

COMPAR-EU

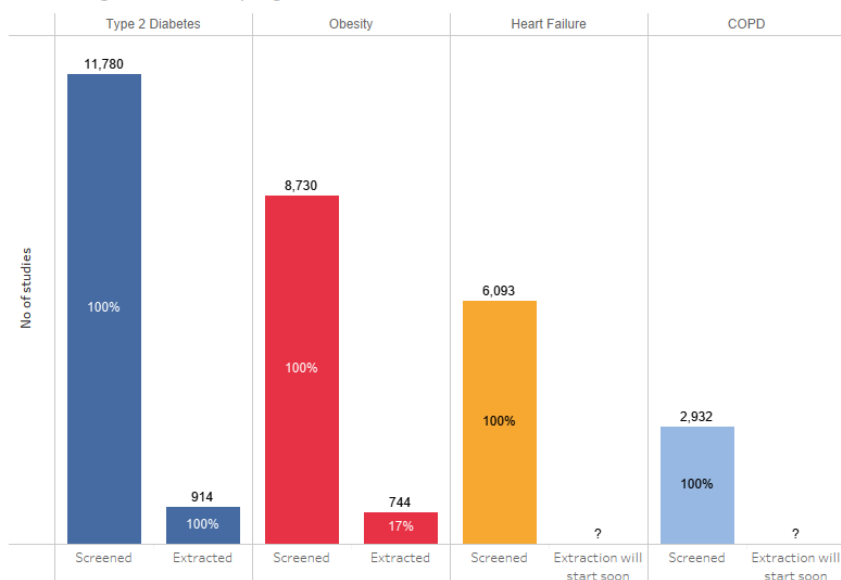
COMPAR-EU News #3

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

Dear readers and friends,

the Patient Involvement Congress hosted by our partner [European Patients' Forum](#) was a real highlight. Over 300 participants from 35 countries came together to discuss the importance of patient involvement in research among others. That's what COMPAR-EU is doing. An example of patient involvement in our project: Before we have started analysing different self-management interventions (SMIs), we asked patients which patient-relevant outcomes are most important to them. These outcomes are prioritised in comparing different SMIs. A lot of energy is still being invested in synthesising the evidence of 3,500 studies about SMIs in four high priority chronic conditions. The [data extraction progress](#) for Diabetes Mellitus Type 2 has already been completed and we have started to analyse the effectiveness of these self-management interventions.

Screening & Extraction progress



Currently, we face a crucial moment to decide how our final product, the [COMPAR-EU Platform](#) that will host all COMPAR-EU products and decision-making tools, should look like. Which features and tools are necessary to support users in decision-making? To develop this innovation, the consortium is working closely together.

The COMPAR-EU team

In this newsletter, learn more about:

- [What are different work packages doing](#)
 - [Go-Live of our Self-Management Blog](#)
 - [The latest consortium meeting in Ioannina, Greece](#)
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Update on our work packages



'The huge amount of information we are extracting and analysing in work package 4 is amazing: 38,000 columns of data for diabetes type 2 alone!'
Rune Poortvliet, Nivel



'Synthesising quantitatively trials comparing SMI is challenging as these interventions consist of multiple components that need to be disentangled to see what really works.'
Dr Dimitris Mavridis, UOI

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

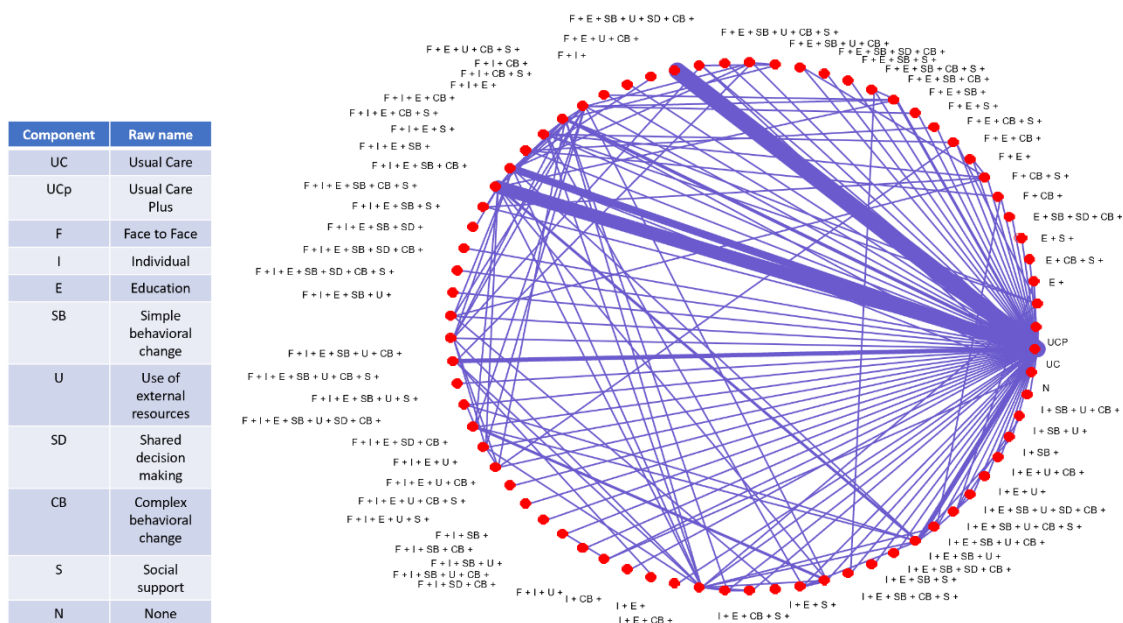
How to get key information out of the studies (WP4)

After synthesising all the evidence on self-management interventions for Diabetes Mellitus Type 2 in the extraction form, the data cleaning has started. A process in which all data is structured and is made accessible for our partner UOI, that will conduct the effectiveness analysis. A lot of consultations and discussions take place between the different partners. At the same time, we are starting the [extraction process](#) of Obesity. After full-text screening, around 740 articles remained to be extracted. The COMPAR-EU team decided to expand the extraction team to be able to extract and peer review all remaining articles in the last months. Still a lot of work ahead but ready to continue.

Are SMIs cost-effective? (WP5)

Based on the work in WP4, we have now started comparing all self-management interventions (SMI) identified for Diabetes Mellitus Type 2 using [network meta-analysis](#) (NMA). Most trials compare a SMI to usual care and few trials compare active SMIs head-to-head. We have identified two different types of 'usual care', depending on how it is defined in each study. NMA synthesises both direct and indirect evidence and allows the comparison of multiple interventions

even if these have never been compared in individual trials. This offers a great advantage with respect to pairwise comparisons, and by using two sources of evidence (direct and indirect), the estimates are more precise. SMLs consist of multiple, possibly interacting, components, and the challenges we are facing are related to how to find which components or combination of components actually work. We have started the analysis of the most common outcome (glycated haemoglobin), and we are synthesising the results of more than 500 studies that report this outcome. We are applying novel statistical approaches for NMA such as component NMA to evaluate the effect of each component. By conducting subgroup analysis, we will assess whether the effectiveness of a particular intervention varies by gender, socio-economic status, health literacy, or comorbidity.



This network plot shows which interventions are compared. Nodes represent SMLs and the lines between the nodes represent comparisons that have been evaluated in the included RCTs. The thickness of the lines is proportional to the number of participants randomised to the respective comparison.

How can the COMPAR-EU results be summarised? Towards designing the COMPAR-EU Platform (WP8)

To ensure patients benefit from effective self-management interventions, we will create a [COMPAR-EU Platform](#). This platform includes all evidence generated and facilitates informed decision-making. Decision-making tools adapted to the needs of relevant stakeholders will help to select the most suitable self-management interventions. COMPAR-EU partners are working closely together to ensure that all relevant features and tools are incorporated.

A brainstorming exercise took place in the last consortium meeting in Ioannina, Greece. All partners provided suggestions for potential contents and functionalities and will be further prioritised before the end of the year. The platform will include individual products, like a database of the available trials, a new taxonomy or core outcome sets for the included conditions, and decision-making tools (e.g. decision aids or evidence to decision frameworks). A task force including several of the partners will be set up to work on the platform development. A bid for an IT contractor will be prepared for early 2020.

After the decision-making tools are developed, we will pilot them among end users to gain relevant input for further optimisation. Let us know if you are interested in participating!

From ugly prototypes to improved practice (WP9)

COMPAR-EU is an ambitious project. Beyond the methodological advances and (cost-) effectiveness studies it has been a key objective of the project from the outset to facilitate the transfer of the evidence into concrete actions. Examples are the integration of the decision aids into clinical decision-making processes or the use of the SMI data to support patients' apps facilitating self-management. The question is how to exploit the rich data generated by the project to support such processes? In the face-paced world of IT and health apps the idea of intensive interdisciplinary collaboration in the form of hackathons has gained considerable attention. The idea of a hackathon is that a group of people (typically from 20 to 100) come together for a full two days and nights to work intensively on a challenge provided to the group. For COMPAR-EU the key researcher will deliberately design a number of challenges that are considered key to bridging the chasm between the effectiveness of self-management interventions and current practice (or lack thereof) of offering such interventions. The Hackathon participants work intensively on the challenges and intend to produce prototype solutions. In contrast to traditional research practices seeking to establish an ideal solution, Hackathons intent to come up with minimum viable products or basic prototypes. This is typically made possible by lateral thinking in the interdisciplinary group, which often also involve young professionals that may be naïve to senior professional's skepticism of designing novel solutions. The results of the Hackathon may lead to completely new solutions altogether, such as the us robotics, 3D printing and embedding of GPS data in the context of SMI interventions. For COMPAR-EU, our expected minimum viable product is a better understanding of SMI interventions in established clinical IT workflow management, say the integration of automatic triggers advising SMIs given a set of patient characteristics. If you are interested in supporting or joining our Hackathon, please [contact us](#).

Go-Live of our Self-Management Blog

Our newly published [Self-Management Blog](#) discusses developments in research, policy, and practice, and recommends an interesting scientific article every month. Did you miss our first blog posts? Read our interesting articles on:

- [The importance of "self" and "management" in self-management of chronic diseases](#)
- [The myth about decision aids: do they extend the clinical encounter?](#)
- [Self-management on the go! The role of apps in self-management of chronic conditions](#)
- [Testing and implementing self-management programs: new approaches needed in Health Technology Assessment and Health Policy](#)
- [COMPAR-EU project and the importance of patient involvement](#)
- [The role of general practitioners to empower patients in their self-management](#)

Wish to read more about a specific topic or have an idea for a new blog post? [Write us!](#)

The latest consortium meeting in Ioannina, Greece

Two full working days were spent to discuss the current status of the project development. The good collaboration and the knowledge exchange at this meeting were very fruitful to further develop our envisaged COMPAR-EU Platform. In addition to work package-specific meetings, discussions with the entire consortium are crucial as they foster interactive group discussion and drive our work forward.



'It's very inspiring to meet all the project partners again. So much progress is made in just two days when you get together!'
Gimon de Graaf, iMTA

Fun fact: Due to poor connection flights, all partners had a rather complicated trip to Ioannina that took up to 18 hours. But in the face of this beautiful city and the inspiring meeting, it was definitely worth it.

COMPAR-EU conference participations

A great effort by the entire COMPAR-EU team to disseminate the work carried out! This year, we had several oral and poster presentations in Ireland, Germany, South Africa, and Australia!



4th European Health Literacy Conference, Dublin, Ireland (14 – 15 March 2019):

- Towards optimal self-management support for chronically ill with low health literacy levels

HAM-NET Symposium, Hamburg, Germany (6 May 2019):

- Prioritisation of patient-important outcomes in self-management interventions

ISQua 36th International Conference, Cape Town, South Africa (20 – 23 October 2019):

- Are we researching in the areas that matter for patients? Developing core outcome sets for self-management interventions in chronic diseases

G-I-N & JBI Conference 2019, Adelaide, Australia (30 October – 02 November 2019):

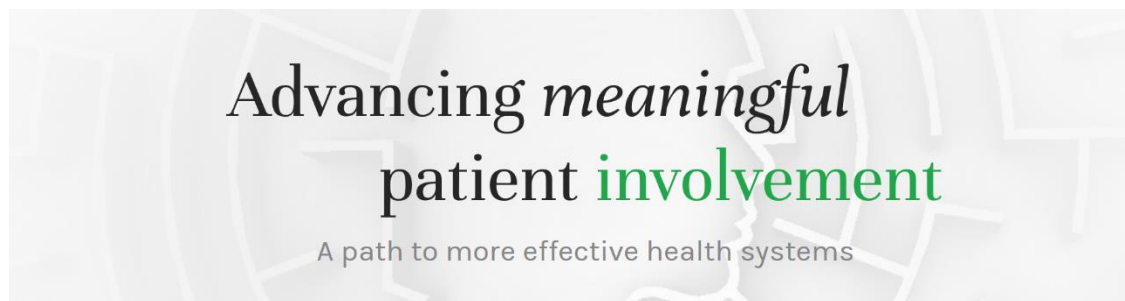
- How to compare the (cost-)effectiveness of self-management interventions: using network meta-analysis to include both direct and indirect assessments of multiple treatment options
- Development and external validation of a comprehensive Taxonomy of Self-Management Interventions in chronic conditions: the COMPAR-EU taxonomy

Cochrane Colloquium 2019, virtual:

Due to unprecedented situation of civil unrest across Santiago, Chile, this year's Cochrane Colloquium was held online from 02 - 06 December. Our presentations are accessible through the Cochrane Colloquium and the COMPAR-EU website.

- The perspective of patients living with chronic heart failure on self-management interventions: A mixed-method overview for the COMPAR-EU project
- The perspective of patients living with obesity on self-management interventions: A mixed-method overview for the COMPAR-EU project
- The perspective of patients living with type 2 diabetes mellitus on self-management interventions: A mixed-method overview for the COMPAR-EU project
- What do patients and their caregivers value on self-management interventions for chronic conditions? A scoping review of systematic reviews for the COMPAR-EU project
- Incorporating patients' preferences in the development of core outcome sets for four chronic conditions: COMPAR-EU project

The EPF Congress on patients' involvement



The first European Congress on patients' involvement hosted by the European Patients' Forum (EPF) provided an exceptional opportunity for dialogue and engagement with a wide range of health players that aspire to make patient involvement a reality. At the event on 12 - 14 November in Brussels, it was explored how patient involvement can be achieved in practice across Europe.

At this conference, we interviewed a patient who highlighted that there are three key elements of successful patient self-management:

1. The patient knows what is expected;
2. The patient agrees with what is expected;
3. The patient must be able to follow the plan. Both, in actions and financially.

The event offered a great opportunity to discuss our approach on patient involvement in COMPAR-EU.

Fun fact: The stairs of the venue attract to use them: They were marked with the number of calories you will lose while climbing the stairs.

Upcoming Events

27 - 29 April 20	International Conference on Integrated Care	Šibenik, Croatia
03 - 05 June 20	International Conference on Health Promoting Hospitals and Health Services	Seoul, Korea
09 - 11 June 20	EHMA 2020 Annual Conference	Rotterdam, Netherlands
07 - 10 July 20	European Health Economics Association Annual Conference	Oslo, Norway
30 Aug - 02 Sep 20	ISQua's 37th International Conference	Florence, Italy
29 Sep - 02 Oct 20	G-I-N Conference 2020	Toronto, Canada
04 - 07 October 20	Cochrane Colloquium Toronto 2020	Toronto, Canada

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