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COMPAR-EU

Dear readers,

It is a pleasure for our consortium to publish this last COMPAR-EU newsletter. Our project is coming to its completion at the end of this year.

We take this opportunity to thank you once again for your interest and contributions. We also want to highlight that all our achievements have been possible only because of the great collaborative efforts from all partners over the last five years. We have both enjoyed and learned from our work and complementary expertise. Congratulations and thank you very much to everyone!

In this issue, we cover the relevant activities carried out during the last semester. The main focus was on dissemination efforts: the research conference which presented the project's results and opportunities for sustainability; the advocacy conference held with patients and policymakers to create awareness about self-management; and presentations about the platform on different occasions.

We hope the project results will reach our different audiences and offer new opportunities to improve self-management.

We especially recommend that you read the article covering a spin-off that emerged from COMPAR-EU: [Self-management Europe \(SME\)](#). SME will allow us to keep the platform updated or generate new resources helpful for various target groups. We look forward to continuing our contact with you through this initiative.

In this context, instead of saying goodbye, we'll see you soon! We wish you a merry Christmas and a great new year!

On behalf of the COMPAR-EU project,

Carola Orrego
Project coordinator

Continuing support for self-management after the end of the project



COMPAR-EU has provided key resources for supporting self-management: a taxonomy of interventions, core outcome sets for the four chronic conditions built together with patients and providers; reviews and analyses of more than 1600 randomized control trials allowing comparison of the different self-management components effectiveness; cost effectiveness analyses and studies on the influence of context in developing self-management interventions (SMIs).

This information is highly valuable for patients, professionals, guideline developers, researchers, and policymakers as well as for industries developing IT support systems, pharma and insurance companies. All this information has been reported in an [interactive platform](#) which includes [decision aids](#) for patients and providers, [evidence to decision frameworks](#), [summary of findings tables](#) and [recommendations](#) per disease. Lay person summaries are included in the platform.

We are aware that our results can make an important contribution in bridging the gap between knowledge and practice, summarising what is currently available and developing further knowledge and support to the field.

Our mission: help stakeholder's decision-making

To continue the COMPARE-EU efforts after the project termination in December, we launched [Self-Management Europe](#). This is the not-for-profit European Research and Innovation Centre conceived of as a partnership of organisations working on patient empowerment and self-management. The project is a joint venture initiative led by the

Netherlands Institute for Health Services Research (Nivel), OptiMedis, the Avedis Donabedian Research Institute (FAD) and the European Patients' Forum (EPF). It works in collaboration as an affiliate member of the other [COMPAR-EU partners](#).

Its mission is to help stakeholder's decision-making by providing, creating, and disseminating new and innovative knowledge for better self-management and patient empowerment with a special emphasis on chronic conditions. Its main objectives are:

- Providing updated (scientific) knowledge on patient empowerment and self-management.
- Promoting research and generating new knowledge on how to improve self-management with special emphasis on vulnerable people and chronic conditions.

We aim to build capacity for research, policy and interventions through workshops, webinars, seminars, and knowledge exchange and help to set strategic directions in European research and policy on self-management, empowerment and chronic disease and create opportunities for innovation and transfer of self-management research for the mHealth application.

Self-Management Europe Alerts

The image displays four posters titled "SELF-MANAGEMENT EUROPE ALERT". Each poster contains the following sections:

- SELF-MANAGEMENT EUROPE ALERT**: The main title of the poster.
- HEALTHY LITERACY WHY IT IS IMPORTANT?**: A section explaining the importance of health literacy.
- HEALTHY LITERACY WHAT DOES IT MEAN?**: A section defining health literacy.
- HEALTHY LITERACY DEPENDENT KNOWLEDGE FACTORS**: A section listing factors that influence health literacy.
- HEALTHY LITERACY WHY IT IS IMPORTANT?**: A section explaining the importance of health literacy.
- HEALTHY LITERACY WHAT DOES IT MEAN?**: A section defining health literacy.
- HEALTHY LITERACY DEPENDENT KNOWLEDGE FACTORS**: A section listing factors that influence health literacy.

Our first initiative has been to produce [Self-Management Europe Alerts](#) providing practical recommendations on how to implement practices that enhance self-management and patient empowerment. So far, four have been published and are being translated to different EU languages to enhance their impact. We intend to create a network with other interested organisations to continue enhancing self-management and patient empowerment knowledge and implementation.

If you are interested, please contact us at contact@self-management.eu

COMPAR-EU Final Conferences

Final Research Conference – Presenting key findings, the main product and having meaningful discussions



From 26th – 27th October 2022 we held our final research conference in Palma. Leading researchers in the field held keynote presentations and young researchers presented their work in a poster presentation.

The conference had a special welcome opening by Dr. Rosa Suñol, President of the Board of Trustees of the Avedis Donabedian Research Institute (FAD), and Asun Sanchez, General Director of health research training and accreditation, from the Health Department of the Balearic Government. They highlighted the importance and benefits of self-management, not just to increase the quality of life of patients, but also for healthcare professionals and for the entire healthcare system.

Using the Behaviour Change Wheel approach to increase physical activity and break up sitting for the benefit of cardiovascular disease risk and mental wellbeing

We had the honour of listening to a talk by Professor Angel Chater, from the University College London and the University of Bedfordshire, introducing key aspects to achieve a change of behaviour and increase physical activity, and presenting the programme “The active Herts”, in which physical activity offers are tailored to the needs of local people.

COMPAR-EU platform: interactive workshop

The attendees participated in a workshop that showed the main features from three of the main sections of the [platform](#). Participants were able to explore the platform on their laptops or smartphones, and we collected feedback. We also presented the next steps for the implementation of the platform, concluding that a successful implementation would require changes at different levels, and the support of the recent initiative [Self-management Europe](#) could help increase the platform’s value.

Self-management in Europe: what have we learnt and what should we do next?

To finalise the conference, Professor Angela Coulter gave a keynote speech in which she highlighted three main points. Firstly, that self-management support should be guided by the evidence but personalised to the individual, secondly that implementation involves leadership, infrastructure and demonstration; and finally, that evaluation should take place alongside implementation, formative as well as summative.

What comes next?

The consortium has concluded a long journey through these five years, with a large amount of work done. We have identified research gaps persisting in self-management intervention research, and through the [platform](#), we are now providing these findings to the scientific community and other stakeholders who can benefit from using the interactive decision-making tools.

Through this work we have recognised that if our objective is patient involvement and empowerment, our job does not stop here; this is just the beginning. We must keep working to provide patients with tools to achieve an appropriate self-management of their diseases, as in the words of a patient panellist, *“Patients need to know how to recognise when something is going wrong and what to do, they will not have their good doctor or nurse for a lifetime”*.

[Read the full blog article on the conference here.](#)

Great success at the Advocacy Conference on self-management in Brussels last month!



On the 15th – 16th November 2022 more than 65 participants met in person and online to listen to a prominent line of speakers and panellists. They engaged in fruitful multi-stakeholder, multidisciplinary discussions.

The main themes were self-management and patient involvement both within and beyond the COMPAREU project. The programme spanned two half-days and included diverse viewpoints from individual patients, patient organisations, healthcare providers, researchers, think-tank representatives and other key stakeholders from around Europe. There was a general agreement that having self-management plans and procedures in place should be strongly encouraged in order that these become an integral part of European healthcare systems.

“Self-management does not mean leaving patients on their own when handling the

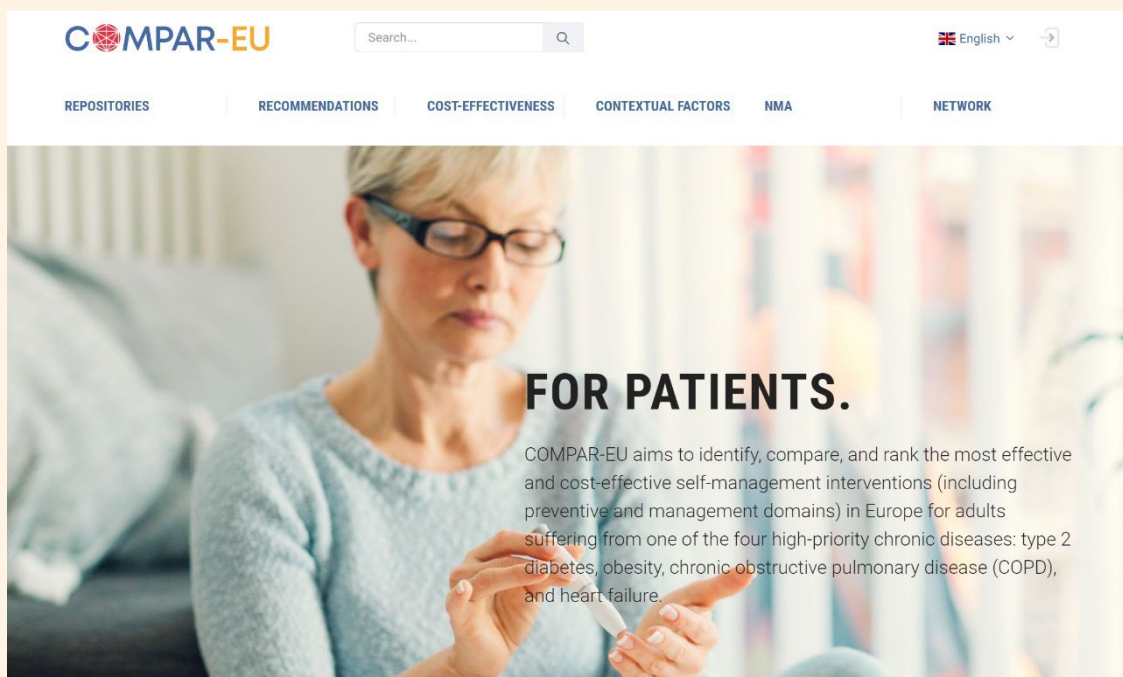
challenges that come with their chronic conditions. To the contrary – it means giving patients the tools and support for them to be in charge of their lives and to be empowered and enabled to live with their conditions” said Valeria Ramiconi, Programme Manager, EFA - European Federation of Allergy and Airways Diseases Patients' Associations in her keynote speech.

[Click here to learn more about the project and its outcomes.](#)

Final product, business plans and results of the project

COMPAR-EU platform to support decision-making on Self-Management interventions

Four months ago, we launched our [COMPAR-EU platform](#) to support decision-making on SMIs for different end users for the four relevant chronic diseases that the project focuses on. This platform collects and collates the different results obtained during the project's life. Thousands of users have already visited and consulted the platform's sections.



This interactive COMPAR-EU platform hosts the following products

[Interactive Summary of Findings tables \(iSoF\)](#) aimed at guideline developers and healthcare professionals to find and understand the main results regarding the effectiveness of SMIs for different core outcomes (COS) considered relevant to stakeholders of the four chronic diseases.

The [Evidence to Decision frameworks \(EtD\)](#) are recommendations to help policymakers and managers make decisions about SMIs targeted at the four chronic diseases when there are more than two available options.

An essential tool of our platform is the [Patient Decision Aids](#), designed to help reach a shared decision between a healthcare professional and a patient regarding SMIs, tailored to patient preferences regarding specific outcomes or the interventions' characteristics. We have integrated the results that emerged from the [Network Meta Analysis \(NMAs\)](#), [cost-effectiveness](#) and [contextual factors](#).

Finally, we have the [repositories of RCTs](#), [tools](#) (mainly PREMs and PROMs) and [interventions](#). This section benefits researchers and clinicians by presenting the information synthesized during the project in different ways.

We invite you to visit our platform and use it according to your interest and needs. We also welcome your feedback and suggestions on how to improve the platform!

Check out the platform [here](#) and send us your feedback to contact@self-management.eu.

Conclusion: There is a potential for SMIs in general to be cost-effective

During the [final research conference in Mallorca](#), the results and conclusions of the cost-effectiveness analyses for SMIs were presented. One of the main conclusions arising from our work was that, from a health economic perspective, there is a potential for SMIs in general to be cost-effective, especially in obesity, but also in COPD and heart failure.

This potential, however, largely depends on the actual costs of providing effective SMIs in real practice. In addition, a recommendation was made that maintenance of the SMIs intervention effects after the trials should be further investigated to better predict the long-term outcomes of SMIs. Unfortunately, no conclusions on which type of intervention was most cost-effective could be made because the effect of the different types of SMIs used as input in the models was based on clinical studies with a large variation of patients, making comparisons between interventions less valid.

The last month of this year will be used to finalise the planned [scientific papers](#). Up to now three papers about aspects related to the cost-effectiveness analyses have either been published or submitted. Four more papers are currently in preparation and will hopefully be published next year.

[Click here to read more about the work packages.](#)

Advances on presenting Network Meta-Analysis results of multicomponent SMIs

During the last six months of COMPAR-EU, the NMA team has been mainly focused on several scientific papers. Our methodological paper on the graphical visualization and evaluation of multicomponent SMIs has been accepted for publication in the Research Synthesis Methods journal and will be freely available soon.

Additionally, we have made significant progress with one of the core [scientific papers](#) of COMPAR-EU project, that of the Diabetes Network Meta-Analysis; we plan to submit the paper for publication within the next weeks.

[Click here to see all publications.](#)

Self-management platform finalised but hot to avoid it ending up on the virtual shelf?

The development of business plans for implementation of the [COMPAR-EU platform](#) was an iterative process including different activities such as interviews with healthcare professionals and decision makers from hospitals and primary care; workshop with pharma and healthcare organisations and a hackathon with young researchers. Based on this we identified main results at different implementation levels.

1. At the **individual level**, patients' needs and characteristics should be considered, and decision tools introduced first to those who are the most motivated. Patients should be guided, and family members, caregivers or friends involved. In terms of professional interaction, the added value and evidence of decision tools should be emphasized. Regular meetings on implementation should be organized and positive experiences be reported, a clear role definition within the team is required.
2. To facilitate change at the **organizational level**, high level leadership and opinion leaders should lead the effort and teams should receive continuous training. Implementation is further facilitated by maintaining interoperability with information systems or (mHealth) applications. In order to gain support of funders, purchasers should be involved early on, funding requests are facilitated by successful smaller pilots.
3. At the **system level**, successful implementation requires the recognition of use of decision tools in the reimbursement system. Decision tools should be introduced in national guidelines and existing programmes like Disease Management Programmes in Germany.

The findings from the interviews with physicians and managers, the workshops with industry and the hackathon event made it very clear that targeted efforts are needed to translate evidence into practice. Integrating the data from the platform with other IT applications will be one of the key challenges that needs to be addressed in the future. At the same time, the health care industry provides plenty opportunities to leverage the data compiled by the COMPAR-EU research team in the design and implementation of new health services.



Lay Language Materials

Audio-visual assets to support our uptake

We have produced a series of [lay summaries](#) – on COPD, Heart Failure, Obesity, Type 2 Diabetes core outcome sets, and on the Taxonomy process, among others. Producing lay summaries is an important step to share project results in accessible language for patients and non-expert audiences. Translating these documents into various languages (including German, French and Spanish) helps to ensure that they will be available to wider multilingual audiences.

These materials were transformed into attractive and easy to use documents and leaflets, which will support their uptake by lay-users including patients as well as the wider public. Additionally, we will also produce short videos to promote the project and its main results. This work will be merged with our translations, to create visually attractive and multilingual documents which can be used by stakeholders outside of the immediate ecosystem of the project partners, and with the aim of reaching audiences such as various European patient organisations, national level organisations, individual patients and other public audiences.

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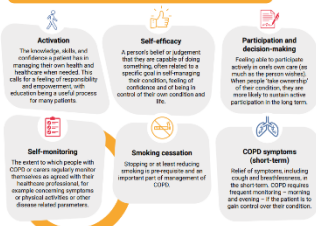
What matters to people with Chronic Obstructive Pulmonary Disease (COPD) when it comes to self-management outcomes

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 COPD consider most important?



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

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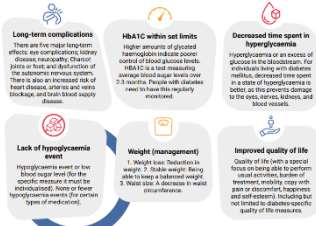
What matters the most to people with Type 2 Diabetes Mellitus (T2DM) when it comes to self-management outcomes

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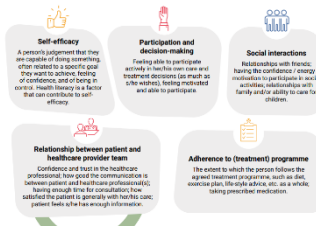
What matters the most to people with obesity when it comes to self-management outcomes

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What are the outcomes people with obesity consider most important?



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Creation and Agreement on a Classification of Self-Management Interventions

Interest in self-management is growing because the role of patients in health and care is changing: patients are increasingly active participants in their own healthcare. The number of studies investigating the effectiveness of self-management interventions (SMIs) is quickly increasing but they vary in quality and terminology used. Creating a **consistent taxonomy** - a tool to name and classify the interventions - can help provide us a 'common language' for all researchers, law makers, healthcare professionals and managers, but also patients and patient organisations, which will facilitate further research in the area of self-management interventions and boost their reputation as well.



What is self-management? Why do we need a classification tool? What matters most to people with a chronic disease when it comes to self-management outcomes? And what new knowledge does this research bring?

[Find the answers in our new lay summary leaflets here.](#)

Latest Blog Articles



Continuing support for self-management after the end of the project

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[Read full article here.](#)



Final Research Conference – Presenting key findings, the main product and having meaningful discussions

From 26-27.10.22 we organized our final research conference in Palma. Here we presented the key findings of our project, and we also launched the main product of our study, an innovative information technology platform featuring self-management tools. Leading researchers in the field held keynote presentations and young researchers presented their work in a poster presentation.

[Read full article here.](#)



Workshop, hackathon, interviews: successful exchange with relevant stakeholders

To develop business plans for implementation of the COMPAR-EU platform, featuring decision-making tools about self-management, we conducted individual interviews with clinicians and managers in Germany and Spain.

[Read full article here.](#)



Full steam ahead – the EPF team prepares for a successful end of COMPAR-EU (2018-2022)

As the COMPAR-EU project heads into its final months, project partners from the European Patients' Forum share what is in the pipeline for patient engagement, including special news.

[Read full article here.](#)



COMPAR-EU Evidence to Decision frameworks (EtDs): a tool for stakeholders

Four COMPAR-EU panels used the Evidence to Decision (EtD) to formulate recommendations about self-management interventions (SMIs) for patients living with Type 2 diabetes mellitus (T2DM), obesity, chronic obstructive pulmonary disease (COPD), and heart failure. The project will make available these EtD frameworks as interactive tools to support healthcare professionals, patients, and policymakers, among others, to make informed decisions on the use and implementation of SMIs.

[Read full article here.](#)



Headroom analysis as a method to estimate the potential for a cost-effective implementation of self-management interventions

The COMPAR-EU project aims to rank the most (cost-)effective interventions for self-management. To estimate the cost-effectiveness of self-management interventions (SMIs) health economic models were used to predict the lifetime health benefits and (healthcare) costs for a scenario assuming one-time implementation of a SMI in comparison with a scenario assuming care as usual.

[Read full article here.](#)

Publications

Ballester M, Heijmans M, Orrego C, Lyudmil N, Beltran J, González A, Van der Gaag M, Sunol R.

Are we measuring what matters to people? A review of PROMs and PREMs used to evaluate self-management interventions.

[Read full article here.](#)

Efthimiou O, Seo M, Karyotaki E, Cuijpers P, Furukawa TA, Schwarzer G, Rücker G, Mavridis D.

Bayesian models for aggregate and individual patient data component network meta-analysis.

[Read full article here.](#)

Veroniki AA, Seitidis G, Nikolakopoulos S, Ballester M, Beltran J, Heijmans M, Mavridis D.

Modeling in Network Meta-Analysis. 2022. p. 245–61.

[Read full article here.](#)

Niño De Guzmán E, García LM, González-González A, Heijmans M, Huaranga J, Immonen K, Ninov L, Orrego C, Pérez-Bracchiglione J, Salas-Gama K, Viteri-García A, Alonso-Coello P, Vainieri M.

The perspectives of patients and their caregivers on self-management interventions for chronic conditions: a protocol for a mixed-methods overview.

[Read full article here.](#)

van der Gaag M, Heijmans M, Ballester M, Orrego C, Niño de Guzmán E, Ninov L, Rademakers J.

Preferences Regarding Self-Management Intervention Outcomes of Dutch Chronically Ill Patients With Limited Health Literacy.

[Read full article here.](#)



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