

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

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

### 5th WP7 Meeting Report

5th February 2016  
Madrid, Spain



## AGENDA

- Overview of the progress made in the WP7
- Quality criteria for diabetes prevention and care - The Delphi method
- Guide on NDPs
- Next steps
- Conclusions

The objective of the 5th meeting was to present an update of the work package activities, to discuss and agree on the activities to be conducted until the end of the JA-CHRODIS, to improve the collaboration among all the partners towards achieving the objectives of the WP7. The list of participants is available.

### Overview of the progress made in the WP7

Marina Maggini and Jelka Zaletel presented an update of WP7 activities, the achievements and outputs during 2015, and the milestones achieved.

WP7 team conducted two surveys: a structured overview about practices on diabetes prevention and care, and a mapping of National Diabetes Plans (NDPs) across Europe. Moreover, the partners reported nearly 100 potential good practices on prevention, management, health promotion, education and training, and conducted a SWOT analysis to give a qualitative overview, by Country, of the current policies and programs, including successful strategies. The results have been published in scientific papers and reports, and have been uploaded on the JA-CHRODIS website:

Monograph on Annali ISS available at:  
[chrodis.eu/our-work/07-type-2-diabetes/publications/](http://chrodis.eu/our-work/07-type-2-diabetes/publications/)

Report on the survey available at:  
[chrodis.eu/wp-content/uploads/2016/01/Report-prevention-and-management-diabetes-Final.pdf](http://chrodis.eu/wp-content/uploads/2016/01/Report-prevention-and-management-diabetes-Final.pdf)

Report on the SWOT analysis (milestone 1) available at:  
[chrodis.eu/our-work/07-type-2-diabetes/wp07-activities/](http://chrodis.eu/our-work/07-type-2-diabetes/wp07-activities/)

Data and information gathered through the mapping of NDPs will be published, with the collaboration of the WHO European Observatory on Health Systems and Policies, at the end of March as a Policy Brief on National Diabetes Plans. This publication represents the first WP7 deliverable.

Two meetings were organized during 2015 in Rome (July, 2-3), and Ljubljana (October, 20-21) ([chrodis.eu/our-work/07-type-2-diabetes/wp07-meetings/](http://chrodis.eu/our-work/07-type-2-diabetes/wp07-meetings/)). The expert and policymaker meeting held in Ljubljana was the mean of achieving the milestone 2.

All the partners are invited to review the allocation of their **budget** considering the activities to be done until the end of the JA, and to contact, if necessary, Catalina del Rio Faes.



### Quality criteria for diabetes prevention and care - The Delphi method

Enrique Bernal Delgado (WP4 leader) presented how to assess practices on chronic diseases and chronic care within the Delphi method. The list of criteria developed by WP7 will be compared with those derived from Delphi 1 (health promotion), Delphi 2 (model of care for multi morbidity), and Delphi 3 (patient empowerment). WP4 team will build a conceptual map of criteria and categories, and will define the questionnaire with the final list of criteria to be submitted to the expert panel.

At now WP7 partners have indicated 27 experts from 16 countries.

Timeline: February-March 2016 setting the questionnaire; April 2016 round questionnaires; May 12-13 face to face meeting to be held in Brussels.

### ***Key points of debate and agreements***

*Enrique Bernal Delgado confirmed that the expenses for the expert participation to the face-to-face meeting will be paid by WP4.*

*It's still possible to indicate some more experts.*

*WP7 leader will send to Enrique the final list of experts with their mail contacts, WP4 team will contact all the experts.*

### Guide on National Diabetes Plans (NDPs)

The Guide for National Diabetes Plans is one of the WP7 deliverables to be finalized by the end of March 2016.

Jelka Zaletel organized a workshop on first draft version on Guide on NDPs. WP7 team was discussing on the type of information that partners would like to see in it. The workshop was held in such a way that participants (in pairs) were answering the questions from the handout, which was prepared for this purpose. An outline of the handout was as follows. Participants had to think about 4 different scenarios, connected to leadership, and in the end named 2 words that described their impression after the workshop.

A synthesis of the results of the workshop will be uploaded on the WP7 platform as soon as possible.



### Input from partners

Thodoris Katsaras (YPE) presented two community initiated projects that can be included among the potential good practices reported in WP7 platform. The IPIONI project (Prevention of diabetes type 2 in older persons) was proposed by the Hellenic Association of Gerontology & Geriatrics and is coordinated by the Ministry of Health. The Aretaios Program was proposed by the Federation of community pharmacists aiming to enhance the role and significance of the community pharmacy within the chain of the primary health care system services.

### Next steps

Angela Giusti explained the method followed to analyse the 14 **SWOTs** conducted by the partners. A first Report has been defined that describes the results of the SWOT analysis relative to the expert overview on successful strategies and strengths. In the next few weeks the analysis will be completed with the full evaluation of the Strengths, Weaknesses, Opportunities, and Threats, and the results will be presented in a final report. The report should contain, as Annex, the original SWOTs sent by the partners.

Marina Maggini presented the plan of activities of the WP7:

- Finalization/publication of Policy brief on National Diabetes Plans (Deliverable)
- Development of National Diabetes Plan guidelines (Deliverable)
- Report on potential good practices
- Delphi procedure (in collaboration with WP4) on quality criteria for diabetes prevention and care
- Definition of recommendations to improve early detection and preventive interventions, and to improve the quality of care for people with diabetes (Deliverable)
- Dissemination of results

The deliverable on recommendations to improve early detection and preventive interventions, and to improve the quality of care for people with diabetes will contain all the major results of the WP7: Country experiences from the Report, examples of good practices from those reported by partners, results of SWOT analyses, and the recommendations based on the results of the Delphi.

To facilitate the dissemination and presentation of the content of the deliverable, a short version will be prepared together with a leaflet with the key messages.

The next **meeting** of the WP7 will be held in Rome, October 20-21. Experts and policy makers will be invited to participate; members of the Governing board and the Advisory board will be invited too in agreement with the coordination team.

During 2015 the partners reported nearly 100 **potential good practices**. About a half was described through the questionnaire and analyzed in the Report on the survey



([chrodis.eu/wp-content/uploads/2016/01/Report-prevention-and-management-diabetes-Final.pdf](http://chrodis.eu/wp-content/uploads/2016/01/Report-prevention-and-management-diabetes-Final.pdf)). The other potential good practices were described using specific forms and were uploaded on the WP7 platform. All these practices can be uploaded on the PKE when it will be operative, but we have also to make all them available for the scientific community and all the stakeholders. The proposal is to describe the good practices synthesising the information, already provided, in one/two text pages. ISS team will prepare a template. All the potential good practices will be published as a Annex of the Report and made available on the CHRODIS website.

Some partners argued that to describe the practices and to upload them in PKE might require to contact again the "owner" of the practice, then to do the job only once it is better to wait the PKE operability. Other partners have already all the information then they can start to describe the practices.

Marina Maggini outlined how **communication and dissemination** of the results has a central role for the success of the JA-CHRODIS. These activities raise awareness about the issue of chronic diseases and diabetes in Europe, and about the existence of the Joint Action, and encourage stakeholders to apply JA-CHRODIS outputs. Communication is a responsibility of all the partners, and all are encouraged to contribute to this task.

WP7 partners can contribute translating documents, organising National meetings/workshops, participating to European conferences and presenting WP7 results, publishing the results in scientific journals ...

Valentina Strammiello (EPF) suggested to prepare simple texts, mostly dedicated to patients, and to translate them into other languages. Simple leaflets with the synthesis of the results may be produced (Valentina will check if these costs are eligible).

### **Key points of debate and agreements**

*The participants agreed to publish the original SWOTs as Annex of the final report. The WP7 leader will ask to all the partners to agree on this point.*

*The participants agreed to publish, using a template to be prepared by the ISS team, the potential good practices already reported that are now uploaded in the WP7 platform.*

### Closing remarks

Marina Maggini expressed her satisfaction for all the work done with the cooperation of all the partners, and asked to continue to contribute actively to all the WP7 activities toward the achievement of WP7 objectives.

Carlos Segovia, the JA-CHRODIS coordinator, outlined the relevance for Eu Commission of the JA-CHRODIS activities. This JA 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. He emphasised the interest



and the importance of the PKE as a European tool to create the opportunity to share resources and experiences, and have a direct impact on practices.

He suggested transforming the next WP7 meeting in a European meeting as it was done for the last conference in Vilnius. This meeting could be a good opportunity to showcase all the outputs of WP7 and also to convene those performing good practices to interact with each other.

*The participants considered this 5th meeting as useful but too short. They appreciated the networking, the workshop, and the exchange of ideas and experiences. WP7 has developed a good work and is clear what is to be done in 2016.*

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