



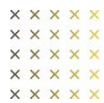
EMPATHiE

EMPOWERING PATIENTS IN THE MANAGEMENT OF CHRONIC DISEASES



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Context: Chronic conditions in Europe

+80% of people over 65 are affected by a chronic condition

+ 55% of people over 65 are affected by multiple conditions

70-80% of healthcare budget is dedicated to chronic care

Cardiovascular diseases, cancer, diabetes, obesity, and chronic respiratory diseases represent 77% of the disease burden measured by disability-adjusted life years

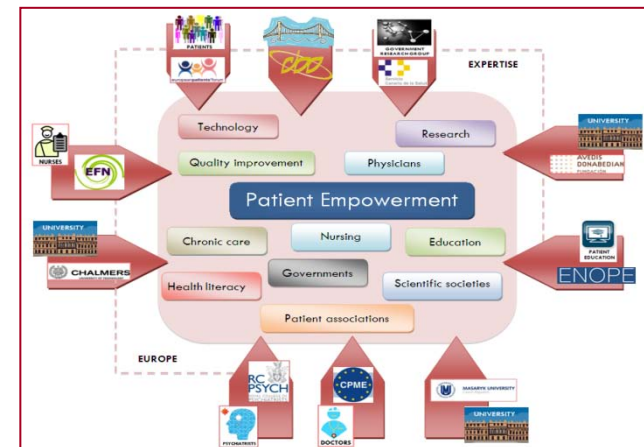


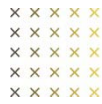
Who are we?: EMPATHiE Consortium

- Avedis Donabedian Research Institute (FAD) - Autonomous University of Barcelona
- Dutch Institute for Healthcare Improvement CBO)
- European Patients' Forum (EPF)
- Chalmers University of Technology
- Masaryk University (MU)
- European Network on Patient Empowerment (ENOPE) – Danish Committee for Health Education
- Royal College of Psychiatrists (RCPsych)
- Standing Committee of European Doctors (CPME)

Experts:

- MD David Somekh
- European Federation of Nurses (EFN)
- Research Group. Servicio Canario de Salud. (Spain)





EMPOWERING PATIENTS IN THE MANAGEMENT OF CHRONIC DISEASES. OBJECTIVES:

To help understand the concept of Patient Empowerment as a prerequisite to exercise patient rights.

The specific objectives are:

To identify **best practices** for patient empowerment

To identify **advantages 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

Target groups

Patients with chronic cardiovascular diseases (CVD or stroke)

Patients with chronic respiratory diseases (COPD)

Patients with chronic diabetes (type 1 and 2)

Patients with mental health (schizophrenia or chronic depression)

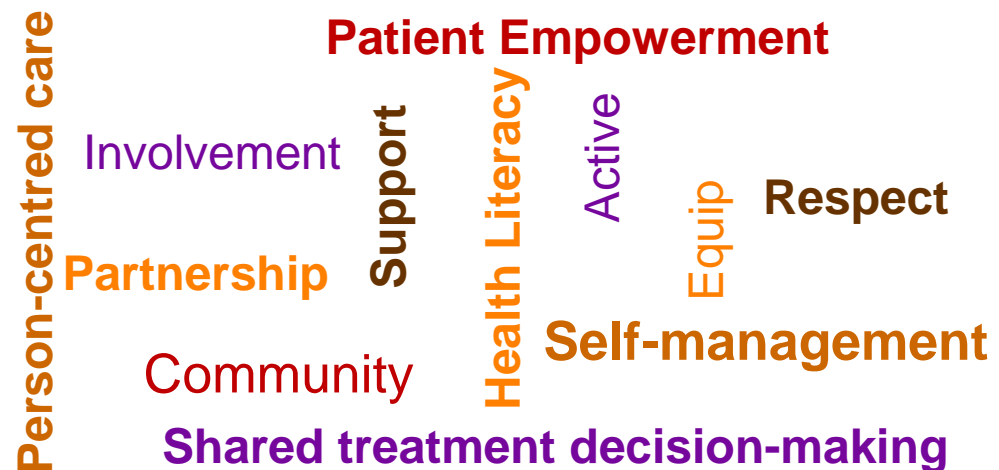
Complex patients (co-morbidity)

Patient Empowerment – Operational definition

Patient's empowerment is a process that enables people to gain control over the management of their condition in daily life, if they decide it's important and to the extent that they consider, in order to improve their quality of life.

This process involves having the necessary knowledge, skills, attitudes, self-efficacy and self-awareness to adjust their behaviour and to work in partnership with their healthcare professionals or informal carers and others when necessary, to achieve well-being.

Empowerment interventions aim to equip patients (and their informal caregivers whenever appropriate) with the capacity to participate in decisions related to their condition, to create awareness and develop competences of healthcare professionals and improve the preparedness of healthcare system to tackle this paradigm.



Overview of Work Process

- Overview of systematic review
- Grey literature
- EU initiatives
- Survey to relevant stakeholders

**Catalogues of
best practices of
PE
(WP1)**

**Barriers and
advantages of
PE (WP2)**

- Survey
- Focus Group
- All member states

ANALYSIS PHASE

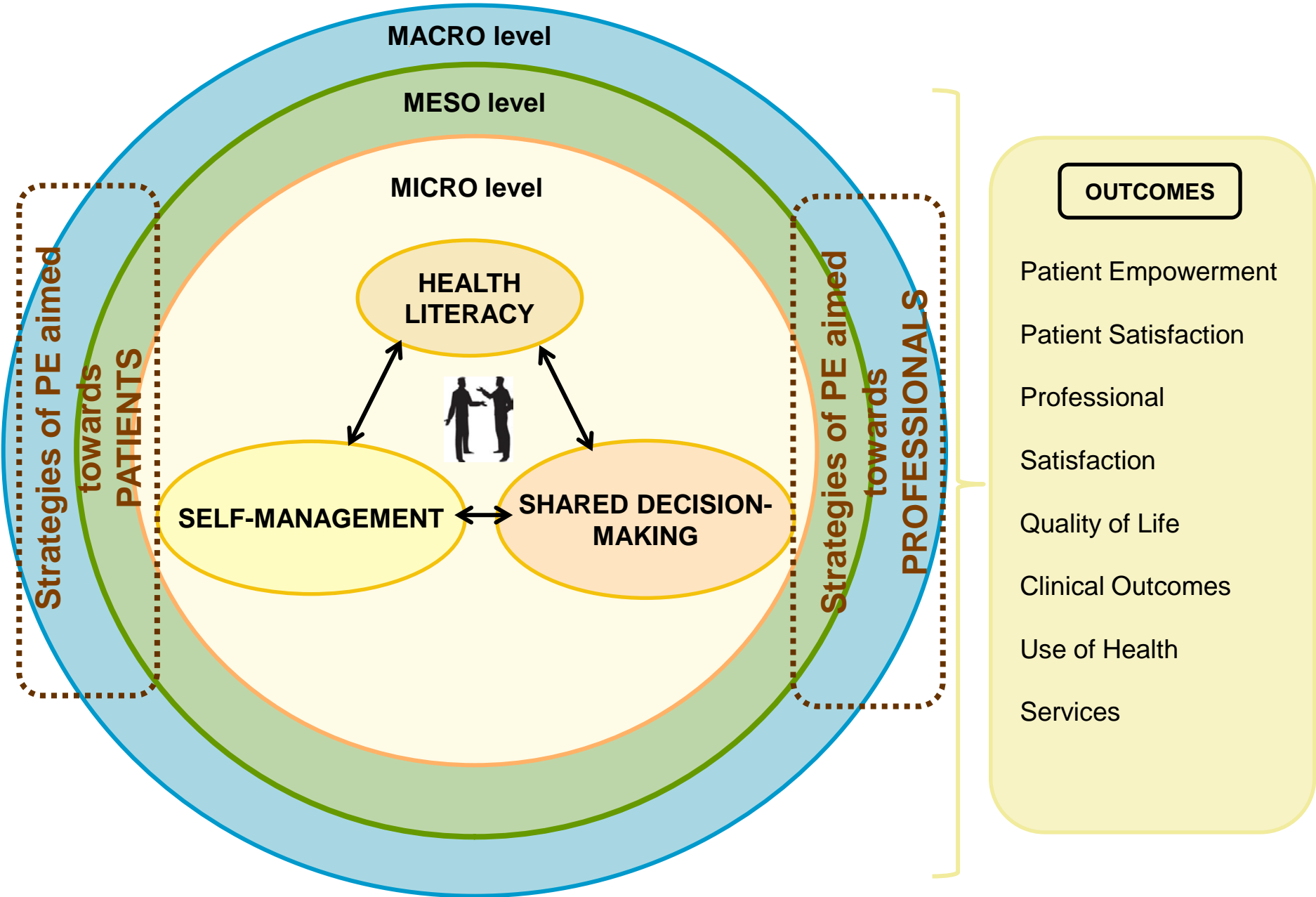
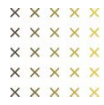
TRANSFERABILITY PHASE

**Develop a
method to
validate
transferability of
good practices
on PE
(WP3)**

- Best conditions for transferability of good practices
- Context consideration
- Methods of transferability

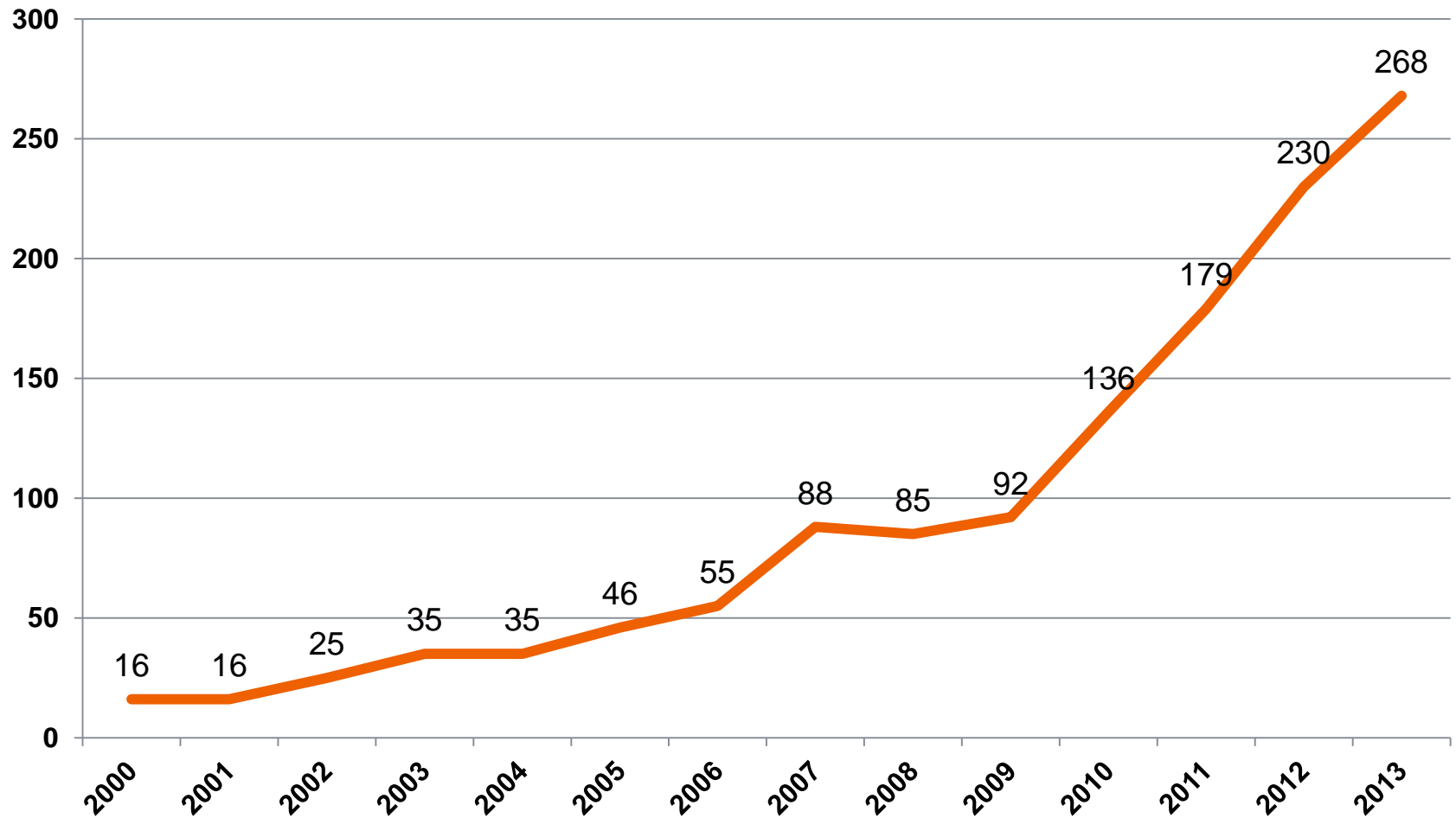
**Scenarios of possible EU
collaboration on PE
(WP4)**

- Propose scenarios based on best practices for EU collaboration on PE between countries, stakeholders and European Commission



Interest on the topic

Graphic 1. Number of systematic reviews - by year



PE Strategies: Main Types of Categories

Type of intervention		
1. Educational, Information Provision & Health Literacy		
2. Self-Management	Multi-component interventions	
	Behavior-change techniques	
	Monitoring/Self-monitoring	Internet
		Phone/mobile phone
		Telecare
		Other
Support	Group support	
	Telephone based	
3. Shared decision-making	General shared decision-making	
	Action plans	
4. Multi-dimension interventions		

THANK YOU FOR YOU ATTENTION



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**AVEDIS
DONABEDIAN**
INSTITUTO UNIVERSITARIO-UAB

BARCELONA
C/ Provença, 293, pral.
08037 Barcelona
Tel.: +34 932 076 608

MADRID
Paseo de la Castellana, 141
(Edificio Cuzco IV)
28046 Madrid
Tel.: +34 917 498 046

BOGOTÁ
Carrera 7ª 123-24, Of. 503
101100 – Bogotá
Tel: +57 1 744 99 76

fad@fadq.org **www.fadq.org**