



Dear readers and friends,

we are getting closer and closer to our overarching aim of improving self-management in people with chronic conditions. This year, we have taken an important step towards achieving our goal: We have signed a contract with Sonicon, a company focusing on providing reliable software solutions, that support the development of our European self-management platform. This platform is our key end product that will facilitate decision-making on the use of the most suitable self-management interventions. To collaborate efficiently together and to decide commonly on important decisions regarding our health innovation, we established our dedicated task force. All work packages are making great progress. Our patient panel produces lay summaries for key results of the project, another panel was established to formulate recommendations for self-management interventions, our (cost-)effectiveness analyses are progressing, and we have launched a new research and innovation centre: Self-Management Europe.

We are also pleased to announce that Dr Carola Orrego from [FAD](#) is taking on the role as our new project coordinator. We wish her all the best!



'I'm looking forward to keeping working with all our partners in this new role. I'm convinced we'll reach our goals in bridging the gap between evidence and practice in self-management for chronic conditions. Last but not least, I want to thank Rosa for her great leadership and for all the work she has done and will continue to do for the project.'

Dr Carola Orrego, FAD

Enjoy reading our newsletter and we wish you an enjoyable Christmas break! At the end of this newsletter we provide some self-care tips to enjoy Christmas to the fullest.

Take care and stay healthy!
The COMPAR-EU team

In this newsletter, learn more about:

- The progress in different work packages
- The set up of a new panel to formulate recommendations
- The latest consortium meeting
- Our launch of Self-Management Europe
- Latest contributions on our Self-Management Blog
- 5 Self-Care Tips for Christmas
- Upcoming events

Click [here](#) to read this newsletter on our website in PDF.

Update on our work packages



'Collaborating in the coordination of the multidisciplinary panel of Type 2 Diabetes Mellitus is being an enriching learning opportunity!'

Ena Pery Niño de Guzman Quispe, Sant Pau



'EPF works closely with the Patient Panel – from validating the lay summary translations, to the IT platform review. That offers great added value!'

Estefania Cordero, EPF

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

How the work with the patient panel looks like (WP3)

This year, the [European Patients' Forum](#) has been focusing on several avenues in its work within the project. Firstly, the EPF-led Patient Panel had two workshops where the lay summaries of key project materials (namely: Core Outcome Sets and Validated Taxonomy reports) were improved and finalised. Besides these workshops, the Panel has been having webinars on a regular basis, where the end-product – the [COMPAR-EU Platform](#) – is discussed and also what comes next in 2021.

The Panel is currently exploring the potential of translating the report on the description of different tools. As a reminder, all 'translations' are created in conjunction with and validated by the Patient Panel. It has been a challenging year for everyone, however the spirit remained high and the members of the Panel is optimistic and ready to contribute in 2021 and beyond.

The EPF team has also been actively involved in the IT platform review and design – from participating in the tender/selection process of developers, to the fortnightly meetings with the task force review group. Beyond this, we have taken part in several publications' conduction throughout the year.

Which SMIs are effective? (WP5)

To conclude which SMIs are effective standard network meta-analysis for each outcome of interest for each of the four diseases Type 2 Diabetes Mellitus, Obesity, Heart failure and COPD has been performed. Further analyses applying the additive component network meta-analysis model are in progress in order to conclude on the most effective components and confidence in NMA results will be placed by the CINEMA approach. In the next few months, we intend to have finished the analyses and we will then focus in a more in-depth investigation and interpretation of the results. More detailed insights into our current work is given in the last [COMPAR-EU blog post](#).

Are SMIs cost-effective? (WP6)

A relevant question is whether SMIs are cost-effective or not. Besides the work on the disease-specific models, we also estimated broader societal outcomes such as productivity costs, informal care costs and future unrelated medical costs using a cross-condition approach, i.e. the same approach was used for all four chronic conditions.

The main challenge we currently face is how to obtain a valid cost estimate for the self-management interventions. Results of the NMA (WP5) provide a list of the most effective interventions in terms of combinations of components but estimating the average costs of these combination of components is challenging, because detailed descriptions of the self-management interventions in terms of number and duration of sessions are often lacking in the original publications.

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

Following an international call for proposals, Sonicon was awarded the contract to develop our final product, [the COMPAR-EU Platform](#). Since this summer, we have been working with them and our Platform Task Force on the design of the platform and started integrating some of our results.

We are also working on applying the GRADE approach to the results of network meta-analysis (see also WP5). This is a relatively new method and COMPAR-EU will help evaluate its use in scenarios with component network meta-analysis data. For example, we are developing new table formats for presenting this type of data to different stakeholders, and especially to guideline panels, as we are going to formulate recommendations soon. Above that, we are also developing decision aids presentations.

We plan to pilot the platform with patients and professionals and to review it with managers, the health technology industry, as well as other stakeholders throughout 2021. [Let us know](#) if you are interested in participating! We are looking forward to putting our results to the test!

Towards the integration of decision aids and SMI into clinical processes (WP9)

A key objective of this project is to facilitate the transfer of the research finding 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. In addition to some system-level characteristics there are organisational characteristics that influence the uptake and effectiveness of decision-making tools in different health system context.

To examine prevailing and current organisational barriers, we will conduct interviews with key stakeholders like physicians, patients, and managers. Once we gain more insights into the per

ceived facilitators and barriers, we can provide useful guidance on how to address them in order to change.

When you feel addressed and you are interested in giving insights into clinical processes, please [contact us](#). We are looking forward to redesign clinical processes together with you!

Set up of a panel to formulate recommendations

Since October 2020, a panel composed of 16 participants from nine European countries, work together to formulate recommendations for self-management interventions for patients with Type 2 Diabetes Mellitus. The participants include health services researchers, endocrinologists, health economists, family practitioners, self-management experts, nurses, nutritionists, patient advocates and guideline methodologists. The panel communicates via teleconferences and e-mail exchange of documents and has the following tasks:

- Rating the importance of included outcomes
- Proposing the magnitude of effects thresholds.
- Discussing and agreeing on draft evidence summaries prepared by the COMPAR-EU consortium about the effects of interventions, the economic considerations, values and preferences of patients, and contextual factors of self-management interventions.
- Discussing and agreeing on draft judgments for the different criteria relevant for the formulation of recommendations, included in the evidence to decision (EtD) framework.
- Discussing, formulating, and agreeing on draft recommendations, conclusions, and other related contents (e.g. summary of findings tables, narrative summaries, etc.).

Shortly, you will find all panel members on our website.

During the first semester of 2021, we will put together expert panels for the three remaining conditions. We will announce the different calls for panellists on our website shortly. The Obesity Panel is expected to begin its work in February, the COPD Panel in April, and the Heart Failure Panel in June.

Moreover, we are looking for patients with Type 2 Diabetes Mellitus and their family caregivers to validate our research findings on how they experience self-management. We would be really pleased if you participate in this international survey, sharing with us your valuable perspective! For more information see [here](#).

The latest virtual consortium meeting



Unfortunately, we had to switch our planned meeting in Hamburg to a virtual one a few weeks earlier. Nevertheless, the discussions about the project developments brought us a lot further. Three half working days were full of good collaboration and the knowledge exchange was very fruitful to further specify all tools that will be integrated in 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.



'This year we are all learning to be flexible in our work methods. And indeed, a meeting across 9 WPs, in over 5 countries is a challenge! Hopefully, we'll be able to carry what we learn into the future for more flexible ways of working!'
Marta Ballester, FAD

Fun fact: We had prepared a surprise for the consortium in case a physical meeting would have been possible. We are not saying what it was, because we hope to repeat it at the next meeting, hopefully in person!

Launch of Self-Management Europe



Some of our research partners, [FAD](#), [Nivel](#), and [OptiMedis](#) set up a new Research and Innovation Centre on Patient Empowerment and Self-Management: [Self-Management Europe](#). It is a spin-off our COMPAR-EU project and aims at developing the potential of people, professionals, organisations, systems, and communities for creating a society that strengthens empowerment and self-management in people with chronic diseases. Through capacity building, the centre will provide knowledge, skills, motivation, and competency to people to act as leaders of self-management and empowerment enhancement in everyday life to improve health and quality of life for all.

Whilst there are various ongoing initiatives in Europe to support self-care and self-management, the centre will address a critical gap: the translation of research findings into routine clinical practice. Through our expertise in translational research, implementation science and innovation management the partners are well positioned to address this gap.



'The amount, and quality of research on supporting patients to take an active role in their care is increasing. We need a stronger focus on translating this research into new initiatives and implementation projects.'

Dr Monique Heymans, Nivel



'Self-management needs to take a much stronger role in practice. We will seek innovative ways to integrate research evidence in emerging technologies and overcome current barriers to self-management.'

Dr Oliver Groene, OptiMedis

If you wish more information about Self-Management Europe, please [contact us](#).

Self-Management Blog

We have received and published many different contributions about patient self-management and empowerment. Besides some very captivating and inspiring experience reports, the blog posts discuss developments in research, policy, and practice.

Have a look at the latest contributions. Simply click on the post and you will be forwarded to the full article.

SELF-MANAGEMENT BLOG



27. November 2020 | by Dimitris Mavridis, PhD | Statistician

Exploring what self-management characteristics work (or do not work)

Network meta-analysis is tailored to deal with multicomponent interventions such as self-management interventions. We briefly discuss the challenges of analyzing multicomponent interventions and the benefits and limitations of two approaches (standard network meta-analysis and component network meta-analysis).

[Read full article](#)



22. October 2020 | by Judith Safford | Consultant, Patient expert and advocate, Fundraiser

Climbing the Eiger at 60?

Changes in my lifestyle have transformed my life and made it possible for me – a 60-year-old woman with chronic illness – to climb the Eiger.

[Read full article](#)



30. September 2020 | by Nina Adrion, M.Sc. | Manager Research & Innovation at OptiMedis, Germany

Fostering Shared Decision-Making through the use of Electronic Health Records

Patients can participate in a shared decision-making process about their health if they have access to relevant health information. Electronic health records have the potential to support SDM at every stage of the process.

[Read full article](#)

[Read more](#)

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

5 Christmas Self-Care Tips



Christmas is a time for family and enjoying each other's company. Sometimes, peace, quiet, and calm is in short supply when we are burdened with full calendars, over-stuffed with things that need to be done. We provide you with 5 self-care tips that will help you to look after yourself!

#1 Find some time for you each day

When you make a little bit of time for you each day, you can recharge and reset yourself that allows you to be a more balanced person for people who love and need you!

#2 Listen to your body

Listen what your body is telling you. Rest if you're tired, drink water if you're dehydrated, find quiet if you're feeling stressed out.

#3 Focus on how you want to feel

Make a conscious decision about how you want to feel. Imagine, for example, Christmas day morning – how do you want to wake up and go to bed that day? Visualise it!

#4 Give yourself a gift this Christmas

Now you know how you want to feel, what gift could you give yourself to help you get there? Maybe it's reconnecting to an old hobby, asking for support from someone else, taking a course?!

#5 Plan and focus for the New Year

Make plans about what you want to do, what book do you want to read, what changes do you want to make, what new skills do you want to learn? Look forward to all the great things that will happen!

Upcoming Events

15-16 April 2021	International Conference on Communication in Healthcare	Leuven, Belgium
17-20 May 2021	Virtual ISPOR 2021	virtual
03-05 June 2021	International Shared Decision Making Conference	Kolding, Denmark
08-11 July 2021	ISQUA International Conference	Florence, Italy
12-15 July 2021	iHEA Congress	virtual
04-08 Sep 2021	European Respiratory Society International Congress 2021	Barcelona, Spain
04-06 Oct 2021	1st North American Conference on Integrated Care	Toronto, Canada
10-13 Nov 2021	European Public Health Conference 2021	Dublin, Ireland

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