIS:

- Implementation assessment - to assess the success of the different work packages in delivering what they set out and monitoring the project's development.
- Impact assessment - to assess the impact on knowledge and understanding of the JA and the level of impact on policy and practices.

WP3 is working hard on the definition of indicators together with WPLs. For all objectives of the JA, process indicators, outcome and output indicators will be developed. WP leaders will support and cooperate in the evaluation process. The evaluation strategy for WP7 was presented.

July 3rd

Roberto D'Elia, on behalf of the DG of Prevention of the Italian Ministry of Health, presented the main lines of **action** to counteract diabetes in Italy.

Patient empowerment: a lever for change

The mission of **EPF**, said Valentina Strammiello, is to ensure that the patient community drives policies and programmes that affect patients' lives to bring changes empowering them to be equal citizens in the EU. We need to put truly the patient at the centre of health policy, and we need a system change.

Valentina Strammiello presented the EPF campaign on patient empowerment as an example of policy action at EU level. The campaign needs to promote an understanding about what lies behind the concepts of health literacy, patient

empowerment and patient involvement to make them more concrete. With this campaign EPF wants to call for active engagement of political decision-makers and health professionals towards patient empowerment.

David Somekh outlined that, although since the 1990s the principle of patient involvement has been actively embraced as a policy, in practice it has proved hard to embed, due to the strength of existing attitudes, on both sides. Ironically it has been the rapid technical development of ICT that has provided the potential substrate for a significant acceleration in the process of transformational change. Background, conceptual framework, and descriptive results of the **EMPATHiE** tender were presented. The specific objectives are: to identify best practices for patient empowerment; to identify facilitators and barriers to empowering patients; to develop a method to validate transferability of good practices, to develop scenarios of EU future collaboration on this subject. Transferability, in particular, is a big challenge.

Quality criteria - Consensus process

The WP7 leader, co-leader, and task leaders identified, through literature review, preliminary lists of quality criteria and indicators on the four WP7 main topics: diabetes **prevention** with a focus on people at high-risk, **management** of diabetes, **health promotion**, educational intervention for persons with diabetes, and training for health professionals. The partners are now using these criteria to describe (using specific **forms**) the programs/practices identified in the first phase of the survey.

All the criteria identified, will contribute, through a **consensus process**, to the definition of a set of quality criteria to assess good practices. In the JA-CHRODIS the process of identifying good practice assessment criteria will follow a Delphi methodology in collaboration with WP4. WP7 and WP4 agreed on developing a Delphi on Diabetes based on the selection criteria already identified by WP7. These criteria will be reviewed and weighted by a panel of experts (WP7 partners to be included). For the criteria on health promotion, results from Delphi 1 could be integrated.

Timeline: Autumn 2015 definition of the expert panel; January 2016 setting the questionnaire, Feb-March 2016 round questionnaires.

Key points of debate and agreements

Some partners claimed the necessity of a major involvement from the beginning of the process. In particular EPF stressed the importance to ensure to patients, through their organizations, an active role in activities that will have consequences for the patient community. This is a central point to meet patients' needs.

It was argued that the proposed lists of criteria represent the necessary preliminary lists to be submitted to the consensus process. This process (DELPHI) will allow all the partners to contribute to the final decision.

The criteria on health promotion may be merged with those on education, given that health promotion is usually considered a core component of educational program for people with diabetes.

All the partners will review the proposed lists of criteria, and suggest changes. The deadline is the end of September.

After a discussion, the participants agreed to conduct the SWOT analysis. Almost all the partners, stated that the SWOT was interesting and useful for the WP7 objectives. The ISS team will prepare a new tutorial, and will post it in the WP7 platform as soon as possible.

The SWOT analysis will be presented at the next meeting in Ljubljana.

Indicators for the quality of diabetes care

Massimo Massi Benedetti shared with all the participants the experience of the BIRO network, and [EUBIROD](#) registry. The general objective of the project was to build a common European infrastructure for standardized information exchange in diabetes care, for the purpose of monitoring, updating and disseminating evidence on the application and clinical effectiveness of best practice guidelines on a regular basis.

Input from Partners

Jan [Christensen](#), as representative of EWMA, pointed out the contribution of this umbrella organisation to the JA-CHRODIS; in particular to describe best practices for prevention and treatment of diabetic foot ulcers, and to disseminate CHRODIS information and results.

Theodore [Vontetsianos](#) presented the activities of the EIP-AHA B3 action group on "Maturity model for the assessment of integrated care services". He emphasized the possible synergies with WP7 activities.

Zydrune [Visockiene](#) presented a protocol on the study on influence of diabetes on health care resources usage in multimorbidity patients, and some preliminary results from Lithuanian database analysis. The study, in collaboration with WP6 co-leader, may be conducted in all the countries where the data are available. The protocol will be posted in WP7 platform.

Conclusions and next steps

Marina Maggini and Jelka Zaletel reminded that the first draft of recommendations is expected by the end of 2016, and presented the WP7 next [steps](#):

Completing second phase of data collection on practices reported by partners

SWOT analysis per Country

Analysis of data

Finalized report

Revision of quality criteria

Delphi - definition of expert panel

Drafting recommendations

Policy brief on NDPs

Workshop on NDP and SWOT. 20-21 October, Ljubljana

Drafting guide on NDPs

The participants considered this 3rd meeting as useful, they appreciated the organization, the networking and experiences exchange. WP7 has developed a good work. Suggestions to WP7 leader and co-leader: to enhance interaction with partners, to involve all partners in producing reports and deliverables, to be clearer on work plan.

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