

COMPAR-EU

COMPAR-EU News #1

Comparing the effectiveness and cost-effectiveness of self-management interventions in 4 high priority chronic diseases in Europe

Dear Readers and Friends,

Eight out of ten people aged over 65 in Europe suffer from at least one chronic condition. The impact on the quality of life of individuals is tremendous. Self-management interventions (SMIs) are important health care interventions as they can help to improve patients' ability to deal with the day-to-day consequences of their condition and maintain an optimal quality of life. There is evidence that SMIs can improve clinical and patient-reported outcomes. They have also been associated with positive results in terms of cost-effectiveness measured from an individual and societal perspective. Given the potential and the expanding number of SMIs, it is essential to identify the most effective and cost-effective ones for different purposes and in different contexts. COMPAR-EU is a project funded by the EU that will contribute to bridging the gap between current knowledge and practice in this field. Seven organisations from five European countries collaborate to deliver innovation. To keep you involved and updated on project developments, we will prepare a newsletter every six months during the project period. Please enjoy reading this first newsletter and learn more about the COMPAR-EU progress. We wish you an enjoyable Christmas break and all the best for the new year!

Your COMPAR-EU team

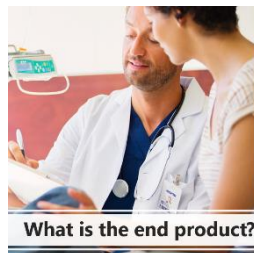


In this newsletter, learn more about:

- [the key facts of COMPAR-EU](#)
 - [the kick off meeting in Barcelona on 11th and 12th of January 2018](#)
 - [the progress of our work](#)
 - [the consortium meeting in Utrecht on 22nd and 23rd of November 2018](#)
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Facts

What is COMPAR-EU?



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 chronic conditions: type 2 diabetes, obesity, COPD, and heart failure.

The project will provide support for policymakers, guideline developers and professionals to make informed decisions on the adoption of the most suitable SMIs through decision-making tools adapted to different needs.

Who are the consortium partners?



The consortium includes researchers, health economists, mathematicians, business developers and representatives of patient organisations. The project is coordinated by the Avedis Donabedian Research Institute.

Funding?



COMPAR-EU is a Horizon 2020 project that receives funding from the European Commission under grant agreement No 754936. The content of this newsletter reflects only the views of the COMPAR-EU group.

Kick off meeting in Barcelona

The kick off meeting on 11th and 12th of January brought all participating partners together to discuss the specific work to be undertaken throughout the project and to advance our scientific approach. Twenty-six researchers from seven organisations attended the meeting. The event was hosted by the Avedis Donabedian Research Institute (FAD) in Barcelona, Spain.



'This project will produce unique evidence to empower patients in taking an active role in self-management'

Dr Rosa Sunol, COMPAR-EU Project
Coordinator, FAD

Participating partners:

- Avedis Donabedian Research Institute (FAD), Spain
- European Patients' Forum (EPF), Belgium
- Institute for Medical Technology Assessment (iMTA), The Netherlands
- Netherlands Institute for Health Services Research (Nivel), The Netherlands
- Hospital de la Santa Creu i Sant Pau Research Institute (IR-HSCSP), Spain
- OptiMedis AG, Germany
- University of Ioannina (UIO), Greece

Fun Fact: While discussing the approaches to motivate patients to physical activity as part of their self-management, all researchers sit around a table for over 8h a day!! Lessons learnt: At the next meeting, we should include a more active approach, such as walking discussion groups.

Update on our work



'Patients' involvement can help in designing future self-management interventions so they bring real added value to patients, as well as for the healthcare system.'

Kaisa Immonen, EPF,
COMPAR-EU Gender and Socioeconomic Committee



'As COMPAR-EU primary aim is to improve self-management (support) for patients we check every product on relevance and quality also from a patients' perspective.'

Dr Monique Heijmans, Nivel,
COMPAR-EU Quality Committee

Click [here](#) to get an overview of all Work Packages (WP) and to see the timeline of our Milestones and Deliverables.

Development of a taxonomy for self-management interventions (WP2)

There is no common definition of the concept of self-management in research, policy and practice. This makes comparison between interventions challenging. This heterogeneity revealed the need to work on a common taxonomy for self-management. The COMPAR-EU taxonomy increases clarity in defining and hence, comparing diverse, complex interventions. Based on a literature review, a first version of the taxonomy was constructed. In a modified Delphi Consensus Process, experts in SMI and/or taxonomies rated the importance of each component of the taxonomy. By keeping the most important ones, the final COMPAR-EU taxonomy was developed and externally validated. Click [here](#) to learn more about the process of the development.

Eliciting patients' priorities and preferences (WP3)

Involving concerned stakeholders to reveal different views, experiences, and beliefs is vital to ensure that research is of relevance. A modified Delphi Consensus Process was used to ensure that outcomes truly reflect patients' priorities and preferences. A list of patient-important outcomes was identified in literature. These outcomes were ranked by patients on a dedicated online platform. Subsequently, 20 patients, carers and their representatives as well as 20 healthcare professionals participated in a consensus workshop on the 10th and 11th of July in Berlin, Germany. Based on stimulating discussions, all stakeholders agreed on the most important outcomes to be included in further COMPAR-EU comparative analyses. We thank all participants for their fruitful contributions! A detailed description of the prioritisation process of patient-important outcomes is available on our website [here](#).



Disease-specific group discussion on the importance of outcomes at the consensus workshop in Berlin.



Patients, carers, their representatives, and healthcare professionals collaborate with the COMPAR-EU consortium.

Development of a Data Management Plan (WP9)

The COMPAR-EU project is part of the HORIZON 2020 Open Research Data Pilot, the Pilot project of the European Commission which aims to improve and maximise access to and reuse of research data generated by the projects. The Data Management Plan (DMP) of COMPAR-EU includes information on:

- the handling of research data during and after the end of the project
- what data will be collected, processed and/or generated
- which methodology and standards will be applied
- whether data will be shared/made open access
- how data will be curated and preserved (including after the end of the project).

The research data that are collected or generated along the project must be processed in a way that they are **findable, accessible, interoperable and reusable (FAIR principles)**.

On the basis of the DMP, other researchers will be able to identify data collected in COMPAR-EU and request access for secondary research use.

COMPAR-EU meets the Advisory Board for the first time

We are delighted that 8 external specialists from across Europe participate in the Advisory Board of COMPAREU. The members represent different stakeholder groups and advise the COMPAREU consortium on issues related to project goals and associated legal, ethical, and social issues. The members will play a key role in supporting the dissemination and exploitation of results. On 8th of February 2019, the COMPAREU project partners will meet the Advisory Board for the first time in Paris. Click [here](#) to learn more about the Advisory Board members

Fun Fact: You are asking yourself why we meet in Paris even though no project partner comes from France? It is just because we love the city!! And it is located in the centre of Europe, easily accessible to all participating partners. We are looking forward to enjoying the French atmosphere and delicious cuisine! Bon appétit!

Consortium Meeting in Utrecht

We were happy to meet all COMPAREU consortium partners on 22nd and 23rd of November 2018 in Utrecht. At this year's consortium meeting, every work package leader gave an update on the progress and discussed the work ahead. The presentations were accompanied by executive and interactive group discussions, for example on the analysis plan for COMPAREU. Nice to see further progress in this interesting project on self-management.



'The meeting was a success in bringing up to speed everyone about each other's progress. Crucial when having several interdependent work packages!'

Dr Pablo Alonso-Coello, IR-HSCSP

Be part of COMPAREU!



'We want to make sure that the results of this research really find their way into practice, support professionals and help patients.'

Dr Oliver Groene, COMPAREU Innovation Manager,
OptiMedis AG

We invite all relevant stakeholders to contribute to increasing the impact of the project. You can help us to ensure that patients benefit from effective self-management interventions through a range of activities. For example, we will determine the most influencing contextual factors on the implementation of SMI and we will work with pilot sites to overcome barriers. Let us know if you are interested in participating. Or, are you a creative thinker? Then you should participate in an exciting Hackathon event to work out how to embed the research on effective SMIs in today's healthcare system. You can also contribute to quantify the impact of SMIs on health systems. Join us to validate conceptual cost-effectiveness models for the conditions studied and establish a cutting-edge cost data set. You want to have an impact in translating research evidence on SMI into decision aids? As a professional, manager or patient, let our research team know if you are interested in joining our co-design workshops or, for representatives from industry, participate in workshops to identify business opportunities based on the evidence for SMIs.

Be part of a collaboration that is committed to improving health in Europe. We are looking forward to you!

Upcoming Events

[COMPAR-EU Advisory Board Meeting](#) - 8th of February 2019 in Paris, France
[19th International Conference on Integrated Care](#) - 1st - 3rd of April 2019 in San Sebastian, Spain
[ISQua 36th International Conference](#) - 20th - 23rd of October in Cape Town, South Africa
Next COMPAR-EU consortium meeting 2019 in Ioannina, Greece

Get involved

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This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 754936.

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