



CHRODIS+
IMPLEMENTING GOOD PRACTICES FOR CHRONIC DISEASES



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WP7 Workshop

Budapest, May 13th 2019

Use of the JA CHRODIS Quality Criteria and
recommendations: enablers, barriers and key messages

Experience from *Finland*

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Our pilot: Health and wellbeing for all – Culturally sensitive lifestyle intervention for Somalis



Idil Hussein

- Type 2 diabetes is common among Somali origin population in Finland
- National StopDia model + tools have been developed for type 2 diabetes prevention in Finland
- There are no existing interventions tailored to meet the specific needs of immigrant population groups
 - language
 - cultural

→ **Using the QCR tool as a framework and StopDia as a model, we developed and piloted a diabetes prevention lifestyle intervention (group + mobile app) in the mosque, in collaboration with the community**



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Why is what we do important?

- Type 2 diabetes is preventable by lifestyle counselling provided to high-risk individuals
- Preventive interventions tend to reach best the “well-off” people
- In order to decrease health inequalities, we need to tailor preventive interventions to the underserved population groups
- In order to increase participation and effectiveness, we need to plan WITH the target group and not FOR them

Enablers for using the QCR Tool

- The QCR tool provides a useful framework for designing practices to improve prevention and care of chronic diseases
- List of criteria is comprehensive and covers all necessary dimensions
- Strong focus on target population engagement and empowerment



Barriers of using the QCR tool

- The QCR tool contains 39 subcategories; not every one of them were directly applicable to our pilot
 - "The practice offers a model of efficient leadership"
 - "There was a defined strategy to align staff incentives and motivation with the practice objectives"
- Some of the categories were overlapping
 - "Target population empowerment" / "Ethical considerations"

Key messages



1. The QCR Tool provides a practical framework that guides to see the whole picture at the beginning of the project and forces to ponder the practical details in advance
2. The QCR Tool is a comprehensive set: if you follow it you can be assured that you are not missing important aspects
3. The QCR Tool could be somewhat restructured and written in an even more generic way



„Personalised“ conclusion or message

“The proof of the pudding is in the eating”

= **“you can only judge the quality of something after you have tried, used, or experienced it”**

(The Cambridge Dictionary)



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The Joint Action on Implementing good practices for chronic diseases (CHRODIS PLUS)

This presentation arises from the Joint Action CHRODIS PLUS. This Joint Action is addressing chronic diseases through cross-national initiatives identified in JA-CHRODIS to reduce the burden of chronic diseases while assuring health system sustainability and responsiveness, under the framework of the Third Health Programme (2014-2020). 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.



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