



Day I – 26th October 2022

12:00	Networking lunch
13:00	Poster session
13:30	<p>Using the Behaviour Change Wheel approach to increase physical activity and break up sitting for the benefit of cardiovascular disease risk and mental wellbeing</p> <p>Keynote by <i>Professor Angel Chater (University College London & University of Bedfordshire)</i></p>
14:15	<p>COMPAR-EU: main achievements & building blocks</p> <p><i>Carola Orrego & Marta Ballester (FAD)</i></p> <p>Patient perspective: <i>Lyudmil Ninov, Estefania Cordero & Juan Fernandez (EPF)</i></p> <p>Discussion guided by <i>Rosa Sunol (FAD)</i></p>
15:00	<p>Self-management interventions: content, use and implementation</p> <p><i>Monique Heijmans & Janneke Noordman (Nivel)</i></p> <p>Patient perspective: <i>Lyudmil Ninov (EPF) & Cristian Andricuic (Patient Panel)</i></p> <p>Discussion guided by <i>Jany Rademakers (Nivel)</i></p>
15:45	Coffee break
16:00	<p>Evidence synthesis methods for assessing the comparative effectiveness of SMIs</p> <p><i>Sofia Tsokani & Georgios Seitidis (UOI)</i></p> <p>Are SMIs good value for money? - Results of the cost-effectiveness analyses</p> <p><i>Martine Hoogendoorn (iMTA)</i></p> <p>Two discussions guided by <i>Dimitris Mavridis (UOI) & Pieter van Baal (Erasmus University Rotterdam)</i></p>
17:00	<p>Self-management recommendations on four chronic conditions: the COMPAR-EU experience</p> <p><i>Melixa Medina-Aedo & Jessica Beltrán (IR-HSPSC)</i></p> <p>Discussion guided by <i>Pablo Alonso (IR-HSPSC)</i></p>
17:45	End of Day I
20:00	Dinner at Restaurant Ca n'Eduardo (prior registration required)



Day II – 27th October 2022

09:00	Announcement of poster winners
09:15	<p>COMPAR-EU platform: making the results available to stakeholders</p> <p>Marta Ballester (FAD)</p> <p>Patient perspective: Juan Fernandez (EPF) & Cristian Andriciu (Patient Panel)</p> <p>Interactive workshop</p> <p>guided by Pablo Alonso (IR-HSPSC), Melixa Medina-Aedo (IR-HSPSC), Marta Ballester (FAD) & Carola Orrego (FAD)</p>
10:30	<p>Self-management platform finalized, but how do we avoid it gathering dust on the shelf?</p> <p>Oliver Gröne & Paula Zietzsch (OptiMedis)</p> <p>Patient perspective: Juan Fernandez, Lyudmil Ninov (EPF) & Cristian Andriciu (Patient Panel)</p> <p>Discussion guided by Marta Ballester (FAD)</p>
11:15	Coffee break
11:30	<p>COMPAR-EU Sustainability</p> <p>Reflection exercise with participants. Open discussion guided by Oliver Gröne (OptiMedis)</p>
12:15	<p>Self-management in Europe: what have we learnt and what should we do next?</p> <p>Keynote by Professor Angela Coulter (formerly University of Oxford)</p>
12:55	<p>Closing of the Final Research Conference</p> <p>Rosa Sunol (FAD)</p>
13:00	Networking lunch
14:00	End of Day II

Throughout both days there will be a Self-management Europe corner with information on the initiative.



Partners



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