

What matters the most to people with **Heart Failure (HF)** when it comes to self-management outcomes

Most people over 65 years live with one or more chronic health conditions. Management of these conditions accounts for a significant portion of healthcare costs today: somewhere between 70% and 80%. People living with chronic conditions mostly manage their condition themselves, at home and in the community, often helped by family or other informal carers. Providing the right support for self-management and living well with a condition is an essential part of good chronic disease care and increases life expectancy.

What is self-management?

Self-management is defined as what individuals, families and communities do to promote, maintain, or restore health and to cope with illness and disability with or without the support of healthcare professionals. It includes but is not limited to self-prevention, self-diagnosis, self-medication and self-management of illness and disability.

What are the **outcomes** people with HF consider most important?



Activation

The knowledge, skills, and confidence a person has in managing their own health and healthcare, including a feeling of being responsible for taking care of their own health. This is measured using a dedicated measuring scale, the so-called degree of patient activation.



Self-efficacy

A person's judgement that they are capable of doing something, often related to a specific goal s/ he wants to achieve, feeling of confidence and of being in control.



Knowledge

Having understanding of the health condition and diagnosis, treatment options, and other aspects (risk factors included), such as lifestyle and healthy choices.



Quality of life

Being able to do everyday activities, such as: practicing personal hygiene, household work, sex, managing personal finances, social contacts, and job tasks. As QALY (Quality-Adjusted Life Year) incorporates both quantity and quality of life, it therefore provides a reasonable estimate of the amount of quality time (i.e., health benefit) an individual may experience as a result of a particular intervention.

COMPAR-EU is a project partly funded by the European Commission under its research framework programme “Horizon 2020”. It started in January 2018 and will end in December 2022. The project aims to identify, compare, and rank the most effective and cost-effective self-management interventions for adults in Europe living with one of four chronic conditions: Type 2 Diabetes Mellitus (T2DM), Chronic Obstructive Pulmonary Disease (COPD), obesity and heart failure. The project has developed 4 Core Outcome Sets (COS) to guide self-management interventions in these diseases and developed an online decision-making tool for policymakers, researchers, patients, and the healthcare industry.

Self-management Interventions (SMIs) are supportive interventions that healthcare staff, peers, or laypersons systematically provide to increase people’s skills and confidence in their ability to manage a long-term disease.



What new **knowledge** does this research bring?

A key strength of our COS is that it is strongly based the preferences of people with HF while also reflecting the perspectives of healthcare professionals and researchers. This means the COS is quite reliable and could be used in many different settings.

What is a Core Outcome Set: a list of outcomes which people with a chronic condition and healthcare professionals have recommended that researchers should measure and report if they are undertaking a research study in a particular area.

The group voted 16 outcomes to be a part of the final HF COS. Within these 16 outcomes, 4 are considered particularly important by all participants, meaning they have received very high support – 70% (or more) of the participants’ approval.

<https://self-management.eu/>

More information needed?

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Full list of outcomes and explanation:



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