

WHAT IS THE COMPAR-EU PROJECT?

COMPAR-EU aims to identify, compare, and rank the most effective and cost-effective self-management interventions (SMIs) for adults in Europe living with one of the four high priority chronic conditions: type 2 diabetes, obesity, COPD, and heart failure.

It is increasingly important to develop effective strategies for promoting self-management by patients and citizens. Governments seek to develop health care systems that guarantee high quality care whilst facing the challenges of ageing populations, increase in chronic diseases and rapid technological development in a context of constrained finances.

Specific objectives of COMPAR-EU:

- To validate a taxonomy of SMIs to inform the research steps that follow, ensuring both homogeneity and comparability;
- To identify and prioritise SMI outcomes from patients' perspectives;
- To synthesise evidence on SMIs from existing randomised clinical trials;
- To compare the relative effectiveness of SMIs in each of the four chronic diseases using network meta-analysis;
- To model the cost-effectiveness of SMIs from a societal, health care, and patient perspective;
- To analyse contextual and implementation factors to improve the implementation of SMIs;
- To develop and pilot decision-making tools to facilitate the use of the most effective SMIs for end users;
- To conduct a comprehensive dissemination, communication, and exploitation plan to maximise the impact of the COMPAR-EU project.

The project will provide support for policymakers, guideline developers, researchers, industry, professionals and patients to make informed decisions on the identification and implementation of the most suitable SMIs.



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The content of this leaflet reflects only the COMPAR-EU groups' views and the European Commission is not liable for any use that may be made of the information contained herein.



**COMPARING
THE (COST-)
EFFECTIVENESS OF
SELF-MANAGEMENT
INTERVENTIONS
IN 4 HIGH PRIORITY
CHRONIC
DISEASES IN
EUROPE**

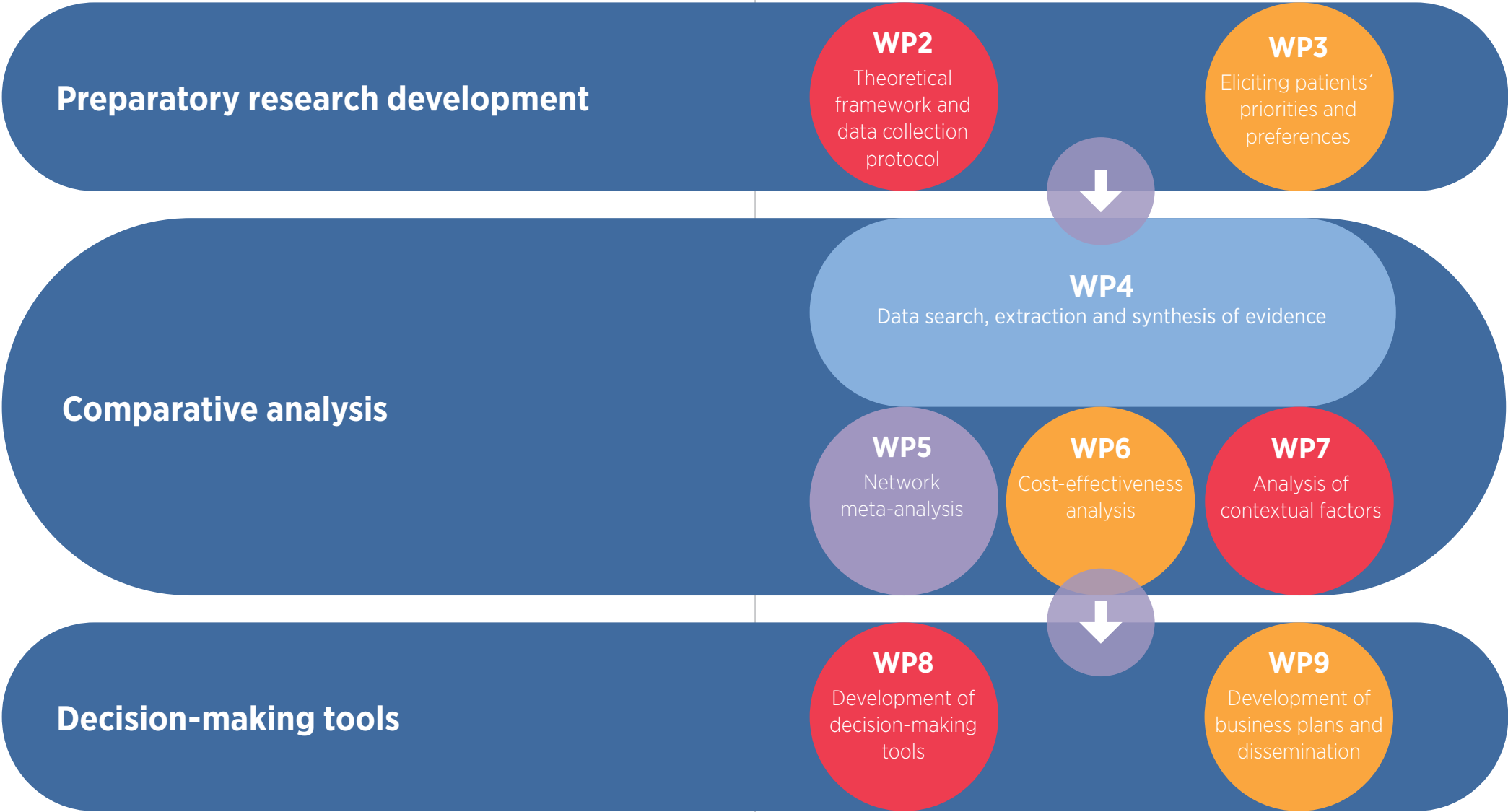
**A project funded within the
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**COMPAR-EU started in January
2018 and will run for five years
until the end of 2022.**

WORK PACKAGES

A mix of disciplines, including health services researchers, health economists, mathematicians, business developers and representatives of patient organisations work together to ensure patients gain access to effective SMIs. The project is split into three main phases and is divided into ten work packages (WP).

**WP1 and WP10 are not presented in the figure as they draw on the entire project. The objective of WP1 is to ensure compliance with the ethics requirements. WP10 addresses the overall strategic project coordination and management.*



COORDINATOR

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