The Sewing Thread of JA CHRODIS: bringing the exchange and transfer of practices into motion
Objectives of the session:

1. How to increase the internal coherence and consistency of JA-CHRODIS towards its **general** and **strategic goal**

2. Design the overall **work plan** until March 2017

3. Explore ideas for a **potential second phase** of JA-CHRODIS
The Sewing Thread of JA CHRODIS

The general and strategic goal: **Good Practices**

Let’s read

*Good practices at FAO: Experience capitalization for continuous learning*

http://www.fao.org/docrep/017/ap784e/ap784e.pdf

What is a good practice?

- a practice that has been proven to work well and produce good results,
- is therefore recommended as a model.
- It is a successful *experience*,
- deserves to be shared so that a greater number of people can adopt it.
The Sewing Thread of JA CHRODIS

The general and strategic goal: **Good Practices**

What for?
For an organization to progress and adapt to change

- it must become a **learning organization** which draws lessons from its experiences in order to identify and understand good practices.
- These good practices will improve the way the organization works.
- They can be applied to specific contexts, institutionalized, shared and replicated at different levels: from local to international
The Sewing Thread of JA CHRODIS

The general and strategic goal: **Good Practices**

How to exchange and transfer good practices?

Modality A: dealing with evidences, generalizations, average or controlled practices

E.g.: definition of one cost-effective intervention (ideal)

- Unidirectional: practice – expert - practice
- Passive role for implementers
- Low attention to context
- Weak role for JA-CHRODIS
- One fits all
- Well defined what to do

Extract evidence

Issue reports, recommendations, guidelines, models

Other sources
(literature, studies)
The Sewing Thread of JA CHRODIS

The general and strategic goal: **Good Practices**

How to exchange and transfer good practices?

Modality B: dealing with particular modalities of implementation of the ideal recommended intervention

- Multidirectional
- Implementers protagonists
- High attention to context
- Many different possibilities
- Strong role for CHRODIS
- Well defined what to do & how

Real implemented interventions less cost-effective - less effective or more expensive than the ideal
Learn from each other how to implement it better or diminish costs
The Sewing Thread of JA CHRODIS

Internal **coherence & consistency** in JA-CHRODIS

Hypothesis:
So far, JA-CHRODIS good in modality A
room for improvement in modality B
### Disclosing the potential of JA-CHRODIS to organize the transfer of good practices

<table>
<thead>
<tr>
<th>The functions</th>
<th>The activities</th>
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<tbody>
<tr>
<td>Focusing on practices on chronic conditions</td>
<td>Revision of the literature and existing practices</td>
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<td>Assessment criteria (Delphi), methodology and panels for the help desk</td>
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<td>Facilitating the exchange of good practices</td>
<td>An operative PKE</td>
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<td>Capturing good practices from area or setting A</td>
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<td>Assess them following the criteria agreed upon with Delphi methodology</td>
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<td>Feed the PKE and organize communities of practice as appropriate</td>
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<td>Study visits WP5</td>
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<td>Promoting a continuous exchange of good practices</td>
<td>Help desk</td>
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<td>Advice to assess transferability to B</td>
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<td>Advice on the transfer of good practices to area or setting B</td>
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<td>Advice on the evaluation of a good practice in the new setting</td>
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<td></td>
<td>Training activities WP 5,6,7</td>
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<tr>
<td>Recommendations &amp; care models</td>
<td>Follow EuSANH framework</td>
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</table>
The Sewing Thread of JA CHRODIS

Work plan March 2107.

4 elements to be included or improved.

1 Capturing potential good practices
so far: 41 promotion & prevention;
18 – 101 (?) multimorbidity;
19 NDP

Proposal:
Use all JA-CHRODIS contacts to collect up to ___ potential good practices
Adding local programmes or interventions
The Sewing Thread of JA CHRODIS

Work plan  March 2107

2 Organizing peer review of potential good practices & feeding the PKE
   Proposal:
   Identify reviewers amongst (associated & collaborative) partners. Date: ____
   Begin to implement peer review of collected practices

3 Organize the help desk
   Collaboration as third layer
   Proposal:
   To be revisited later
The Sewing Thread of JA CHRODIS

Work plan  March 2107

4 Communities of practice
Proposal:
1 community per area (promotion & prevention, multimorbidity, diabetes)

5 Collaborate with GB for recommendations:
(Framing the issue, planning the process, publishing, assessing impact)
Proposal:
Adopt this method for all future recommendations / guidelines
Ideas for a potential second phase of JA-CHRODIS

Continue and enlarge modality A of dealing with good practices

Enhance modality B, exhausting the capabilities of the PKE
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

* This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013).
Impact Evaluation Plan

7th Executive Board meeting
JA-CHRODIS
2nd February 2016
Why doing impact assessment?

- **Input**: What is invested? What resources are you working with?
- **Output**: What are you doing to accomplish your research goals?
- **Outcome**: What are direct results?
- **Impact**: What are medium/long term consequences? What are the ultimate expected impacts?

Monitoring JA-Chrodis
Why doing impact assessment?

Accountability???

“to show that money and other resources have been used efficiently and effectively, and to hold to account”
Proposal of Dimensions for the Impact Assessment

“The objective of CHRODIS-JA is to promote and facilitate a process of exchange and transfer of good practices between European countries and regions, addressing chronic conditions, with a specific focus on health promotion and prevention of chronic conditions, multimorbidity and diabetes.”

Implicit result in improved outcomes of policies, programmes and clinical or public health interventions on chronic conditions.

Grant Agreement Number 2013 22 01

WWW.CHRODIS.EU

Addressing chronic diseases & health ageing across the life cycle
ADDRESS CHRONIC CONDITIONS
REVIEW EXISTING PRACTICES & LITERATURE
WP 5 Health promotion and prevention of chronicity
WP 6 Common guidance for care pathways for multimorbidity
WP 7 Diabetes: a case study
IDENTIFYING POTENTIAL GOOD PRACTICES
WP 2 Dissemination
WP 5, 6, 7
WP 1 Coordination / EIP AHA

FACILITATE EXCHANGE & TRANSFER
PRACTICES SELECTION CRITERIA Delphi WP 4, 5, 6, 7
PLATFORM FOR KNOWLEDGE EXCHANGE WP 4
SELECTING GOOD PRACTICES WP 5, 6, 7

PROMOTE EXCHANGE & TRANSFER
TRAINING & RECOMMENDATIONS
WP 5 Conference seminars / Study visits
WP 6 Case management training
WP 7 Education strategies professionals and patients / Guideline NDP
TRANSFER OF GOOD PRACTICES

NEW GOOD PRACTICES for
Policy makers / Public health officials / Health care managers / Clinicians Population

BETTER QUALITY OF CARE BETTER HEALTH OUTCOMES
Work done – Defining the Impact Assessment plan

- First draft proposal (May 15)
- EB discussion (June 15)
- Impact plan
**Evaluation plan**

The monitoring and evaluation plan of JA-CHRODIS will be organized in the following parts:

1. Monitoring the progress of JA-CHRODIS against the specifications of the grant agreement.

2. Mid-term and long-term Implementation Impact Assessment of JA-CHRODIS.
During the 6th Executive Board (EB) meeting in Treviso (June 2015) EB agrees on the need to include an Impact Assessment Evaluation proposal in the Evaluation Plan. EB agrees on the potential implicit results that JA-CHRODIS has: **improvement of policies, programmes, and interventions directed to addressing chronic diseases through the exchange of good practices**.

The logical framework model was followed in order to define the dimensions to evaluate. This model begins backwards from the main objective, through the purpose or outcome, to the outputs and finally to the activities. EB members agree on defining impact assessment focused around 3 dimensions:

1) Effectiveness: exchange and transfer of practices
2) Transferability of practices: to facilitate exchange of practice transfers and
3) To address health promotion and chronic care prevention
**Impact assessment indicators of JA-CHRODIS**

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<thead>
<tr>
<th>DIMENSION</th>
<th>EFFECTIVENESS</th>
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<tr>
<td>1)</td>
<td>PKE is fully functional with all necessary technical features.</td>
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<td>2)</td>
<td>PKE is well known amongst health professionals from European Member States.</td>
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<td>3)</td>
<td>The practices selection criteria is accepted and valorised by health professionals, including the attractiveness of practices for their professional mission.</td>
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<td>4)</td>
<td>A high number of health professionals send their potential good practices to the PKE.</td>
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<td>5)</td>
<td>Good practices in the PKE are felt as following the selection criteria, including the transferability to other context</td>
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<td>6)</td>
<td>A high number (more than 500) new or innovative practices are implemented based on good practices of the PKE (mid-term)</td>
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</table>
### Transferability

<table>
<thead>
<tr>
<th>DIMENSION</th>
<th>PROMOTE AND FACILITATE EXCHANGE AND TRANSFER, TRANSFERABILITY OF GOOD PRACTICES</th>
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<tr>
<td>7)</td>
<td>Most of the included practices are defined providing enough information so as to guide the implementation in a different setting.</td>
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<td>8)</td>
<td>Good practices chosen to be transferred were acceptable in the new context - were implemented, including economic, organizational, behavioural and cultural context.</td>
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<td>9)</td>
<td>There is a relevant flow of good practices and a significant implementation of good practices.</td>
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### Addressing chronicity. Selection of potential good practices

<table>
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<tr>
<th>DIMENSION</th>
<th>ADDRESSING CHRONICITY. SELECTION OF POTENTIAL GOOD PRACTICES</th>
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<tr>
<td>10)</td>
<td>Proportion of health professionals who implement the new or innovative practice in each area and field</td>
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<td>11)</td>
<td>Increase in the proportion of population that receives new or innovative care or interventions of increased quality</td>
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<td>12)</td>
<td>Number of best practices introduced in Member States Health policies and recommendations (Clinical practice guidelines, recommendations, etc...)</td>
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Questions addressed to the EB

• What’s next?
• Should we stop here?
• Indicators TBD?
• Data collection?
• Relation with the “The Sewing Thread of JA-Chrodis”? 

WWW.CHRODIS.EU
Proposal for the future

• Agreement and final version of the “The Sewing Thread of JA-Chrodís” document
• To add Impact assessment plan as a part of this document.
• Select the impact “proxy” indicators of the ones to be collected at the end of the project (final report based on monitoring plan).
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

* This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013). Sole responsibility lies with the author and the Consumers, Health, Agriculture and Food Executive Agency is not responsible for any use that may be made of in the information contained therein.
Overview of the progress made in JA Chrodis

Work Package 1
Achieved Activities / Tasks in 2015

- 1 General Assembly & 1 Stakeholders meeting
- 2 Executive Board meeting + monthly TCs
- 1 Governing Board meeting; 1 Advisory Board meeting
- Liaison with European Commission and CHAFEA
- 1st year financial and technical report
- Amendment (V0.1)
- Coordination and support to WPs, internal communication
- 9 dissemination activities & collaboration WP2 articles
- Changes in coordination
Achieved Deliverables & Milestones in 2015

DELIVERABLES

• D08-02: Progress Reports and Executive Board minutes (M24)

• D09-01.01: Annual Reports on Sustainability. Reports on the conclusions of the discussions of Governing Board on the future plans for making the activities of JA-CHRODIS sustainable in time (M15 ->M24) and keep chronicity high in the political agenda

• D10-01.02: Technical and financial interim reports of the JA-CHRODIS (M24-> M26)

MILESTONES

• M-WP1-04: 2nd interim report to the EC (M24 ->M26)
## Deliverables & Milestones to accomplish in the next 6 months

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<tr>
<th>Deliverable 10 01.2</th>
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<tr>
<td>Technical &amp; financial report (M24)</td>
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<th>Deliverable 9</th>
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<tr>
<td>Annual Reports Sustainability (M27)</td>
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<th>Apr</th>
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<th>Jul</th>
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<tbody>
<tr>
<td>EB minutes &amp; progress report</td>
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<tr>
<th>Milestone WP1-04</th>
<th>Feb</th>
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<td>2nd interim report to EC</td>
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Specific activities to agree (I)

• 3 EB/ GB/ AB meetings (Jun’16, Oct’16, Jan’17)

• JA-CHRODIS final conference March’17

• JA-CHRODIS dissemination events:
  – 16th International Conference on Integrated Care (BCN 23-25 May’16)
  – European Health Forum Gastein (Gastein, 28-30 Sep’16)
  – European Public Health Conference (EUPHA) (Vienna, 9-12 Nov’16)
Specific activities to agree (II)

• Scale depending of resources available:
  – Dissemination of PKE through workshops
  – Development of communities of practice
  – Translation of practices in PKE
Financial Overview
Key Figures

- Total Budget: **9,3 Million Euros**
- EU Contribution: **4,6 Million Euros**
- 39 months (January 2014 to March 2017)
- 39 Associated Partners
- 33 Collaborating Partners
- 32,594 person days
Summary January 2014 to December 2015

• Overall expenditure up to M24
  
  $5M \text{\ €} \quad 54\% \text{ Budget}

• Person days consumed up to M24

  19,197 p/d \quad 59\% \text{ Budget}
Budget per WP

Person Days 2014-2017

- WP1: 13%
- WP2: 3%
- WP3: 2%
- WP4: 25%
- WP5: 17%
- WP6: 21%
- WP7: 19%

Budget 2014-2017

- WP1: 14%
- WP2: 5%
- WP3: 3%
- WP4: 22%
- WP5: 16%
- WP6: 20%
- WP7: 20%
Expenditure overview by Work Package

Person days consumed M24

<table>
<thead>
<tr>
<th>WP1</th>
<th>WP2</th>
<th>WP3</th>
<th>WP4</th>
<th>WP5</th>
<th>WP6</th>
<th>WP7</th>
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<tr>
<td>61%</td>
<td>70%</td>
<td>52%</td>
<td>52%</td>
<td>66%</td>
<td>66%</td>
<td>54%</td>
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Expenditure M24

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<th>WP1</th>
<th>WP2</th>
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<td>62%</td>
<td>49%</td>
<td>43%</td>
<td>48%</td>
<td>61%</td>
<td>54%</td>
<td>50%</td>
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</table>
**Expenditure overview by Cost Type**

**Expenditure per Cost Type M24**

<table>
<thead>
<tr>
<th>Cost Type</th>
<th>Percentage of Total</th>
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</thead>
<tbody>
<tr>
<td>E1a. Staff Public Officials</td>
<td>65% of 3.6M €</td>
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<tr>
<td>E1b. Staff Non-Public Officials</td>
<td>55% of 3.3M €</td>
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<tr>
<td>E2a. Travel Costs</td>
<td>34% of 365k €</td>
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<tr>
<td>E2b. Subsistence Allowance</td>
<td>52% of 203k €</td>
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<tr>
<td>E3. Equipment</td>
<td>31% of 8k €</td>
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<tr>
<td>E4. Consumables and supplies</td>
<td>36% of 0.5k €</td>
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<tr>
<td>E5. Subcontracting</td>
<td>37% of 405k €</td>
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<tr>
<td>E6. Other Costs</td>
<td>13% of 800k €</td>
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</tbody>
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Expenditure overview by Partner

Expenses vs Budget M24
Conclusions

• Budget on track but need to focus on next 15 months.
• WP Leaders need to take a closer look at their partners’ workload.
• Efficient use of resources - consider reallocation between cost categories, partners and WPs.
• Support from WP1.
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

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Overview of the progress made in JA Chrodis

Work Package 2
Work Package 2

Deliverables, Milestones & Activities
Achieved Activities / Tasks in 2015

- Dissemination
  - 3 Newsletters & 5 monthly updates
    - (Newsletters’ focus: Introduction, Health Promotion, Diabetes
  - Promotional materials:
    - Poster updates
    - brochure updates
    (translated into 11 languages)
Achieved Activities / Tasks in 2015

- **Dissemination**
  - Website / online communications:
    - Increased frequency of website updates, social media updates
    - Website banner & intro text available for all CHRODIS Partners
    - General presentations (long and short PPT versions) also available for all
    - New “Outcomes & Results” section
Achieved Activities / Tasks in 2015

- **Dissemination**
  - Press releases (x3) & articles about JA-CHRODIS
    - e.g. EP Magazine, Pan-European Network (x2).
  - Promotional video
    - YouTube, social media, website
    - Subtitles in Portuguese, Slovenian

- **Guidelines of authorship**

- **Stakeholder mapping**
  - 2200 contacts in the database (as of December 2015)
Achieved Activities / Tasks in 2015

• Cooperation with WP leaders and partners
  – Overall support (editing, layout of reports, etc)
    • e.g. WP5 conference materials or WP7 policy brief.
  – WP2 partners
    • e.g. video, EUREGHA meeting
  – Other stakeholders
    • e.g. communication team of the EIP-AHA, meeting with ECDA
  – Visibility of JA-CHRODIS at other conferences and events
    • Poster presentation at EPH Milan 2015;
    • Presentation at EPHA Conference
Achieved Activities / Tasks in 2015

- A few stats
  - Newsletter / Monthly update readers (2015)
Achieved Activities / Tasks in 2015

• A few stats
  • **Website** (1 January-31 December 2015)
    - Sessions: 21255
    - Users: 12813
    - Page views: 65656
    - Returning visitors: 40%

• Average session duration 3:08 mins,
• Most visited sites: Homepage, About Us, Partners, Our Work and events
Achieved Activities / Tasks in 2015

- A few stats
  - Twitter
    - 18 tweets per month in 2014
    - 27 per month in 2015
    - 55% of tweets get retweeted
  - Facebook
Achieved Activities / Tasks by Partners in 2015

- To be updated asap
  - 26 AP responded (66.6%) who have engaged in dissemination activities
  - Type of actions
    - Dissemination of information through e.g. own newsletters
    - Translation and dissemination of brochure, press releases, video
    - Info on JA-CHRODIS on own websites
    - Presentations at conferences and events, individual meetings
  - Report on year two dissemination activities available by early March
### Activities/Tasks to accomplish in the next 6 months

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<tr>
<td><strong>Overview Y2 activities</strong></td>
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<tr>
<td>Report Y2 activities</td>
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<td><strong>Dissemination</strong></td>
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<td>Newsletter; monthly updates; poster &amp; brochure updates</td>
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<td><strong>Stakeholders mapping</strong></td>
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<td>Ongoing update</td>
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<td><strong>Online tools</strong></td>
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<td>Website updates; Social media plan / increase updates</td>
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<td><strong>Promotion</strong></td>
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<td>Increase media coverage; presentations at other conferences</td>
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Deliverables & Milestones to accomplish in the next 6 months

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<td><strong>Specific WP2 deliverables</strong></td>
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<td><strong>Newsletter</strong></td>
<td>01/2016</td>
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<td>02/2016</td>
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<td><strong>Webinars</strong></td>
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<td><strong>Video</strong></td>
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<td><strong>Focus on all WPs’ outcomes and deliverables</strong></td>
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<td><strong>Follow JA work plan; fully engage all WPs &amp; all partners</strong></td>
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Promoting external visibility of JA-CHRODIS
More to come in the afternoon...
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Overview of the progress made in JA Chrodis

Work Package 3

Carme Carrion, Mireia Espallargues, Rogerio Ribeiro, Noemí Robles
AQuAS - APDP
7th Executive Board meeting
JA-CHRODIS
Madrid, 2nd February 2016
Work Package 3

Deliverables, Milestones & Activities
Achieved Activities / Tasks in 2015

FINISHED

✓ Evaluation Plan – Monitoring Plan (October)
✓ Data collection for Mid Interim Report (October-December)
✓ Analysis of satisfaction surveys CHRODIS big events: 1st General Assembly and 1st & 2nd Stakeholders Forums (November)

IN PROGRESS

• Mid Interim Report (draft version)
• Global satisfaction survey with the JA addressed to AP and CP
• Further definition of Impact Assessment Plan
Achieved Deliverables & Milestones in 2015

- M-WP3-01/D05-01: Evaluation Plan (M22)
- M-WP3-02: Acceptance Terms of Reference (M5 - Reconfirmed M16)
- M-WP3-03/D05-02: Mid Interim Report (M24)
- M-WP3-04/D05-03: Final Report (M39)
Activities/Tasks to accomplish in the next 6 months

<table>
<thead>
<tr>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
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<tbody>
<tr>
<td>Feb</td>
<td>Mar</td>
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<tr>
<td>Mid Report</td>
<td>Further Development of the Impact Plan (together WP1 and WP-leaders)</td>
<td>Global Satisfaction Survey</td>
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Deliverables & Milestones to accomplish in the next 6 months

<table>
<thead>
<tr>
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<tr>
<td>D05-02/ M-WP3-03</td>
<td>Mid Interim Report</td>
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</table>
This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013).
Overview of the progress made in JA Chrodisis

Work Package # 4
Achieved Activities in 2015 / DELPHI 1

<table>
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Delphi on Health Prevention & Promotion

- DELPHI 1 consultation
- Face to Face meeting
- List of criteria and specific weights
- final report D1
Achieved Activities in 2015 / DELPHI 2

Delphi on organisational interventions

- DELPHI 2 consultation
- Face to Face meeting
- List of criteria and specific weights
- final report D2
# Achieved Activities in 2015 / DELPHI 3

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**DELPHI on Patient Empowerment interventions**

- Literature review
- Identification of experts
- DELPHI 3 Consultation (phase I)
# PKE/Tasks accomplished in 2015

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- **MeSH automated labelling through NLM API**
- **Metadata user profiles designed**
- **CH and DL search results screen designed**
### PKE/Tasks accomplished in 2015(2)

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<tr>
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## Tasks to be accomplished in the next 6 months

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**Search engine piloting**

- Browsing contents

**Helpdesk**

- Help Desk Integration

**Search Engine**

- Programming search engine

**Submission Form**

- Practice submission form D2
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<thead>
<tr>
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# Achieved Deliverables & Milestones in 2015

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<th>DELIVERABLE NUMBER</th>
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<th>MONTH ACHIEVED</th>
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<td>D02</td>
<td>D02: Clearinghouse with practices of excellence in chronic care across Europe, based on a valid and sound set of criteria</td>
<td>M37</td>
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<tr>
<td>D03</td>
<td>D03: An on-line help-desk with expert consultants, providing on-line tools and meaningful information</td>
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## Milestones

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<td>M-WP4-01</td>
<td>User requirements</td>
<td>M9</td>
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<td>M-WP4-02</td>
<td>Tools implementation, piloting 2, business plan</td>
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<td>M-WP4-03</td>
<td>Programming + meta-data file designing, implementation</td>
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<td>M20 (Clearinghouse)</td>
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<td>M-WP4-04</td>
<td>Delphs completed</td>
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<tr>
<td>M-WP4-05</td>
<td>Clearing-house, digital library and help-desk pilotings</td>
<td>M39</td>
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</tbody>
</table>
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

* This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013).
Overview of the progress made in JA Chrodis

Work Package 5

Thomas Kunkel
BZgA Germany
7th Executive Board meeting
JA-CHRODIS
Madrid, 2nd February 2016
Work Package 5

Deliverables, Milestones & Activities
# Achieved Activities / Tasks in 2015

<table>
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<th>Month</th>
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<tr>
<td>Task 3</td>
<td>Identification of Good Practices</td>
<td>Aug 15</td>
<td>Report plus Annex, summary report</td>
<td>Documentation of 41 GP examples in a short version (abstracts), extended version (annex) and summary/overview report</td>
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<td>Overview document on WP5 results</td>
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### Activities/Tasks to accomplish in the next 6 months

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- **Due Date July 2016**
- **Due Date December 2016**
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

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Overview of the progress made in JA Chrodis


Graziano Onder
AIFA, Italian Medicines Agency
7th Executive Board meeting
JA-CHRODIS
Madrid, 2nd February 2016
Work Package 6

Deliverables, Milestones & Activities
Achieved Activities / Tasks in 2015

Task 1. **Identify targets** of potential interventions for management of multi-morbid patients

Task 2. **Review existing care** (pathway) approaches for multi-morbid patients

Task 3. **Develop a common model for multimorbidity management**, which can be applied and replicated in different settings
Achieved Activities / Tasks in 2015

Task 3.1 Componets of MM practices evaluated in task 2 identified and classified based on the CCM

First document produced
Components

Delivery system design
- Comprehensive assessment
- Multidisciplinary team
- Individualized care plans
- Case manager

Decision support
- Implementation of EBM
- Team training
- Consultation system

Clinical information system
- Electronic patients records
- Exchange patients infos
- Uniform coding
- Computerized systems

Self management
- Tailor Self-management
- Health literacy
- Patient education
- Family education
- Approaches self-management
- Patients in decision making
- Training medical devices

Community resources
- Access community resources
- Involvement of social network
- Psychosocial support
Achieved Activities / Tasks in 2015

Task 3.1 Components of MM practices evaluated in task 2 identified and classified based on the CCM
Task 3.2 Components assessed and MM guidelines produced by a group of experts

Final document produced
<table>
<thead>
<tr>
<th>Experts</th>
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<tbody>
<tr>
<td>Joao Forjaz</td>
</tr>
<tr>
<td>Elena Jureviciene</td>
</tr>
<tr>
<td>Alessandra Marengoni</td>
</tr>
<tr>
<td>Christian Muth*</td>
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<td>Rokas Navickas</td>
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<td>Graziano Onder</td>
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<td>Alexandra Prados-Torres</td>
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<td>Mieke Rijeken</td>
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<td>Ulrike Rothe</td>
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<td>Laurène Souchet</td>
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<tr>
<td>Vontetsianos Theodore</td>
</tr>
<tr>
<td>Josè Valderas*</td>
</tr>
<tr>
<td>Jelka Zaletel</td>
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</tbody>
</table>

*External experts*
Experts meeting - Results

16 components identified

For each component:

- Description and aims
- Key characteristics
- Relevance to multimorbidity patients
Experts meeting - Results

**Delivery system design**
- Comprehensive assessment
- Coordinated team
- Individualized care plans
- Case manager

**Decision support**
- Implementation of EBM
- Team training
- Consultation system

**Self management**
- Tailor Self-management
- Options for self management
- Shared decision making

**Clinical information system**
- Electronic patients records
- Exchange patients infos
- Uniform coding
- Patient operated technology

**Community resources**
- Access community resources
- Involvement of social network
Achieved Deliverables & Milestones in 2015

D6. Reports and common guidance for care pathways for MM patients

D6.1 Report from data analysis and evidence from literature to identify high care demanding population (2014)

D6.2 Reports on care pathways approaches for multimorbid chronic patients, including existing good practices (2015)

1. Innovative health care approaches for patients with multi-morbidity in Europe
2. Multimorbidity care model: Recommendations from the consensus meeting of the Joint Action on Chronic
Achieved Deliverables & Milestones in 2015

**M6.1** Research/desk work on collection of data/literature/evidence  
2014

**M6.2** Review existing care pathways based on existing literature, case studies and evidence  
2014

**M6.3** Meetings with experts to assess the accuracy of collected evidence/case studies and select good practices and identify commonalities for care management of multimorbidity  
2015
Achieved Activities / Tasks in 2016

Task 1. **Identify targets** of potential interventions for management of multi-morbid patients
Task 2. **Review existing care** (pathway) approaches for multi-morbid patients
Task 3. **Develop a common model for multimorbidity management**, which can be applied and replicated in different settings
Task 4. **Define multi-morbidity case management training programmes**
Activities/Tasks to accomplish in the next 12 months

<table>
<thead>
<tr>
<th>Activity</th>
<th>Leader</th>
<th>Timeline</th>
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<tbody>
<tr>
<td>Assessing Applicability of the MM care model proposed in Task 3</td>
<td>VULSK</td>
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<tr>
<td>Production of a questionnaire to assess existing Case management (CM) training programs</td>
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<td>Jan – Apr 2016</td>
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<tr>
<td>Email questionnaires and collect data from questionnaires</td>
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<td>May – Sept 2016</td>
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<tr>
<td>Produce a summary document</td>
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<td>Identify experts on CM training programs</td>
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<td>May – Sept 2016</td>
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<tr>
<td>Organize an expert meeting to produce recommendations on CM training programs</td>
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<td>Sept – Dec 2016</td>
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Deliverables & Milestones to accomplish in the next 12 months

D6.1 Report from data analysis and evidence from literature to identify high care demanding population (2014)

D6.2 Reports on care pathways approaches for multimorbid chronic patients, including existing good practices (2015)

D6.3 Report on CM training programmes → Dec 2016
M6.1 Research/desk work on collection of data/literature/evidence

M6.2 Review existing care pathways based on existing literature, case studies and evidence

M6.3 Meetings with experts to assess the accuracy of collected evidence/case studies and select good practices and identify commonalities for care management of multimorbidity

M6.4 Meetings with experts to discuss skills and competencies and develop training curricula → Sept-Dec 2016
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

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Overview of the progress made in JA Chrodis

WP7 - Diabetes: a case study on strengthening health care for people with chronic diseases

Marina Maggini
National Institute of Health, Italy

Jelka Zaletel
National Institute of Public Health, Slovenia

7th Executive Board meeting
JA-CHRODIS
Madrid, 2nd February 2016
Work Package 7

Deliverables, Milestones & Activities
Achieved Activities / Tasks in 2015

Structured overview about practices on diabetes prevention and care


Definition of preliminary lists of quality criteria for good practices on prevention, management, health promotion, education and training

Publication of a Monograph on Annali ISS (chrodis.eu/our-work/07-type-2-diabetes/publications/)

Collection of potential good practices on prevention, management, health promotion, education and training

SWOT analysis to give a qualitative overview, by Country, of the current policies and programs, including successful strategies

Report on the SWOT analysis (http://www.chrodis.eu/our-work/07-type-2-diabetes/wp07-activities/)
Achieved Activities / Tasks in 2015

Mapping of National Diabetes Plans across Europe
Policy Brief on National Diabetes Plans

3rd WP7 meeting
July, 2-3, Rome

4th WP7 meeting
Expert policymaker meeting – October, 20-21, Ljubljana
Achieved Deliverables & Milestones in 2015

Milestone 1 - Expert overview on successful strategies to improve prevention of diabetes and the quality of care for people with diabetes
SWOT analysis on the successful strategies and the strengths as described by WP7 partners and experts

Milestone 2,4 - Workshop to analyse collected data on processes in NDP development, implementation, and sustainability

Expert policymaker meeting
Meeting - October, 20-21, Ljubljana
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<td>PB on NDPs</td>
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<td>Task 5</td>
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<td>Definition of guide on NDPs</td>
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</table>
## Deliverables & Milestones to accomplish in the next 6 months

| Deliverable 4B | PB on NDPs | | | | |
| Deliverable 4C | | Guide on NDPs | | | |
| Deliverable 4A | | | | Recomm. | |
| Milestone 3 | | | | | Finalized Recomm. |
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

* This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013).
Mid-term Evaluation results

7th Executive Board meeting
JA-CHRODIS
2nd February 2016
Definition of Indicators and Data Collection

“There and Back Again”
Indicators and Data Collection

• Recursive process of indicators definition.
  – Challenge: February 2015,
  – Draft indicators: March,
  – Discussion TCs WP3-WPs: May-June,
  – Final version: October.

• Data Collection.
  – Preparation/Help tools: October-November,
Interim report

JA-CHRODIS Evaluation M1 - M18
Interim report

- Based on indicator description tables, monitoring charts, helping tools provided by WP3, and additional materials provided by WP leaders;
- M1-M18 covering 159 indicators, from a total of 230;
- Report structure: text with embedded references for indicators vs table description;
- Final version under discussion.
Evaluation results

Beyond the great achievements, small details can be perfected…
WP1 results

- Partially delayed deliverables,
- Lower representation of member states and partners in Kick-Off meeting,
- EB meetings participation (previous WP3 leaders),
- Satisfaction EB/AB.
WP2 results

- Difficulties getting info on EIP-AHA website,
- Lack of partners feedback regarding institutional links to CHRODIS website,
- Measure usage of documents and satisfaction with website.
WP3 results

<table>
<thead>
<tr>
<th>Indicators</th>
<th>M1-M18</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>6</td>
<td>5 (83%)</td>
</tr>
</tbody>
</table>

- Partially delayed deliverables,
- Support of satisfaction assessment of several WPs.
WP4 results

- Mainly later indicators,
- Some indicators may be aligned with the impact of CHRODIS strategy.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>M1-M18</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>7</td>
<td>6 (86%)</td>
</tr>
</tbody>
</table>
WP5 results

- Technical difficulties to quantify downloads of online documents.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>M1-M18</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>20</td>
<td>18 (90%)</td>
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</tbody>
</table>
WP6 results

- Lower % partners attending meetings,
- Delayed indicators for tasks 3 and 4.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>M1-M18</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>20</td>
<td>19 (95%)</td>
</tr>
</tbody>
</table>
WP7 results

- Significant differences in workflow that led to redesign of indicators.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>M1-M18</th>
<th>Achieved</th>
</tr>
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<tbody>
<tr>
<td>22</td>
<td>12</td>
<td>11 (93%)</td>
</tr>
</tbody>
</table>
JA-CHRODIS monitoring results

- Successful implementation;
- Ability to answer to challenges.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>M1-M18</th>
<th>Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>230</td>
<td>159</td>
<td>141 (89%)</td>
</tr>
</tbody>
</table>
Lessons learned / Questions to address

- Milestones, Deliverables and tasks were broadly achieved;
- Timeline with small deviations, easily explained and overcome;
- WP approaches frequently changed to better tackle tasks;
- Some indicators may be used as “proxies” for impact;
- Stakeholders and partners involvement should be followed (but changes in venue may interfere);
- Satisfaction assessment must be covered consistently,
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

* This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013). Sole responsibility lies with the author and the Consumers, Health, Agriculture and Food Executive Agency is not responsible for any use that may be made of in the information contained therein.
Activities 2016 to promote external visibility of JA-CHRODIS

Work Package 2
Work Package 2

Deliverables, Milestones & Activities
Promoting external visibility of JA-CHRODIS

WP2 Plan of dissemination

Discussion

– How can we engage / increase cooperation with all Partners?
– What do you expect from WP2?
– A few recommendations from WP2
Activities/Tasks to accomplish in the next 6 months

<table>
<thead>
<tr>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Build on existing outputs &amp; increase visibility of JA-CHRODIS</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Overview Y2 activities</strong></td>
<td><strong>Report Y2 activities</strong></td>
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</tr>
<tr>
<td><strong>Dissemination</strong></td>
<td><strong>Newsletter; monthly updates; poster &amp; brochure updates</strong></td>
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</tr>
<tr>
<td><strong>Stakeholders mapping</strong></td>
<td><strong>Ongoing update</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Online tools</strong></td>
<td><strong>Website updates; social media plan / increase updates, likes, shares</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Promotion</strong></td>
<td><strong>Increase media coverage; presentations; video translations</strong></td>
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</tr>
</tbody>
</table>
Activities/Tasks to accomplish in the next 6 months

- Website updates
  - Outcomes clearer
Activities/Tasks to accomplish in the next 6 months

• Social media
  – Strategy; taking into account:
    • Tweets: JA-CHRODIS outcomes or with pictures/questions work best
    • Facebook: articles related to healthy lifestyle/health promotion and about JA-CHRODIS outcomes work best
    • Opportunities
    • Special events / occasions
# Activities/Tasks to accomplish in the next 6 months

## For inspiration:

<table>
<thead>
<tr>
<th>Internal sources:</th>
<th>Mondays</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Country reports BG, CY, EE, DE, GR, Ire, IT, LT, Nor, PT, SP, NL, UK</td>
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<tr>
<td></td>
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<td>The overview report</td>
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<tr>
<td></td>
<td></td>
<td>Selecting Criteria to assess good practice in interventions related to chronic conditions</td>
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<tr>
<td></td>
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<td>Video</td>
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<td></td>
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<td>Good practices as they are identified – 41 good practices</td>
</tr>
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<td></td>
<td></td>
<td>For future: webinars' advice / tips</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>External sources:</th>
<th>Other days in the week</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy eating</td>
<td></td>
<td>OECD better life index - <a href="http://www.oecdbetterlifeindex.org/#/11111111111">http://www.oecdbetterlifeindex.org/#/11111111111</a></td>
</tr>
<tr>
<td>Alcohol</td>
<td></td>
<td>Eating healthy - <a href="https://www.facebook.com/RAWFOOD911">https://www.facebook.com/RAWFOOD911</a></td>
</tr>
<tr>
<td>Smoking</td>
<td></td>
<td>Stop smoking, no smoking / physical activity / no alcohol / ...</td>
</tr>
<tr>
<td>Healthy environment</td>
<td></td>
<td>Alcohol -</td>
</tr>
<tr>
<td>Health economics</td>
<td></td>
<td>Diabetes - <a href="http://www.idf.org">www.idf.org</a>;</td>
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## End of week

<table>
<thead>
<tr>
<th>Every Friday</th>
<th>Source</th>
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<tbody>
<tr>
<td>Quotes - <a href="http://www.brainyquote.com/quotes/topics/topic_fitness.html">http://www.brainyquote.com/quotes/topics/topic_fitness.html</a></td>
<td></td>
</tr>
<tr>
<td>Cartoons - <a href="http://www.cartoonstock.com">http://www.cartoonstock.com</a></td>
<td></td>
</tr>
<tr>
<td>Quiz healthy eating,... <a href="https://www.bupa.co.uk/health-information/tools-calculators/nutrition-quiz">https://www.bupa.co.uk/health-information/tools-calculators/nutrition-quiz</a></td>
<td></td>
</tr>
<tr>
<td>Google keywords “fun exercise, fun...”</td>
<td></td>
</tr>
</tbody>
</table>
Activities/Tasks to accomplish in the next 6 months

- Social media calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-5 Feb</td>
<td>JA-CHRODIS meetings</td>
<td>JA-CHRODIS reps meet...</td>
</tr>
<tr>
<td>4-Feb</td>
<td>World cancer day</td>
<td>UN; WHO some cancer are preventable</td>
</tr>
<tr>
<td>8-Feb (Mon)</td>
<td></td>
<td>facts WHO, OECD,...</td>
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<tr>
<td>10-Feb</td>
<td>(Wednesday)</td>
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<tr>
<td>14-Feb</td>
<td>World Valentine Day</td>
<td>happy valentine,</td>
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<tr>
<td>15-Feb (Mon)</td>
<td></td>
<td>facts WHO, OECD,...</td>
</tr>
<tr>
<td>16-Feb</td>
<td>National Day Lithuania</td>
<td>good practice from WP5</td>
</tr>
<tr>
<td>19-Feb</td>
<td>(Friday)</td>
<td>quote, fun</td>
</tr>
<tr>
<td>20-Feb</td>
<td>World day of social justice</td>
<td>UN</td>
</tr>
<tr>
<td>22-Feb (Mon)</td>
<td></td>
<td>facts WHO, OECD,...</td>
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<tr>
<td>24-Feb</td>
<td>National Day Estonia</td>
<td>cf report on health promotion</td>
</tr>
<tr>
<td>26-Feb</td>
<td>(Friday)</td>
<td>quote, fun</td>
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<tr>
<td>29-Feb</td>
<td>Rare disease day</td>
<td>(eurordis)</td>
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</tbody>
</table>
Activities/Tasks to accomplish in the next 6 months

- Video
  - Translations
  - New video?
- Increase media coverage
  - Focus on WPs’ outcomes & results

The chronic disease challenge
Anna Galliati, of EuroHealthNet and Joint Action CHRODIS communications leader, on the burden of chronic diseases and healthy ageing, and how the Joint Action is paving the way for better health policies across Europe.

EIP AHA NEWSLETTER | NOVEMBER 2015

PAN EUROPEAN NETWORK NOVEMBER 2015

Interview with Dr. Teresa Chavarria Gimenez, Coordinator of JA-CHRODIS
Dr. Teresa Chavarria Gimenez introduces the Joint Action on Chronic Disease & Promoting Healthy Ageing across the Life Cycle, which addresses multidisciplinary issues.

EURACTIV | 2 OCTOBER 2015

Health forum looks for better ways to treat patients with multimorbidities
A growing number of Europeans are diagnosed with multimorbidities, or co-occurring diseases. As caring for patients with multimorbidities is resource-intensive and expensive, experts are looking into new types of treatment.
Promoting external visibility

Cooperation with WP leaders and partners

- Plan communication/dissemination activities *per WP outcomes / deliverables*,
- for ex.
  - Highlight on website
  - Disseminate via newsletter/monthly update to all Partners & their networks
  - Prepare & disseminate press release if relevant
  - Promote on social media
  - Plan Webinar per WP (4,5,6,7 + 2)
External visibility by output / outcome

- Taking into account WPs’ objectives & plans for 2016
  - Ex. WP5: Study visits; Recommendations report

<table>
<thead>
<tr>
<th>WP5</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
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<th>SEPT</th>
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<td>SV Report</td>
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<td>PR</td>
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<td>Soc. Media</td>
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<td>Remind of other outputs (e.g. country reports)</td>
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<td>Soc. Media</td>
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<td>Webinar</td>
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</table>
External visibility by output / outcome

- Taking into account WPs’ objectives & plans for 2016
  - Same exercise for WP4, WP6, WP7, Final Conference, Declaration

<table>
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<tr>
<th>WP7</th>
<th>MAR</th>
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</table>

- Webinar
## External visibility by output / outcome

### Work plan incl. major JA-CHRODIS deliverables and relevant milestones

<table>
<thead>
<tr>
<th>Activities / Deliverables / Milestones</th>
<th>2016 Months and Milestones Dates (M)</th>
</tr>
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<tbody>
<tr>
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<td>J</td>
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<tr>
<td><strong>Assess Year 2 Communication Activities</strong></td>
<td>Measurement: Analysis of reporting back templates</td>
</tr>
<tr>
<td>WP4</td>
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<td>WP5</td>
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<td>WP6</td>
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<td>WP7</td>
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<td>Final Conference</td>
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<td><strong>External Conferences</strong></td>
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<td>EPH</td>
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<td>SHF Gastein</td>
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<td>EPHA</td>
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<td>EUREGHA</td>
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<tr>
<td><strong>Other events / occasions</strong></td>
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<tr>
<td>Whealth Day</td>
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<td>WDD</td>
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</tbody>
</table>
Key to success:

We need your input!
Promoting external visibility

- Promotion of JA-CHRODIS at other conferences and events
  - Presence / Presentations
    - European Public Health Conference 2016 - 9-12 Nov, Vienna
    - EHF Gastein – 28-30 Sept, Gastein (Demographics and Diversity in Europe – New solutions for Health)
    - EPHA
    - Others? (deadline abstracts 1 May 2016)
Promoting external visibility

- Promotion of JA-CHRODIS at other conferences and events
  - Presence / Presentations
    - EHF Gastein – 28-30 Sept, Gastein
      *Demographics and Diversity in Europe – New solutions for Health*
    - European Forum for Primary Care (Riga 4-6 Sept 2016) ?
      (deadline abstracts 1 May 2016)
    - EUREGHA
    - Other?
### Promoting external visibility

<table>
<thead>
<tr>
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<th>MAR</th>
<th>APR</th>
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</thead>
<tbody>
<tr>
<td>WP7</td>
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</tbody>
</table>

- Calendar of events
- Distribution of JA-CHRODIS brochures
- Usual communications (PR? Social media, etc.)
Promoting external visibility

• Promotion of JA-CHRODIS at other conferences and events

Where do you plan to go?

Tell us!
Promoting external visibility

• Promotion of JA-CHRODIS at other occasions
  – World Health Day;
  – Week of sport, week of mobility, …
Promoting external visibility: Discussion

How can we engage / increase cooperation with WP leaders and ALL partners?

• Engage in all communication/dissemination activities, for ex.
  • Website link to JA-CHRODIS?
  • Dissemination of newsletter to own networks?
  • Dissemination of press release?
  • Promote on social media?
Discussion

What do you expect from WP2?
Reminder / recommendations for all for 2016

• JA-CHRODIS

• Disclaimer

  – This website/… originates 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).

  – This publication/… arises from the Joint Action CHRODIS, which has received funding from the European Union, in the framework of the Health Programme (2008-2013). Sole responsibility lies with the author and the Consumers, Health, Agriculture and Food Executive Agency is not responsible for any use that may be made of the information contained therein.
Conclusions / WP2 request to all WPs:

To keep WP2 informed of:
- WP outcomes
- WP meetings,
- publications,
- presence at events

In a timely way!
The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

* This presentation arises from the Joint Action addressing chronic diseases and healthy ageing across the life cycle (JA-CHRODIS), which has received funding from the European Union, under the framework of the Health Programme (2008-2013).
General Assembly & Stakeholders’ discussion groups
Aim & Outcome

• **AIM:** Discuss how to operationalise the exchange of good practices among stakeholders and partners.

• **OUTCOME:** Discussion on the organisation of a flow of good practices with an impact at European level and JA-CHRODIS next steps.
Topics to be discussed

• **Promote of PKE use** – Exchanging good practices as the starting point

• **Transferability of practices** – How to plan the transfer to improve the probabilities of success

• **Collaboration with other initiatives** – How to make JA-CHRODIS the reference initiative on chronic conditions at European level
Questions to be considered

- Promote of PKE use
  - Incentives
  - Dissemination

- Transferability of practices (in promotion and prevention; multimorbidity; diabetes)
  - Facilitators
  - Barriers
  - What type of common initiatives
  - What are useful JA-CHRODIS outputs
  - What other initiatives on chronic diseases

- Collaboration with other initiatives
Groups dynamics

• 2 EB moderators
• 1 rapporteur (to be selected from participants)
• Distribution of participants in 5 classrooms (20-40 participants)
• Discussion in small groups (4-8 participants)
• Timing: 20 minutes discussion in small groups + 20 minutes discussion within classroom (include conclusions to present at general audience)
• Use of flipchart to provide feedback to audience
• Feedback of conclusions to general audience by rapporteur
Logistics of groups discussions

• After lunch, participants to attend classrooms at ENS

• Distribution to classrooms by surname* - info to be given with ISCIII map to participants

• Following discussion, return to Ernest Lluch for coffee break and present conclusions at general audience
Distribution of rooms and moderators

- Classrooms at ENS and suggested EB moderators:
  - Classroom 1: Alexander & Graziano (24 participants)
  - Classroom 3: Marina & Rokas (16 participants)
  - Classroom 6: Mireia & Carlos (24 participants)
  - Classroom 7: Enrique & Carme (16 participants)
  - Classroom 9-10: Jelka & Rogerio (34 participants)