

RECOMMENDATIONS FOR THE FUTURE

SMI taxonomy

Different stakeholders can use the COMPAR-EU self-management interventions (SMIs) taxonomy: SMI developers can use it in the design of interventions and researchers can use it to categorize SMIs using standardised concepts. In the future, we need clear reporting standards which ensure accurate and comparable reporting of SMIs in scientific publications.

Core Outcome Sets

Researchers can use the COMPAR-EU Core Outcome Sets to increase the consistency of the outcomes for trials evaluating SMIs and, more importantly, ensure that future trials evaluate results that are relevant to patients.

Effective SMIs

The COMPAR-EU panels recommend patients living with one of the four chronic conditions (type 2 diabetes, obesity, COPD, and heart failure) to use and implement SMIs rather than usual care. SMIs should be of high intensity (more than ten contact hours) and should at least include the following three components: education, monitoring techniques and/or behavioural support techniques (action and emotional based). Recommendations are based on the best available evidence for effectiveness, cost-effectiveness, values and preferences, and contextual factor analysis.

Cost-effective SMIs

SMIs for heart failure and COPD which reduce hospitalizations or exacerbations are more likely to be cost-effective. SMIs for obesity which reduce BMI can prevent the occurrence of co-morbid diseases (e.g. diabetes, cardiovascular disease) in the long run and are likely to be cost-effective.

Further investigation is needed on the maintenance of treatment effects after the SMI to better predict their long-term outcomes.

Contextual factors

Tailoring to local circumstances and patient population is the most important contextual factor for all types of interventions from the contextual factor analysis. That is not blind copying the intervention as it is but looking whether it fits your target population, the healthcare professionals' skills and knowledge and the possibilities of the organization.



The European Research and Innovation Centre on Patient Empowerment and Self-Management, called “Self-Management Europe”, is a not-for-profit partnership of organisations working on patient empowerment and self-management with a special focus on chronic diseases.

SELF-MANAGEMENT EUROPE Alert

We publish Alerts that aim to contribute to greater awareness and accessibility of self-management support for patients, especially for those living with a chronic condition. The Alerts address healthcare professionals, managers and other stakeholders looking for practical recommendations to implement practices that enhance self-management and patient empowerment.

Visit our website

Issue 1

PRACTICE SHARE!
THE ART OF SHARING
CLINICAL DECISIONS

Issue 2

MAKING HEALTHCARE
ACCESSIBLE
FOR EVERYONE

Issue 3

HEALTH KIOSK TO
PROMOTE
SELF-MANAGEMENT

Issue 4

SUPPORTIVE
CONVERSATIONS FOR
BEHAVIOUR CHANGE



Identifying, comparing, and ranking the most effective and cost-effective self-management interventions (SMIs) for adults in Europe living with one of four high-priority chronic conditions: type 2 diabetes, obesity, chronic obstructive pulmonary disease, and heart failure.


THE INNOVATIVE COMPAR-EU PLATFORM

The online platform presents the main results of the COMPAR-EU project funded by the European Union's Horizon 2020 research and innovation program.

The goal of this platform is to facilitate a smooth transition from the evidence generated to practice.

Check out the tools of the COMPAR-EU platform to support self-management

VISIT OUR PLATFORM



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 should be considered for implementation.

REPOSITORIES

Check out the repositories of tools used to measure self-management interventions; studies analyzing self-management interventions and a catalogue of self-management interventions.

EVIDENCE TO DECISION FRAMEWORKS

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

INTERACTIVE SUMMARY OF FINDINGS TABLES

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.

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 of self-management interventions and tailor the analysis of your interests.


CONTEXTUAL ANALYSIS RESULTS

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

NETWORK META-ANALYSIS RESULTS

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

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