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COMPAR-EU

Dear readers and friends,

half a year has passed since the last issue of this newsletter and the COMPAREU project heads into its final months. We would like to celebrate a milestone with this newsletter: the launch of the COMPAREU platform! You can read more about the products available on this platform further down the newsletter.

In this issue, you can also read more about the network meta-analysis results and the cost-effectiveness results. During workshops and in interviews we had a productive exchange of ideas with relevant stakeholders. And what is the patient panel working on? Read more about the work on the lay materials [here](#).

And then there are some important events coming up. Register now for the COMPAREU hackathon in Hamburg, where the winning team will receive €1000. We would also like to invite you to submit an abstract for our final conference in October 2022, which will take place in Palma, Mallorca.

Please enjoy reading our newsletter and learn more about the COMPAREU project progress. We wish you an enjoyable summer!

Your COMPAREU team

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

Launch of the platform!

The COMPAR-EU platform is now open to the public.

The **online platform** presents the main results of the COMPAR-EU **project** funded by the European Union's Horizon 2020 research and innovation program. It's currently a beta version but now includes the completed results for Diabetes and throughout the summer of 2022 the results for Obesity, COPD and Heart Failure will be completed. The platform will also be expanded and improved over the coming months.

You can now find the following tools and results:



Patient Decision Aids

Designed to help reaching a shared decision between a healthcare professional and a patient on the best course of action regarding self-management interventions.



Recommendations

Designed to help policymakers and managers to make decisions about what self-management interventions should be considered for implementation.



Repositories

Repositories of tools used to measure self-management interventions; studies analysing self-management interventions and a catalogue of self-management interventions.



Interactive Summary of Findings tables (iSoF)

Designed for guideline developers and healthcare professionals to find and understand the main messages from systematic reviews, and to highlight the most important outcomes (both benefits and harms), the size of these effects, and the certainty of the supporting evidence.



Evidence to Decision frameworks (EtD)

Designed to summarize the pros and cons of self-management interventions.



What matters to patients and other stakeholders

Check out the outcomes that are most important for self-management interventions for patients and other stakeholders (clinicians & policy-makers).



Cost-effectiveness analysis results

Check out the results on the cost-effectiveness **i** of self-management interventions and tailor the analysis to your interest.



Network Meta-analysis results

Check out the network meta-analysis **i** results, presented for each outcome and our component network meta-analysis, to find out what elements of self-management are most effective.



Contextual analysis results

Check out what factors can facilitate or hinder the implementation of a self-management intervention.

Check out the **platform** and let us know if you have any suggestions for improvements.

contact@self-management.eu

COMPAR-EU project update



Presenting cost-effectiveness results

In December last year the final report with cost-effectiveness results was submitted to the EU. In the first months of 2022 we worked on different ways to disseminate these results to a broad audience. First, the layout and database for the cost-effectiveness results for the **COMPAR-EU platform** were finalised.

Second, we worked on several scientific papers. The first paper focuses on the long-term health benefits of self-management interventions in terms of prevented complications/disease cases and gain in (quality-adjusted) life-expectancy. The second paper will report the following long-term cost-effectiveness out-comes: quality-adjusted life-years (QALYs) gained, impact on different cost categories and the maximum intervention costs for self-management programs to be considered cost-effective. In addition, manuscripts have been prepared on specific topics, such as the association between time-to-death and the use of in-formal care, as well as the estimation of future medical and nonmedical costs for five European countries.

Third, cost-effectiveness results were or will be presented at conferences. The results of the COMPAR-EU heart failure model were presented at the **Low Lands Health Economics Study Group** meeting last May, while the COMPAR-EU diabetes model were presented at the meeting of the **European Health Economics Association** (EuHEA) in July 2022.

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

Advances on decision-making tools platform

We are currently working on the **COMPAR-EU platform** decision-making tools: **Decision Aids**, **Summary of Findings (SoF) tables**, and **Evidence to decision (EtD) frameworks**.

User-testing interviews have been conducted in Spanish, English and German to assess the Type 2 Diabetes Mellitus (T2DM) decision aids. Subsequent modifications were made based on participants' feedback. A beta version of these decision aids is available [here](#).

Three different formats of **SoF tables** are now available for the different needs of end users (clinicians, decision makers or researchers). These formats include SoF tables for the selected SMIs, tables per outcome, and tables with detailed certainty assessment for all included SMIs. All of the SoF tables include the network meta-analysis evidence of effects and the certainty of evidence assessment per outcome, across interventions, as well as the interpretation of the observed effects.

The EtD frameworks section in the platform will include 40 frameworks with recommendations on the self-management interventions that were selected per disease formulated by the four panels. Each framework includes the judgments made by the panel, the recommendations and their justification, as well as the implementation considerations, and priorities for further research. You can explore the beta version of these frameworks [here](#).

[Click here to see all decision-making tools on the COMPAR-EU platform.](#)



Presenting Network Meta-Analysis results of multicomponent interventions

Over the last months we have been working on the challenging task of finalising the analyses and presenting the network meta-analysis (NMA) results in the most comprehensive and understandable way. In this context, our methodological paper on the graphical visualisation and evaluation of multicomponent self-management interventions has been completed and is about to be submitted for peer-review.

Our scientific research on methodological aspects of NMA and component NMA (CNMA) has also been advanced through our involvement with the COMPAR-EU project and a new scientific paper from our team has been published in the BMJ Evidence-Based Medicine journal: **“Component network meta-analysis in a nutshell”**.

[Click here to read the article.](#)

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. In total we interviewed 38 clinicians and managers from hospital and community-based settings. The interviews focussed on how to successfully implement the decision tools at an organisational level.

The preliminary results show that there are important factors at different levels. There are different roles and responsibilities among team members that are important for the use of decision tools in practice. Enthusiasm among healthcare professionals to implement decision tools can be driven by the fact that the platform is evidence-based and that patients can benefit from support in the decision-making process. Financial incentives might be necessary to motivate organisations to implement decision tools. However, some participants believe that these incentives are unnecessary because patient health is what matters the most.

In order to test whether the domains identified in the initial interviews are applicable in other healthcare settings, we conducted a focus group with participants from other [COMPAR-EU](#) countries (Belgium, the Netherlands, Greece).



In addition, we conducted a workshop with other relevant stakeholders such as mHealth start-ups, pharma, researchers, management organisations, to explore how decision tools can be embedded in the value chain and how we can market them to different end users. We gathered different outputs related to the resources required, key activities, communication channels and costs. We were happy to see that participants were excited about the various features of the platform and also showed great interest in participating in our next event: the **COMPAR-EU Hackathon** in September. There we want to develop specific use-cases in detail to ensure the sustainability of the platform.

These, together with the outcomes of the workshop, interviews and focus group, will be included in the core business plan for the decision-making tools of the **COMPAR-EU project**.

[Click here to sign up for the COMPAR-EU hackathon.](#)



Involving the Patient Panel: working on lay materials and the platform

We kicked-off 2022 by engaging with translators and designers to support us in the dissemination of the project lay summaries. In late 2021/early 2022, we launched and concluded two tendering procedures to identify the best service providers. Our work with the translators has nearly concluded, and we have kicked-off our work with the designers to develop attractive visuals to boost our dissemination and uptake efforts. We will produce a total of eight lay summaries and five of them are already published:

Lay summary on Chronic Obstructive Pulmonary Disease (COPD)

Lay summary on Heart Failure

Lay summary on Obesity

Lay summary on Type 2 Diabetes Mellitus (T2DM)

Lay summary on Taxonomy

Together with the designers we work on the visualization of the content. There will be a leaflet for each lay summary. In addition, we will create four videos on selected topics. The materials will be launched in autumn.

Patient Panel 2022 Update

In Q1 & Q2, [the Panel](#) (through webinars) discussed the lessons learnt from 2021 and planned activities for 2022. In 2022, it is envisioned that the Panel will have 2 workshops and 6 webinars where they will 1). Develop; 2). Validate and 3). Test various project outputs and lay language materials. Members of the Panel will also play a crucial role in dissemination activities.

In addition, we continue to analyse a series of interviews previously conducted for collecting stakeholders' opinions and feedback on the decisions' aid platform. The interviewed participants are five patients and five healthcare professionals, living with/working on diabetes mellitus type II. The type of analysing being conducted is qualitative. The results will be summarised in a report which will be published as part of the project and in parallel with the **decisions' aid platform**.

[Click here to read all lay language materials.](#)



Upcoming Events

COMPAR-EU Hackathon

16/09

The COMPAR-EU consortium invites you join our September Hackathon in Hamburg.

Start: 16/09/22, 4:00 PM

End: 17/09/22, 4:00 PM

17/09

Through the hackathon, we want to explore possibilities for ensuring the future sustainability of the platform from a technological perspective. **The price per team is 1000€.** Don't hesitate to sign up for the hackathon. [Click here.](#)

You will find more information in this flyer.

COMPAR-EU Final Research Conference

26/10

The COMPAR-EU consortium invites you to **submit an abstract poster for the COMPAR-EU final research conference.** Young researchers are particularly encouraged to take part! **The deadline is on 15/08/22.**

27/10

In October we will organise our final research conference. Here we will present the key findings of our project and launch the main product of our study, an innovative information technology platform featuring self-management tools. Leading researchers in the field will be invited as keynote speakers, young researchers are invited to present their work in a poster presentation.

Visit our website for more information.



Latest Blog Articles



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

A key step of COMPAR-EU is the development of interactive tools to facilitate decision-making for different stakeholders and scenarios.

Read full article [here](#).



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

This 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](#).



Qualitative interviews to facilitate a smooth transition from the evidence of self-management interventions to practice

Patients and health care professionals can use self-management interventions (SMI) to improve patient outcomes if there are decision-making tools that structure and facilitate the use of evidence in practice.

Read full article [here](#).



Self-Management Europe has great ambitions!

Around one year ago, we started the design and development of the European Research and Innovation Centre on patient empowerment and self-management: Self-Management Europe (SME). Our ambition is to become a central place for health care professionals, policymakers and patients to look for knowledge and evidence on self-management interventions and empowerment and to share information and experiences on these topics.

Read full article [here](#).



Available tools and challenges encountered when interpreting results from sparse networks of multicomponent interventions

Assessing the efficacy of self-management interventions (SMIs) is challenging due to the multicomponent nature of these interventions. Networks of multicomponent interventions are usually sparse and the little flow of information across the network compromises the traditional interpretation of network meta-analysis (NMA) results. We briefly discuss the available tools and the challenges encountered when interpreting results from sparse networks of multicomponent interventions.

Read full article [here](#).

Latest Publications

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](#).

Valli C, Sunol R, Orrego C, Niño de Guzmán E, Strammiello V, Adrion N, Immonen K, Ninov L, Gaag M, Ballester M, Alonso-Coello P.

The development of a core outcomes set for self-management interventions for patients living with obesity.

Read full article [here](#).

Orrego C, Ballester M, Heymans M, Camus E, Groene O, Nino de Guzman E, Pardo-Hernandez H, Sunol R, COMPAR-EU Group (2021)

Talking the same language on patient empowerment: Development and content validation of a taxonomy of self-management interventions for chronic conditions.

Read full article [here](#).



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