

The Joint Action CHRODIS

12 steps towards implementing practices to
reduce the burden of chronic diseases

Brussels 27/02/17



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1. Design your practice

Based on evidences, good practices, specify a plan, include monitoring and evaluation

2. Empower the target population

Involve them in designing the practice

3. Ensure adequate investment and resourcing

Ensure essential elements that make it effective. Better cover less population while being effective than covering more at the cost of not being effective.

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4. Be comprehensive...but not too complicated

Try to address all relevant determinants, including social ones. Use the multimorbidity care model.

5. Interact regularly with relevant systems

Ensure strong intersectoral coordination, particularly social care sector

6. Educate and train

Explain the goal, address all that are concerned – e.g. informal caregivers. Train them to do their task and to coordinate with each other

7. Respect ethical considerations

Be proportional to the needs. Be transparent. Respect preferences and autonomy of the target population

8. Apply good governance

Distribution of responsibilities, communication flows, accountability

9. Ensure sustainability and scalability

Plan to survive while there is a need. Be most cost-effective. Don't forget that promotion and prevention has a good cost-effective ratio

10. Make sure equity is addressed

Pay attention to social determinants, and to specific population groups, and not only to the overall result

11. Evaluate

Monitor and evaluate constantly, make sure you have the framework for it at the beginning

12. Make use of the Chrodis Platform

Have it externally evaluated, receive feedback to improve. Disseminate your practice. Learn from others in the Platform, contact and cooperate with them

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Co-funded by
the Health Programme
of the European Union

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.