



SEFAC Final Event

Date: Friday 16 April 2021
Time: 9-17 CET
Location: Zoom

EFFICHRONIC



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EFFICHRONIC

Health and
Social Care
systems
reaching out
vulnerable
populations with
chronic
conditions



“This presentation is part of the project / joint action ‘738127 / EFFICHRONIC’ which has received funding from the European Union’s Health Programme (2014-2020).”



Partners



SERVICIO DE SALUD
DEL PRINCIPADO DE ASTURIAS



Main Objective

To reduce the burden of citizens with a chronic condition and to increase the sustainability of the healthcare system

= same as SEFAC

But different self-management intervention

Objectives:

Reduce the burden of chronic diseases and increase sustainability of the health system



Specific objectives

- Identify and stratify **vulnerable population** groups
- Design specific **recruitment strategies**
- **Implement** the CDSMP programme in all involved regions
- Elaborate an **impact assessment framework** and evaluate results
- Define **policy recommendations** and **guidelines** for scaling-up

Study Design

- Study population: persons ≥ 18 years with a chronic condition and low SEP, and their caregivers
- Pre-post design
- Data collection
 - Baseline (T₀)
 - Follow-up, 6 months post-intervention (T₁)
- n=2000 (400 per pilot site)
- Self-reported outcome measures similar to SEFAC: self-management in health behavior, physical and mental well-being, and HRQL

Study Design Target population

- **Vulnerable population groups**

“not fully socially integrated and at risk of falling into social exclusion”

- Vulnerability: socio-economic, cultural or educational
 1. **People with a chronic condition**
 - Elderly people living alone or in a nursing home
 - Ethnic minorities
 - Immigrants
 - Low socio-economic status
 - Inmates
 2. **Socially isolated caregivers**
- Stratification: Selfy-MPI: clinical + socio-economic parameters

Methodology

CDSMP (1)

Chronic Disease Self-Management Program CDSMP

- Stanford University / SMRC
- Implemented all over the world
- Evidence-based
 - increase in self-management
 - better health outcomes
 - improved access to services
- Practical workshops: 2,5 h once a week, during 6 weeks
- Community-centered, intersectoral



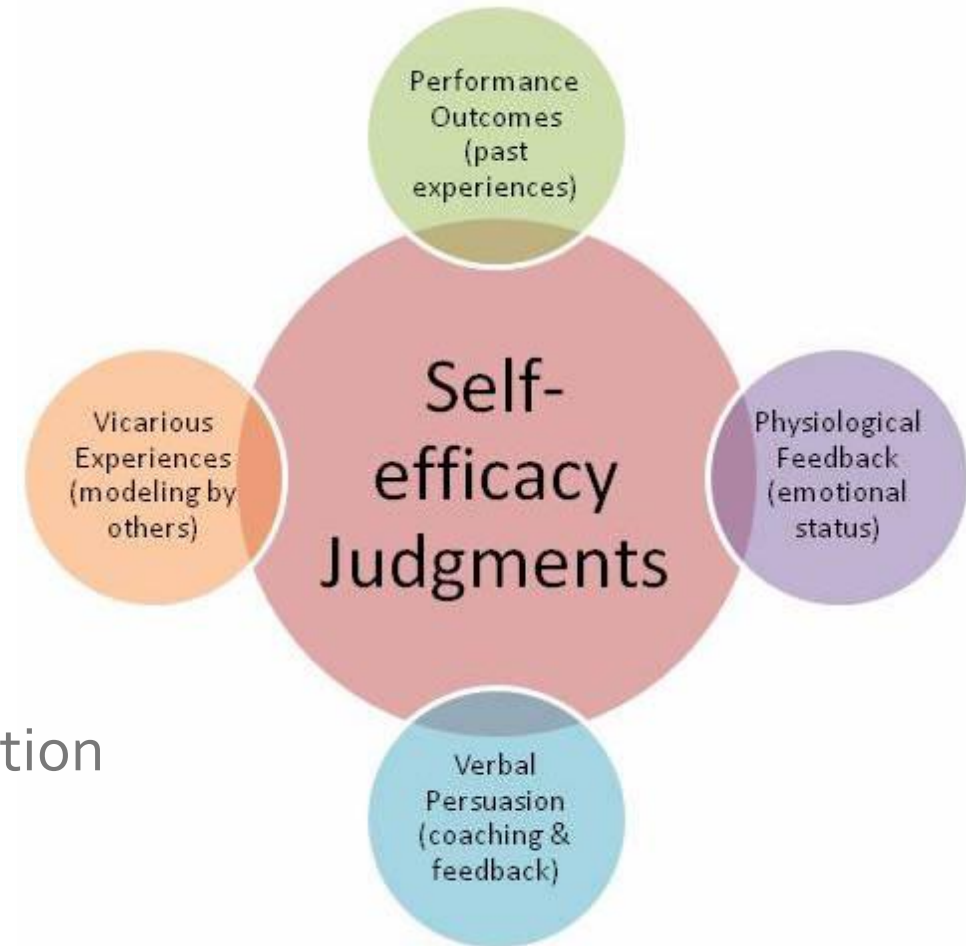
Methodology

CDSMP (2)

Albert Bandura

Pillars

- autonomy
- pro-activity
- self-efficacy
- peer-to-peer education



Definition of active patients

- ✓ Know their condition
- ✓ Be actively **I**nvolved in decision making
With the health professionals
- ✓ Follow the **C**are plan



Chronic Disease Self-Management Programme

Definition of active patients

- ✓ Do activities that are important to **O**neself
- ✓ Manage the physical, emotional and social **I**mpact of the condition(s) on your life
- ✓ Adopt a **L**ifestyle that promotes health and does not worsen the symptoms or the impact of the condition



Proactive Persone

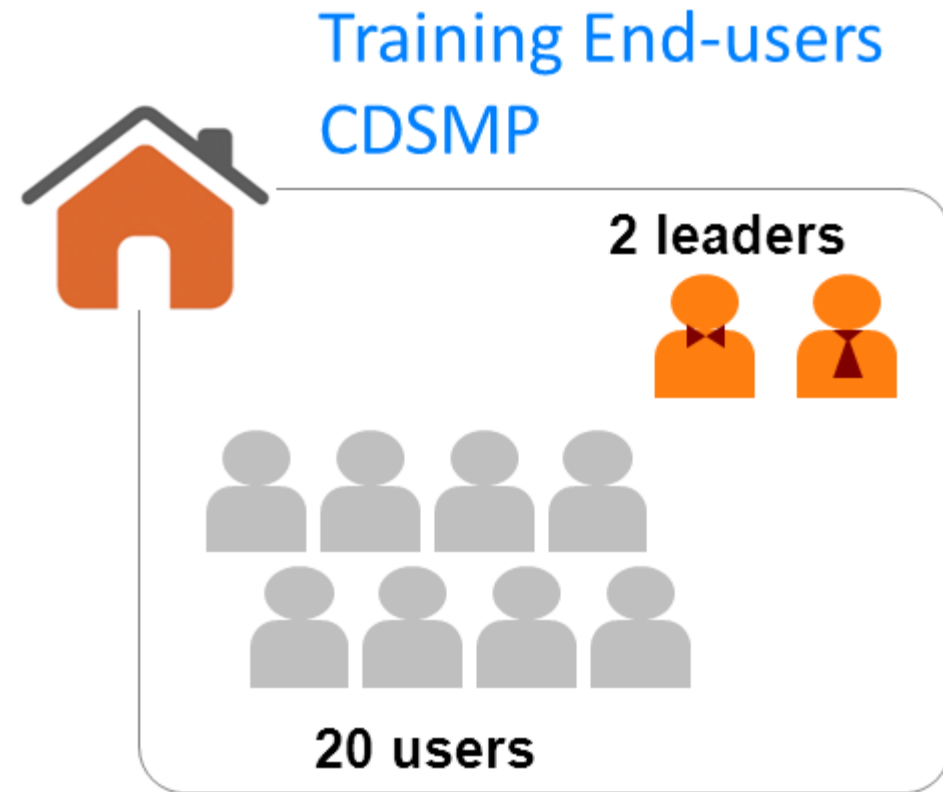
Research outcomes



©2016 Insignia Health. Patient Activation Measure® (PAM®) Survey Levels. All rights reserved.

Greene and Hibbard (2011) "Why Does Patient Activation Matter? An Examination of the Relationships Between Patient Activation and Health-Related Outcomes,"

CDSMP Methodology



CDSMP Thematics contents



Nutrition

Physical
activity



Relaxation



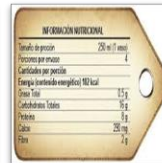
Positive
thinking



Efficient
Communication



Reading Labels



Sleep

Information



Resource
Search



Medicines



Living
well



Fatigue



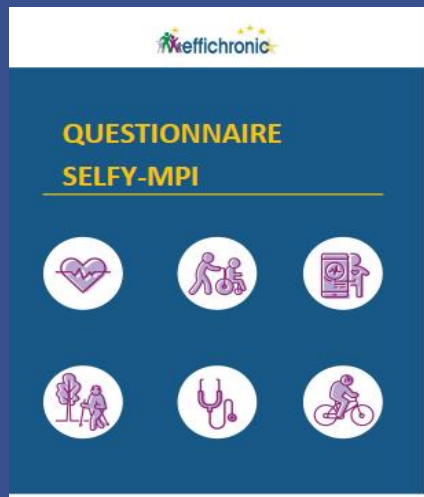
Objective 1: Identify and stratify vulnerable population groups



Prognostic index with clinical and socioeconomic variables

MPI	Domains	Selfy_MPI
ADL (Katz)	Activities of Daily Living	Barthel-ADL
IADL (Lawton)	Instrumental ADL	IADL
Exton-Smith Scale	Mobility-Pressure sore risk	Barthel-Mobility
Mini Nutritional Ass.	Nutritional status	Mini Nutritional Ass.
SPMSQ	Cognitivity	TYM test
CIRS	Comorbidity	
# drugs	Polypharmacy	# drugs
Cohabitation	Social variables	SFES

STRATIFICATION AND VULNERABILITY MULTIDIMENSIONAL ANALYSIS



Development and validation of a self-administered Multidimensional Prognostic Index (SELFY-MPI) to predict negative health outcomes in community-dwelling persons

Alberto Pilotto¹, Nicola Veronese¹, Katerin Leslie Quispe Guerrero¹, Sabrina Zora¹, An LD Boone², Matteo Puntoni³, Angela Giorgeschi¹, Alberto Cella¹, Ines Rey Hidalgo², Yves-Marie Pers⁴, Alberto Ferri¹, J.R. Hevia Fernandez⁵, Marta Pisano Gonzalez⁶ on behalf of the EFFICHRONIC Consortium.

Objective 2: Design specific recruitment strategies



RECRUITMENT STRATEGIES



Involving Social Sector Organizations



RECRUITMENT STRATEGIES



Objective 3: Implement the CDSMP programme in all involved regions



Implementation

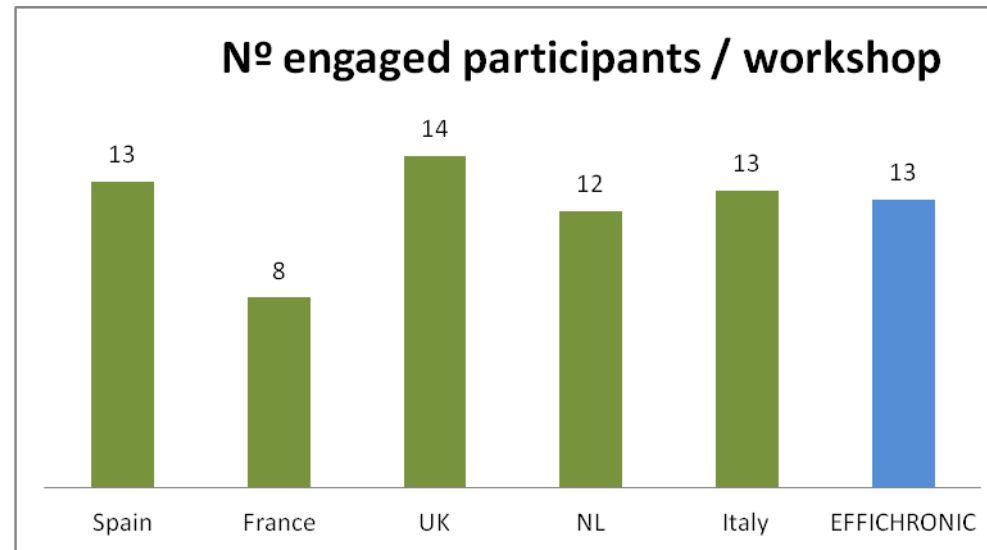
	Spain	France	UK	NL	Italy	EFFICHRONIC
Engaged participants	1131	234	577	417	400	2759

- Ethnic minorities
- Migrants and refugees
- Inmates
- Older people living alone
- Older people living in institutions
- People with few economic resources



Implementation

Total number of workshops: **236**











Objective 4: Elaborate an impact assessment framework and evaluate results



EVALUATION Design

Evaluation Design of EFFICHRONIC: The Chronic Disease Self-Management Programme (CDSMP) Intervention for Citizens with a Low Socioeconomic Position

by  Siok Swan Tan ^{1,*}  ,  Marta M Pisano ²,  An LD Boone ³ ,  Graham Baker ⁴,  Yves-Marie Pers ⁵ ,
 Alberto Pilotto ⁶,  Verushka Valsecchi ⁵,  Sabrina Zora ⁶,  Xuxi Zhang ¹,  Irene Fierloos ¹ and
 Hein Raat ¹

Int. J. Environ. Res. Public Health 2019, 16(11), 1883; <https://doi.org/10.3390/ijerph16111883>

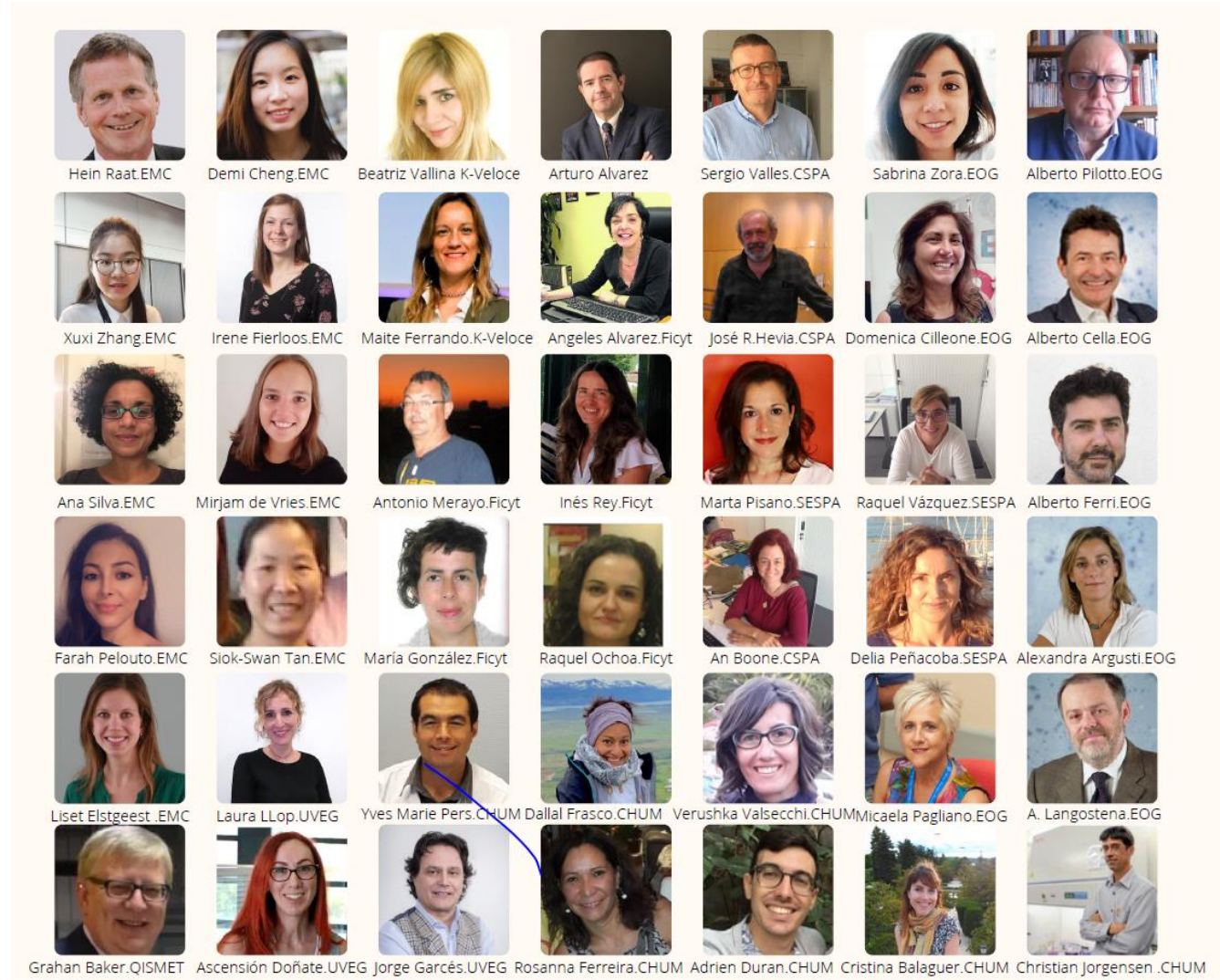


International Journal of
*Environmental Research
and Public Health*

Objective 5: Define policy recommendations and guidelines for scaling-up



Family picture





“

This program offers us an opportunity to start in a new country.

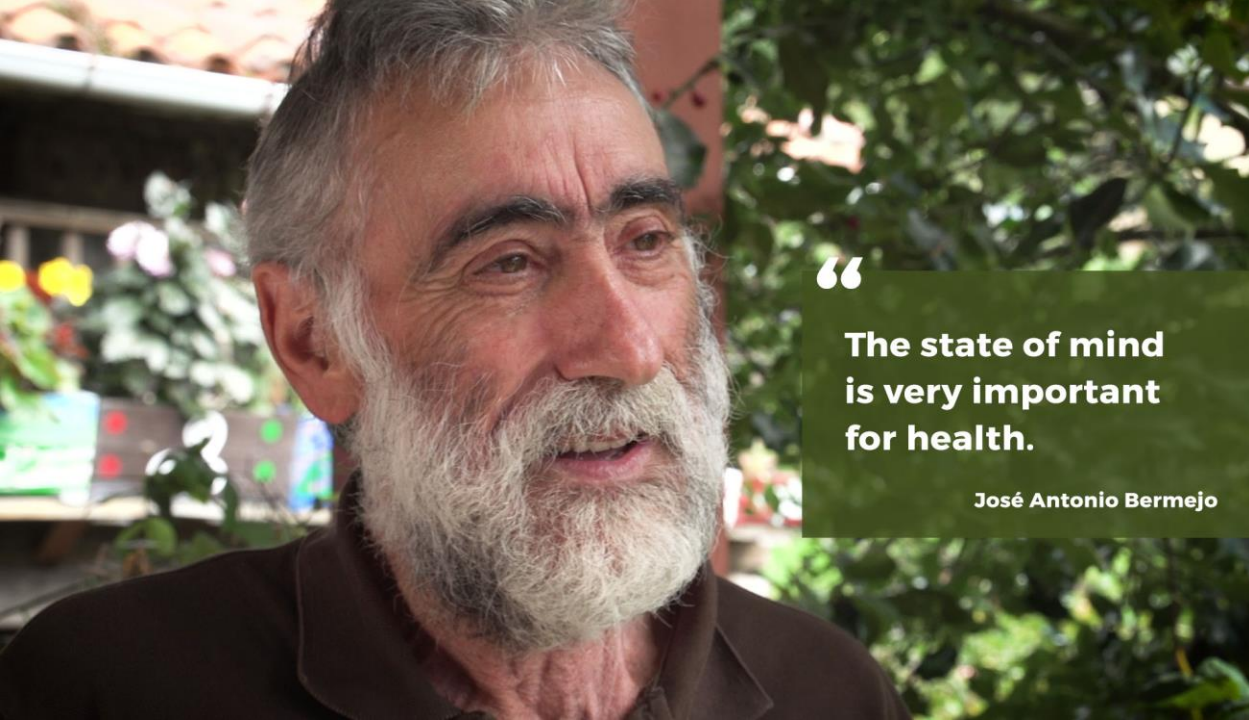
Gévenis Narváez



“

Paciente Activo gives you tools to improve your daily life.

Leonardo Gavilán



“

The state of mind is very important for health.

José Antonio Bermejo



“

I learnt how to breath to relax and control my hypertension.

Purificación Carril

Thanks!

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