



SEFAC

Social Engagement Framework for
Addressing the Chronic-disease-challenge



Pilot sites experiences



Cornwall, UK



Rijeka, Croatia



Rotterdam, the
Netherlands



Treviso, Italy

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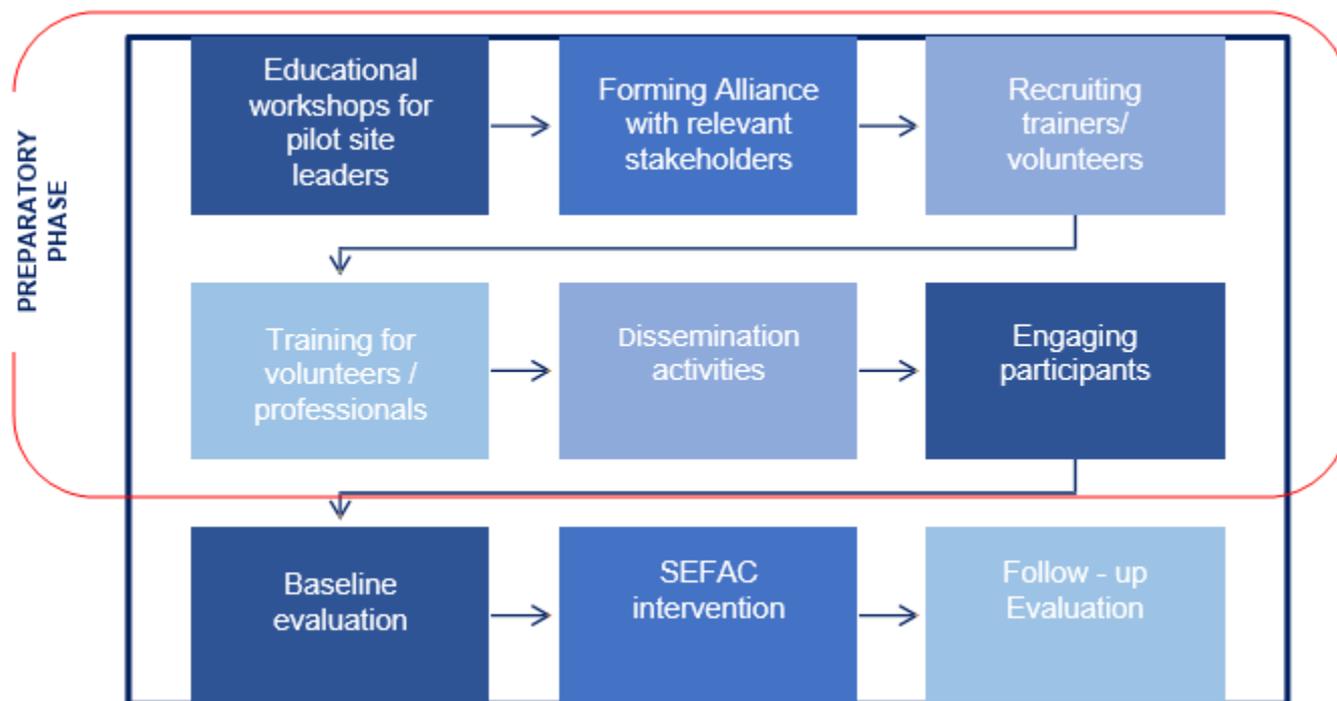
Denis Juraga, MSc

SEFAC Final Event

April 16, 2021

**Social Engagement Framework for
Addressing the Chronic-disease-challenge**

This presentation will describe the implementation of the SEFAC project in four pilot sites (Cornwall, UK; Rijeka, Croatia; Rotterdam, The Netherlands; Treviso, Italy).



Preparatory activities

Educational workshops for each pilot site research team at the Erasmus MC, Rotterdam (March 26 – 30, 2018)



Source: <https://greenseasons.eu/portfolio-posts/erasmus-medical-care-center/>



Rotterdam education March 26 – 30, 2018.

- **All-in-one week**

Day	Activity
Monday, March 26	Training of trainers by ISRAA
Tuesday, March 27	Training of trainers by ISRAA
Wednesday, March 28	Training of trainers by ISRAA
Thursday, March 29	Training of trainers by AGE UK
Friday, March 30	Training of trainers by AGE UK





I.S.R.A.A.

Istituto per Servizi di Ricovero
e Assistenza agli Anziani

Educational
workshops
(March 26 –
28, 2018)



*Training of
Trainers
Handbook*

Provide guidelines
on how to
implement and
deliver **SEFAC**
Citizens Training
CHANGING
LIFESTYLE PROGRAM



Time 2 hours	UNIT 1 TRAINING MIND AND BODY FOR WELL-BEING	UNIT 2 HEALTHY HABITS	UNIT 3 HEALTHY MINDSET	UNIT 4 HEALTHY EATING	
	Program overview. Group presentation. The automatic pilot of the mind Am I on autopilot? Primary and secondary suffering	Reviewing home assignments Habit loop Health factors Risk and protective factors The three-minute breathing space	Reviewing home assignments Beliefs and mindset Stages of change Readiness to change Self compassion break	Reviewing home assignments Mindful eating Emotional eating awareness Emotional and craving eating Stress definition	
Break 15 minutes					
	Mindfulness: intention, attention and attitude. Recognizing the unsettle mind Settling the mind MINDFUL ATTITUDE: non judgment	Habit change worksheet Body scan MINDFUL ATTITUDE: Beginner's mind	Self-compassion test Settling Grounding Resting Support Sound MINDFUL ATTITUDE: compassion and trust	Perceived stress scale Self efficacy awareness Settling Grounding Resting Support Sound MINDFUL ATTITUDE: patience	
	Home assignments	Home assignments	Home assignments	Home assignments	
Time 2 hours	UNIT 5 HEALTHY PHYSICAL ACTIVITY	UNIT 6 HEALTHY RELATIONSHIPS	UNIT 7 HEALTHY LIFE WITH CHRONIC CONDITIONS		
	Reviewing home assignments Mindful movements Why and how stay active Physical activity awareness Setting SMART goal and GROW Model	Reviewing home assignments Why relationships are important for well-being Emotional intelligence Emotions list Mindful communication	Reviewing home assignments What are chronic conditions What is self-management My self-management skills		
Break 15 minutes					
	Setting SMART goal exercise Mindful walking MINDFUL ATTITUDE: non striving	STOP practice Loving kindness practice MINDFUL ATTITUDE: acceptance	Embracing vulnerability My level of resilience The three-minute breathing space Self-compassion break MINDFUL ATTITUDE: letting go and letting be		
	Home assignments	Mindful based living	Mindful based living		





START FROM YOURSELF WORKBOOK

A lifestyle Changing Program



**A step-by-step path
to live well with
mindful choices**



Educational
workshops (March
29 – 30, 2018)

*SEFAC Volunteers
Training*

How to recruit and
motivate
volunteers in
implementation of
the innovative
SEFAC model







SEFAC Alliance

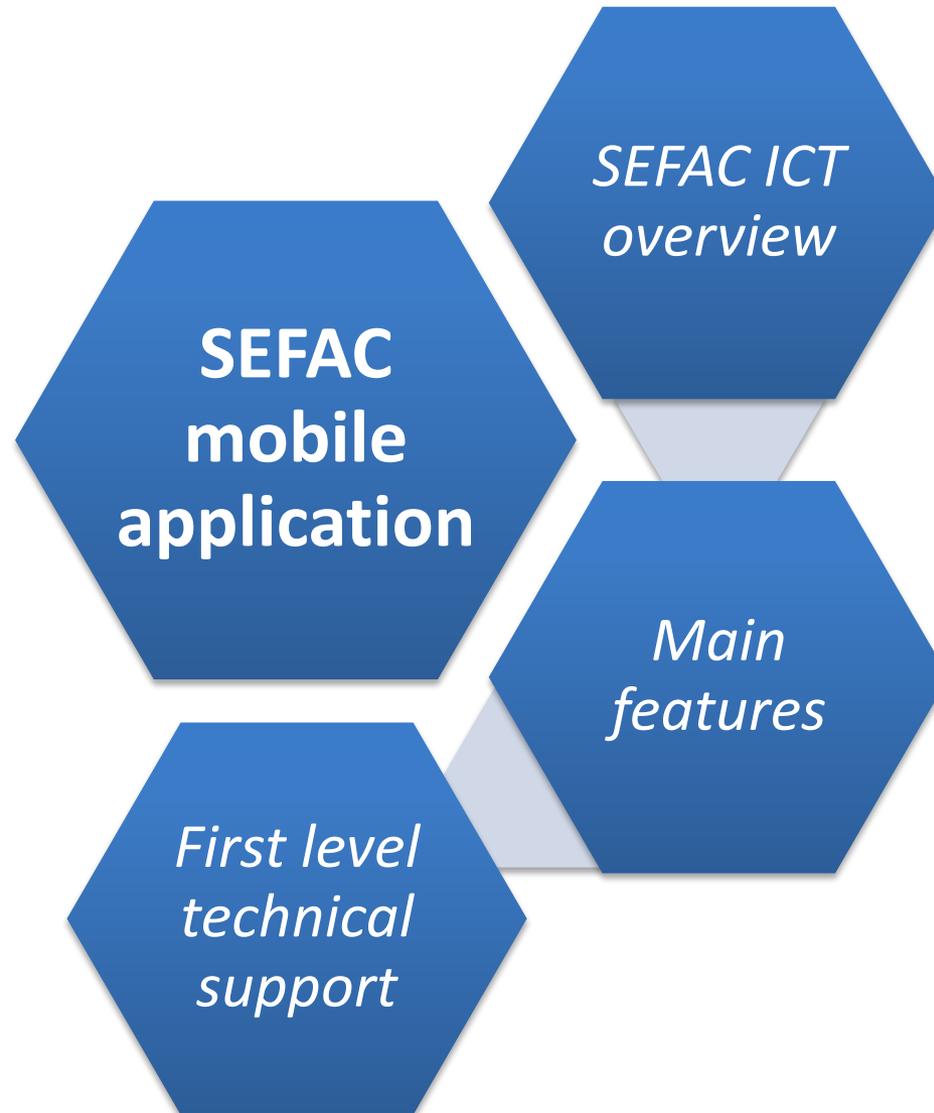
- *group of representatives of the main local target groups with which each single pilot is operating: patients at risk, GPs, pharmacies, volunteers, professionals, health/fitness centers, etc.*



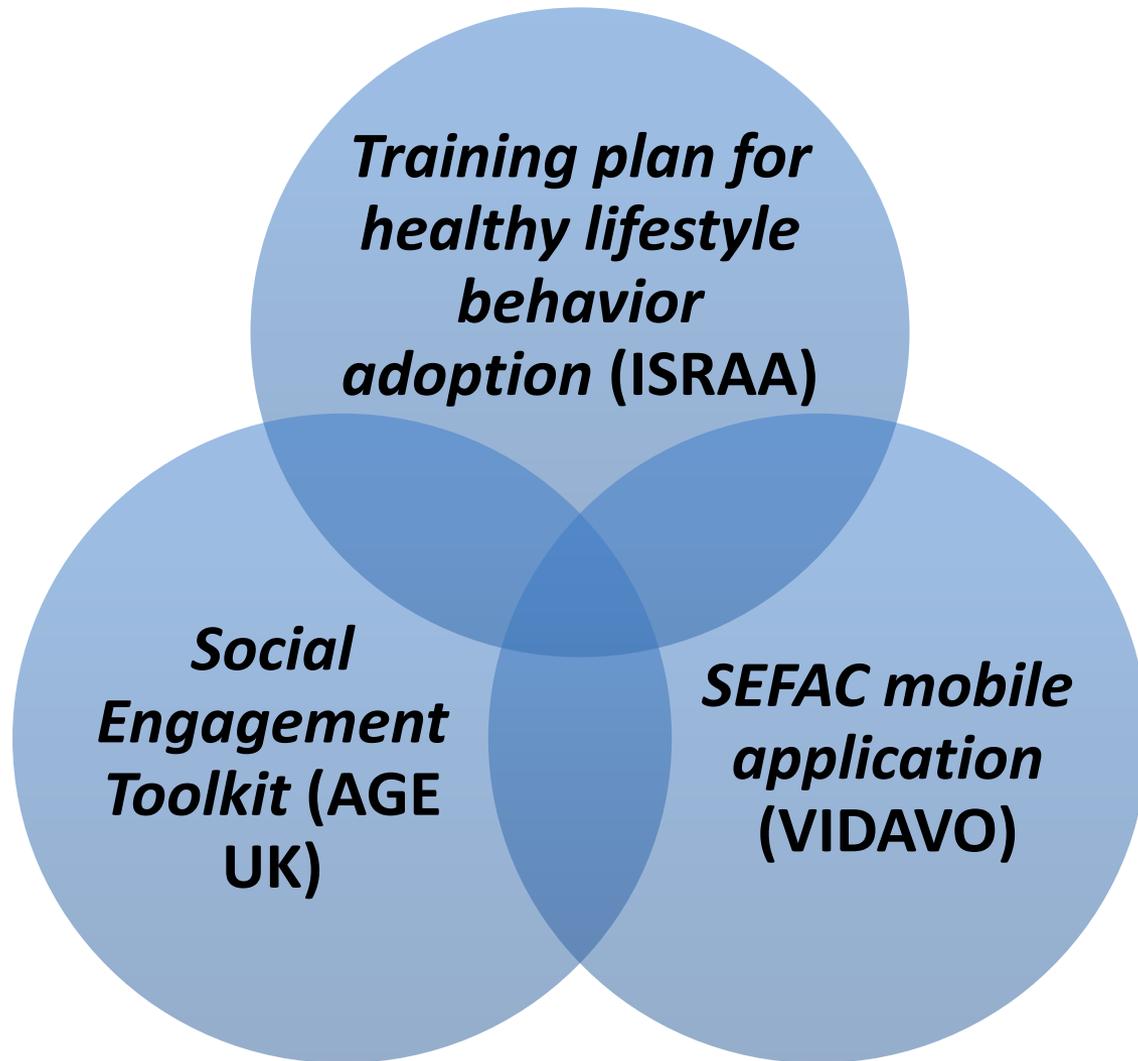
Source: <https://www.aretgroupplc.com/blog/the-agile-relationship-between-competition-and-cooperation>



SEFAC ICT training



Local staff training



Preparatory phase

Pilot site	Recruitment of SEFAC Alliance	Recruitment and education of patronage nurses	Recruitment and education of volunteers
<p>Cornwall</p> 	<ul style="list-style-type: none"> ✓ within VEOR Surgery (personal doctor service in Camborne which has around 8,530 patients) 	<ul style="list-style-type: none"> ✓ introduce the elements of the “<i>Guided conversation</i>” ✓ mindfulness (<i>SEFAC trainers</i>) and its incorporation into art classes ✓ well-being assessment ✓ footcare clinics ✓ physical activity support 	<ul style="list-style-type: none"> ✓ “core business” ✓ introduction to data protection, safeguarding and the principles of working with patients ✓ supported by the practice social prescriber



Preparatory phase

Pilot site	Recruitment of SEFAC Alliance	Recruitment and education of patronage nurses	Recruitment and education of volunteers
<p>Rijeka</p> 	<ul style="list-style-type: none"> ✓ Community Health Centre of Primorje - Gorski Kotar County, City of Rijeka, Teaching Institute of Public Health of Primorje – Gorski Kotar County, Faculty of Health Studies, SMART - Civil Society Development Association, Thalassotherapy Opatija, Primorje – Gorski Kotar County, Administrative Department of Social Policy and youth and Administrative Department of Health 	<ul style="list-style-type: none"> ✓ in collaboration with Community Health Center of Primorje – Gorski Kotar County ✓ screening of eligible citizens ✓ motivation of participants ✓ workshop attendance ✓ measuring blood pressure and glucose ✓ helping in filling out the questionnaires ✓ communication with participants ✓ monitoring the participants' progress 	<ul style="list-style-type: none"> ✓ in collaboration with SMART – Association for the Development of Civil Society ✓ MEDRI effort ✓ students of undergraduate study of <i>Physiotherapy</i>



Preparatory phase

Pilot site	Recruitment of SEFAC Alliance	Recruitment and education of patronage nurses	Recruitment and education of volunteers
<p>Rotterdam</p> 	<ul style="list-style-type: none"> ✓ healthcare providers 	<ul style="list-style-type: none"> ✓ patronage mindfulness trainers ✓ certified <i>Mindful Based Healthy Living</i> (MBHL) trainers that have their own practice ✓ active role in developing the SEFAC intervention in Rotterdam 	<ul style="list-style-type: none"> ✓ “buddy” system (peer-to-peer support) ✓ easier to organize and it strengthens mutual support between participants ✓ “buddy” system introduced at the first mindfulness session



Preparatory phase in Treviso

Pilot site	Recruitment of SEFAC Alliance	Recruitment and education of patronage nurses	Recruitment and education of volunteers
<p>Treviso</p> 	<ul style="list-style-type: none">✓ Italian Red Cross of Treviso (Treviso CRI), Associazione Diabetici Treviso, Volontarinsieme Treviso, Lasciamo Il Segno, Federfarma Treviso, Informatici Senza Frontiere, Associazione Di Volontariato Natale Mazzolá, Sant'egidio, Auser, Strada Facendo, Ulss 2, Coni Treviso.	<ul style="list-style-type: none">✓ team of psychologists and psychotherapists that are mindfulness trainers and are experts in work with groups	<ul style="list-style-type: none">✓ in collaboration with <i>Volontarinsieme Treviso and Associazione Di Volontariato Natale Mazzolá</i>✓ training consisted of 5 meetings (2h)



Cornwall Pilot Site

Participants recruitment

VEOR Surgery (coffee meetings and risk stratification tool)



SEFAC model implementation

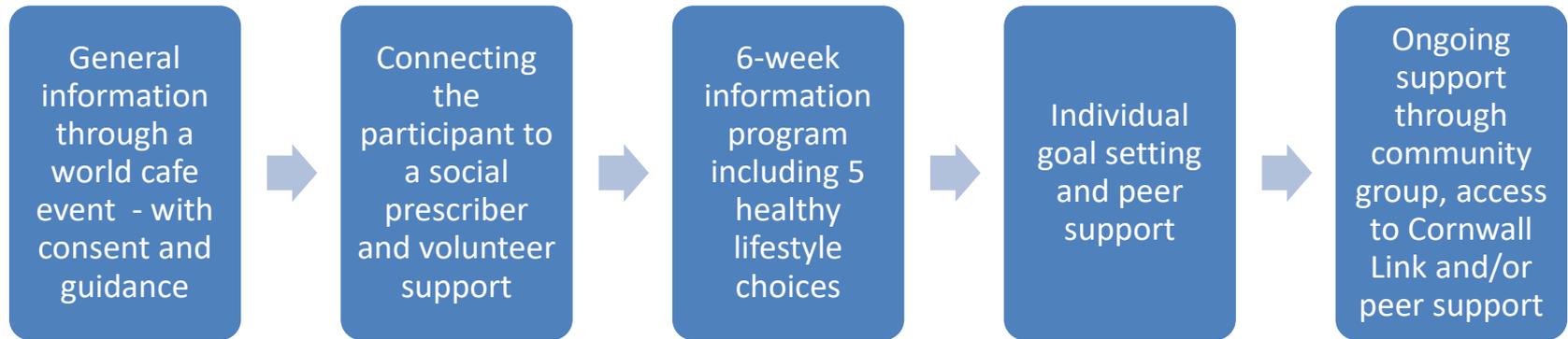
"Guided conversation" and mindfulness



Following the 6-week program

Goal setting support (conversation, peer-to-peer support)



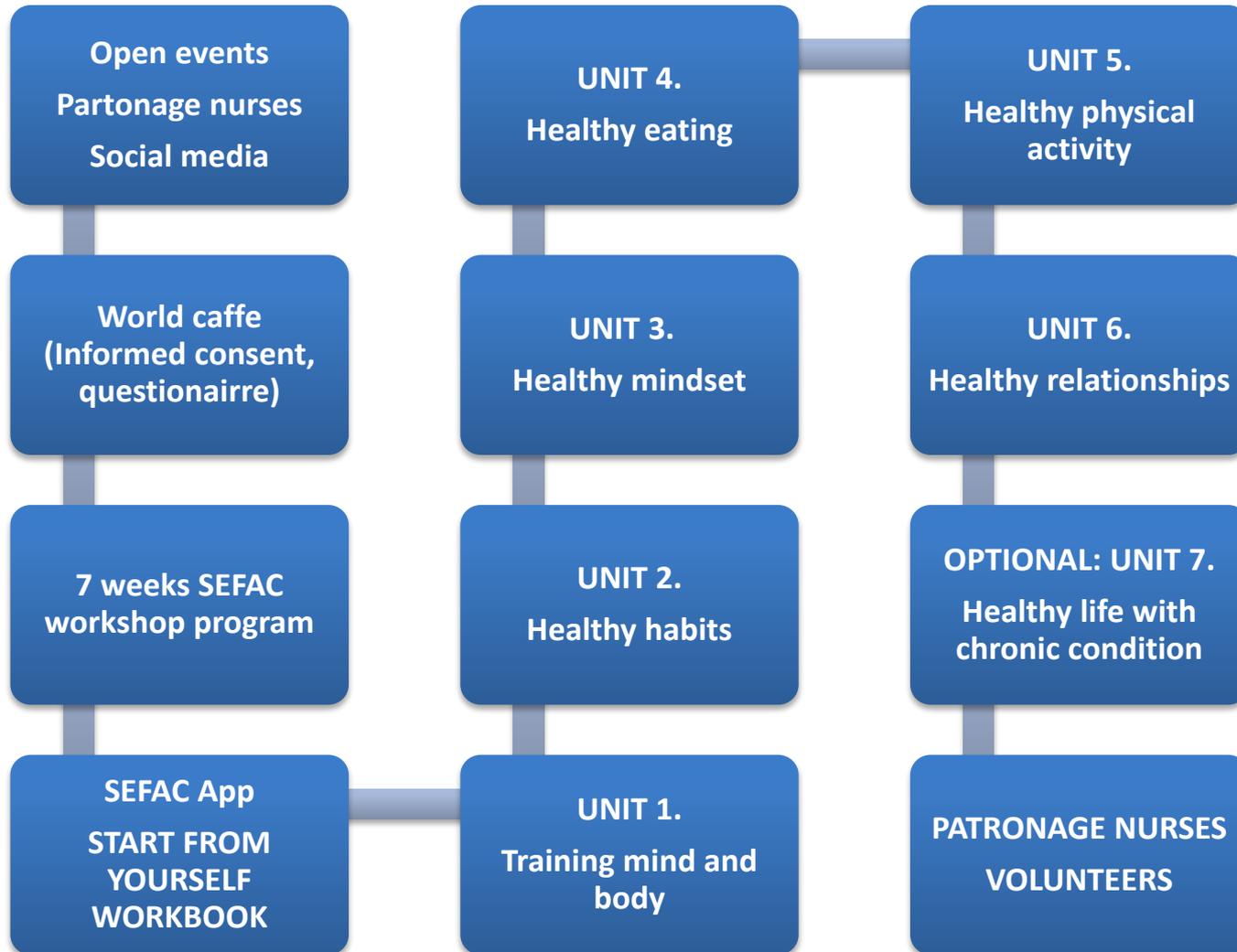


5 healthy lifestyle choices

- 50 minutes of moderate activity a week (local leisure centers)
- Managing alcohol intake to the recommended national unit level (guidance and support by a specialist if needed)
- Maintaining a healthy weight (specialist support in identifying small and practical goals)
- To stop smoking (specialist support)
- To support mental wellbeing through the 5 ways to wellbeing (connecting to others, being active, giving something back to your community, taking notice of things around you and keep learning)



Rijeka Pilot Site



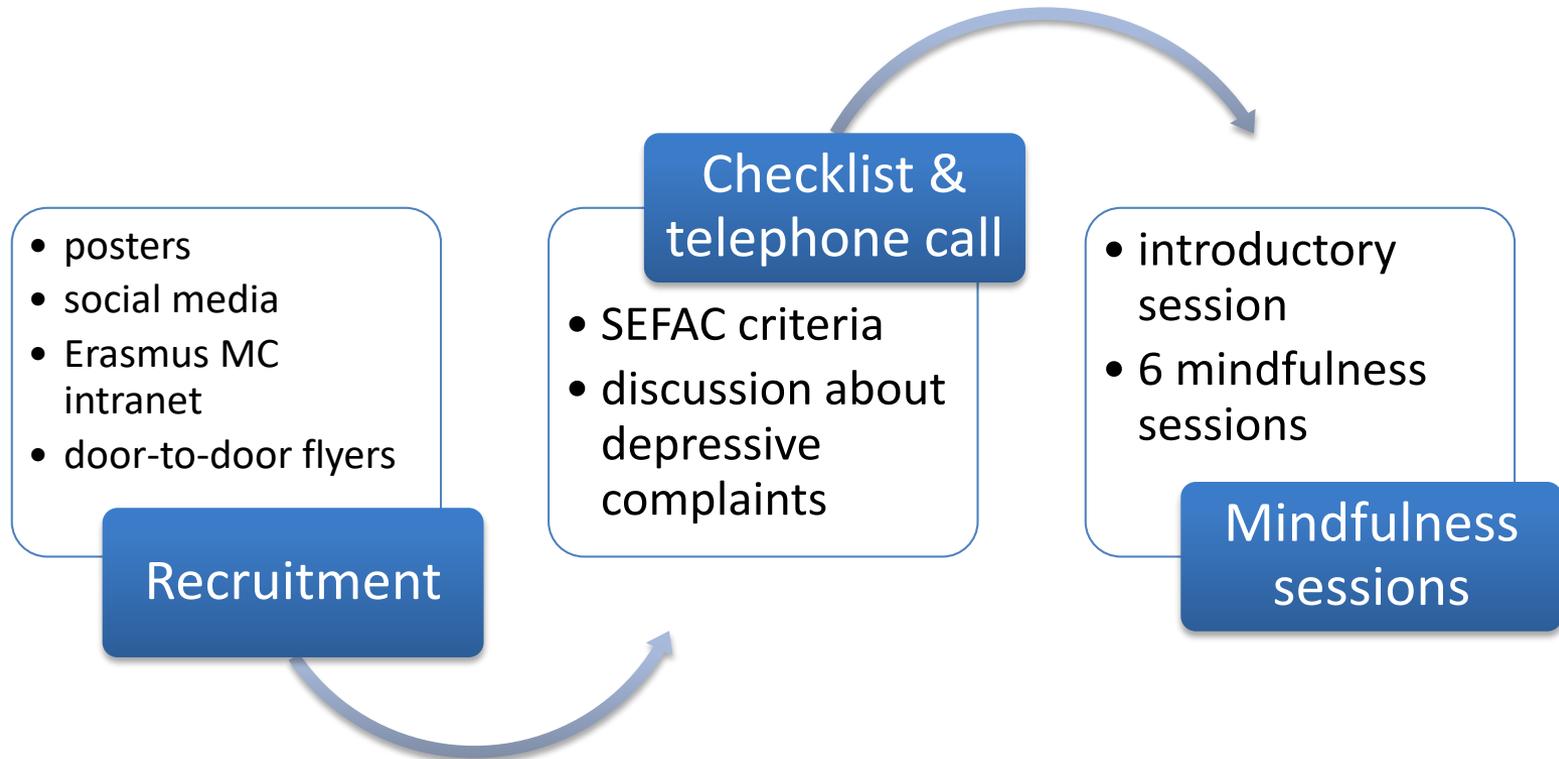
Rijeka Pilot Site (SEFAC mobile application)

New user acquisitions (All events, Per interval, Monthly)

Date	Croatia
<i>October 2018</i>	-
<i>November 2018</i>	-
<i>December 2018</i>	-
<i>January 2019</i>	-
<i>February 2019</i>	-
<i>March 2019</i>	8
<i>April 2019</i>	29
<i>May 2019</i>	-
<i>June 2019</i>	2
<i>July 2019</i>	-
<i>August 2019</i>	-
<i>September 2019</i>	-
<i>October 2019</i>	1
<i>November 2019</i>	17
<i>December 2019</i>	1
<i>January 2020</i>	3
<i>February 2020</i>	15
<i>March 2020</i>	-
	76



Rotterdam Pilot Site



The content of Rotterdam mindfulness sessions

Session 1.	Session 2.	Session 3.	Session 4.	Session 5.	Session 6.	Session 7.
Introduction	Automatic pilot <i>(Attention to the body)</i>	Being present <i>(Attention to breathing)</i>	Dealing with impediments <i>(Allow what is there)</i>	Emotions are human <i>(Thoughts are no facts)</i>	Taking care of yourself <i>(Silence)</i>	Applying what you have learnt <i>(How to proceed?)</i>
Maintenance sessions (once a week after the program)						



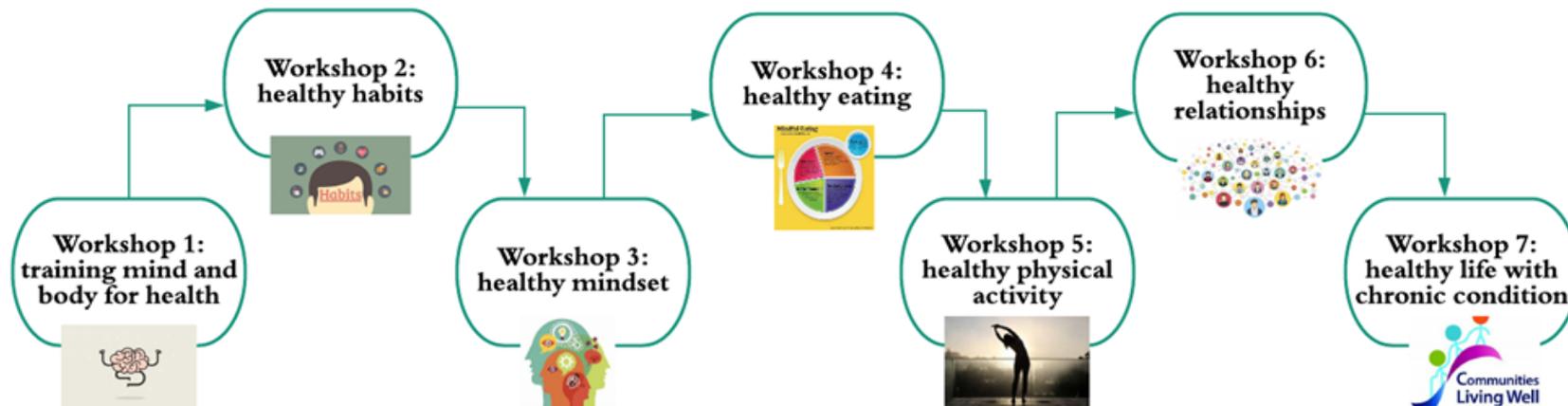
Rotterdam Pilot Site (SEFAC mobile application)

New user acquisitions (All events, Per interval, Monthly)

Date	Netherlands
<i>October 2018</i>	-
<i>November 2018</i>	-
<i>December 2018</i>	-
<i>January 2019</i>	-
<i>February 2019</i>	-
<i>March 2019</i>	-
<i>April 2019</i>	2
<i>May 2019</i>	-
<i>June 2019</i>	1
<i>July 2019</i>	1
<i>August 2019</i>	1
<i>September 2019</i>	9
<i>October 2019</i>	3
<i>November 2019</i>	9
<i>December 2019</i>	1
<i>January 2020</i>	-
<i>February 2020</i>	2
<i>March 2020</i>	2
	31



Treviso Pilot Site



Theory and
group
discussion

Mindfulness
practice



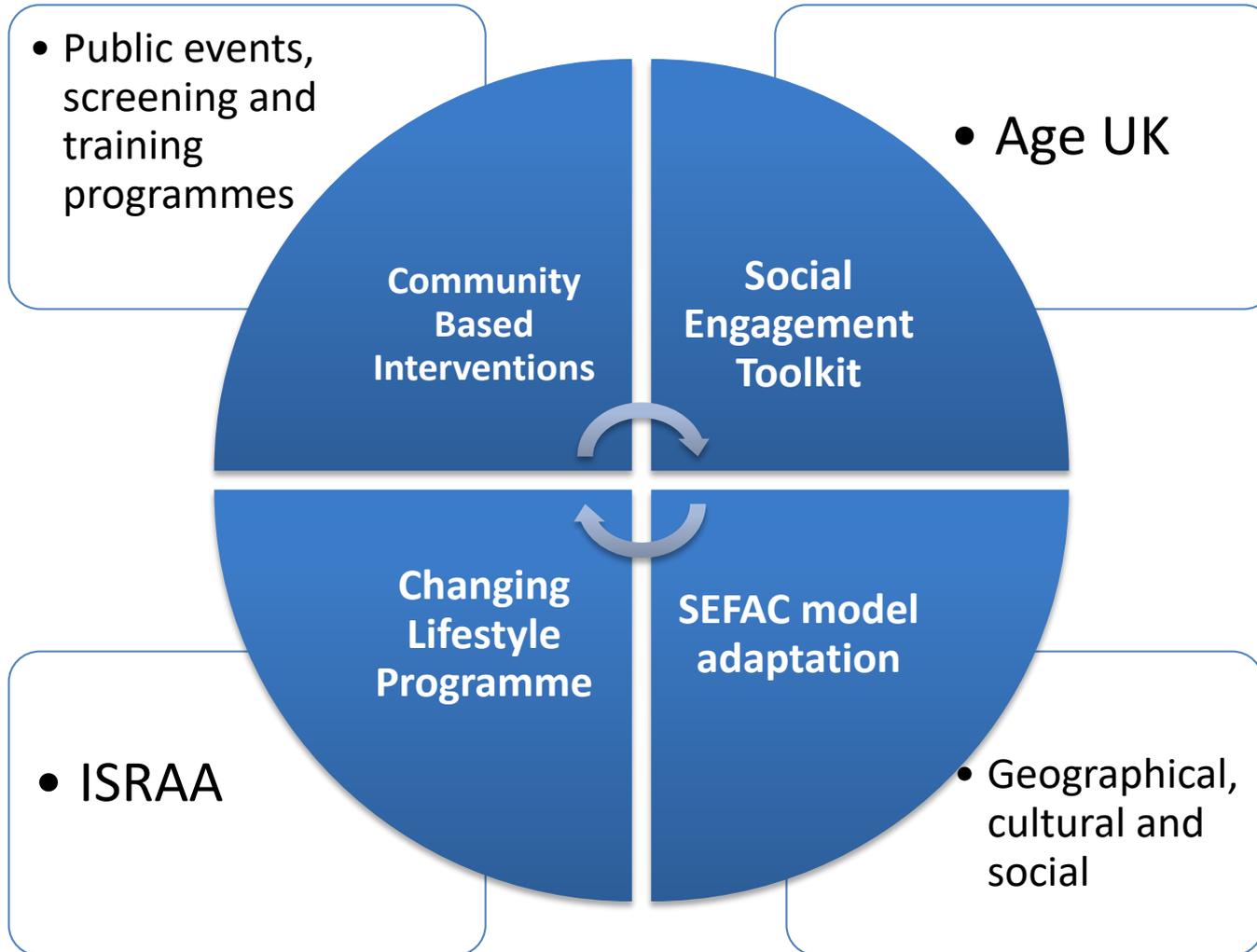
Treviso Pilot Site (SEFAC mobile application)

New user acquisitions (All events, Per interval, Monthly)

<i>Date</i>	Italy
<i>October 2018</i>	-
<i>November 2018</i>	1
<i>December 2018</i>	-
<i>January 2019</i>	-
<i>February 2019</i>	1
<i>March 2019</i>	5
<i>April 2019</i>	9
<i>May 2019</i>	5
<i>June 2019</i>	3
<i>July 2019</i>	4
<i>August 2019</i>	-
<i>September 2019</i>	2
<i>October 2019</i>	16
<i>November 2019</i>	8
<i>December 2019</i>	3
<i>January 2020</i>	3
<i>February 2020</i>	6
<i>March 2020</i>	No Data
	66



Conclusion



SEFAC Consortium and Advisory Board meeting, May 9, 2019, Rijeka, Croatia





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