EUROPEAN HEALTH FORUM GASTEIN 2015
Securing health in Europe. Balancing priorities, sharing responsibilities

Creating a better future for health in Europe

SAVE THE DATE - EHFG 2016 - 28-30 September 2016
Facing the Challenge of Multimorbidity

1. What do we know? What do we do?
2. Many diseases, one care?
3. Addressing multimorbidity to improve sustainability
4. How to make it work for the patient?
Proud to have contributed four years of parallel forum focused on improving performance!

2012: The Path to Sustainable Health Systems

2013: Building Resilient Health Systems

2014: Health Systems Performance

2015: Facing the Challenge of Multimorbidity
Facing the Challenge of Multimorbidity

What do we know? What do we do?
Facing the Challenge of Multimorbidity

Many diseases, one care?

30 September 2015
Many chronic diseases are inter-related with common comorbidities

Presented by Professor Raymond Vanholder at JA-CHRODIS Stakeholder Forum 19 February 2015
Number of morbidities and the proportion of people with multimorbidity increases substantially with age

“Our findings challenge the single-disease framework by which most health care, medical research, and medical education is configured.”

Epidemiology of multimorbidity and implications for health care, research, and medical education: a cross-sectional study, Karen Barnett, PhD, Prof Stewart W Mercer, PhD, Michael Norbury, MBChB, Prof Graham Watt, MD, Prof Sally Wyke, PhD, Prof Bruce Guthrie, The Lancet, Volume 380, No. 9836, p37–43, 7 July 2012
Patients with CVD and diabetes often have multiple conditions

Table 3.1. **Patients with CVD and diabetes often have multiple conditions**

<table>
<thead>
<tr>
<th></th>
<th>CHD</th>
<th>Hypertension</th>
<th>Heart failure</th>
<th>Stroke/TIA</th>
<th>Diabetes</th>
<th>COPD</th>
<th>Cancer</th>
<th>Painful condition</th>
<th>Depression</th>
<th>Schizophrenia or bipolar</th>
<th>Dementia</th>
<th>Any other condition</th>
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</thead>
<tbody>
<tr>
<td>Patients who suffer from this condition...</td>
<td>%</td>
<td>%</td>
<td>%</td>
<td>%</td>
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<td>%</td>
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<tr>
<td>Hypertension</td>
<td>18</td>
<td>5</td>
<td>10</td>
<td>18</td>
<td>8</td>
<td>24</td>
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<td>1</td>
<td>3</td>
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<td>2</td>
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<tr>
<td>Heart failure</td>
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<td>16</td>
<td>23</td>
<td>18</td>
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<td>17</td>
<td>1</td>
<td>4</td>
<td>81</td>
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<tr>
<td>Stroke/TIA</td>
<td>29</td>
<td>61</td>
<td>8</td>
<td>19</td>
<td>12</td>
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<td>22</td>
<td>21</td>
<td>1</td>
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<tr>
<td>Diabetes</td>
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<td>54</td>
<td>6</td>
<td>9</td>
<td>8</td>
<td>6</td>
<td>21</td>
<td>18</td>
<td>2</td>
<td>2</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>COPD</td>
<td>19</td>
<td>33</td>
<td>6</td>
<td>8</td>
<td>11</td>
<td>7</td>
<td>23</td>
<td>18</td>
<td>1</td>
<td>2</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td>14</td>
<td>34</td>
<td>4</td>
<td>7</td>
<td>10</td>
<td>8</td>
<td>19</td>
<td>14</td>
<td>1</td>
<td>2</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Painful condition</td>
<td>16</td>
<td>36</td>
<td>3</td>
<td>6</td>
<td>13</td>
<td>10</td>
<td>7</td>
<td>31</td>
<td>2</td>
<td>3</td>
<td>70</td>
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<tr>
<td>Depression</td>
<td>10</td>
<td>23</td>
<td>2</td>
<td>5</td>
<td>9</td>
<td>7</td>
<td>4</td>
<td>27</td>
<td>4</td>
<td>2</td>
<td>64</td>
<td></td>
</tr>
<tr>
<td>Schizophrenia or bipolar</td>
<td>6</td>
<td>16</td>
<td>2</td>
<td>4</td>
<td>9</td>
<td>6</td>
<td>3</td>
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<td>45</td>
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<td>Dementia</td>
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<tr>
<td>Any other condition</td>
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<td>17</td>
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</tbody>
</table>

**Note**: COPD = Chronic Obstructive Pulmonary Disease; TIA = TIA, or Transient Ischemic Attack, or “mini-stroke”.

ICARE4EU

Innovating care for people with multiple chronic conditions in Europe

The ICARE4EU project wants to improve the care for people suffering from multiple chronic conditions. An estimated 50 million people in Europe suffer from such conditions. The complex health care problems of these patients and their needs for continuous and multidisciplinary care poses a great challenge to health systems and social services. But also from a patient perspective, improvements in for instance the organization of care and the level of their own involvement in the care process are important.

ICARE4EU will describe and analyse innovative approaches in multidisciplinary care for people with multiple chronic conditions currently existing in Europe. By disseminating knowledge about effective and innovative solutions, we hope to contribute to an improved design, a wider applicability and more effective implementation of patient-centred multidisciplinary care for people with multimorbidity.

The ICARE4EU project is financially supported by the Health Programme 2008-2013 of the European Commission.

LATEST NEWS

AUG 29
State-of-the-Art report
We are proud to present the ICARE4EU State-of-the-Art report. Read more

JUL 13
Case reports
We are proud to present the next 2 Case Reports. These Case Reports provide information on innovative examples of multimorbidity programmes which we selected from our database. Read more

JUL 7
Newsletter
The latest newsletter is available, please subscribe by using the newsletter-button on the homepage. Read more

contact: icare4eu@nivel.nl

www.icare4eu.org
### Spaghettimodel multimorbiditeit

<table>
<thead>
<tr>
<th>Disease management</th>
<th>Disease management +</th>
<th>Casemanagement</th>
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<tbody>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
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<tr>
<td>CVRM</td>
<td></td>
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<tr>
<td>COPD</td>
<td></td>
<td></td>
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<tr>
<td>Hartfalen</td>
<td></td>
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</tbody>
</table>

- Er is sprake van één chronische ziekte
- Chronische ziekten treden in combinatie op
- Er is sprake van uitgebreide multimorbiditeit; chronische ziekten interfereren met elkaar. Er zijn beperkingen op functioneel, sociaal en psychisch gebied.

**Psychosociale context**

Model voor het ontstaan en verloop van multimorbiditeit en bijbehorende zorgmodellen

bron: Vilans 2011; Mahler, M; Pel-Littel, R; Rebel, M.
Innovating care for people with multiple chronic conditions in Europe

Objectives

- Description of existing integrated care models for patients with multiple chronic health problems
- Evaluation of their strengths and weaknesses from four perspectives:
  - Patient-centredness
  - Management practices & professional competencies
  - Use of e-health technologies
  - Financing systems
- Identification & analysis of innovative good practice solutions for patients with multimorbidity
- Identification of key characteristics for successful management & implementation strategies
- Exchange of knowledge between stakeholders and policy-makers in Europe
- Design a template for future evaluation of multimorbidity chronic illness care
Innovating care for people with multiple chronic conditions in Europe

Timeline

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
<th>Month</th>
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<tbody>
<tr>
<td>2014</td>
<td>Start data collection</td>
<td>February</td>
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<tr>
<td></td>
<td>Country factsheets published on website</td>
<td>June</td>
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<tr>
<td>2015</td>
<td>State-of-the-Art report published on website</td>
<td>February</td>
</tr>
<tr>
<td></td>
<td>Case reports (good practices) published on website</td>
<td>April</td>
</tr>
<tr>
<td></td>
<td>Policy summaries (from four perspectives)</td>
<td>August</td>
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<tr>
<td>2016</td>
<td>Policy brief</td>
<td>February</td>
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<tr>
<td></td>
<td>International conference</td>
<td>February</td>
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</table>


State-of-the-Art report

Innovating care for people with multiple chronic conditions in Europe

**Case Studies**

http://www.icare4eu.org/projrep.php

<table>
<thead>
<tr>
<th>Case Study</th>
<th>Country</th>
<th>Link</th>
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<tbody>
<tr>
<td>The POTKU project (<em>Putting the Patient in the Driver’s Seat</em>), Finland</td>
<td>Finland</td>
<td><a href="http://www.icare4eu.org/pdf/POTKU_Case_report.pdf">http://www.icare4eu.org/pdf/POTKU_Case_report.pdf</a></td>
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<td>TeleRehabilitation programme, Cyprus</td>
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<td>INCA model, the Netherlands</td>
<td>Netherlands</td>
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<tr>
<td>Clinic for Multimorbidity and Polypharmacy, Denmark</td>
<td>Denmark</td>
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<tr>
<td>Two projects of the Belgian PROTOCOL 3 Programme, Belgium</td>
<td>Belgium</td>
<td></td>
</tr>
</tbody>
</table>
Knowledge sharing to improve cancer control

European Guide for Quality National Cancer Control Programmes

Editors:
Tit Albreht, Jose M. Martin-Moreno, Marjetka Jelenc, Lydia Gorgojo, Meggan Harris

More information at:
http://www.cancercontrol.eu/

News

Breast cancer screening, part II
28.09.2015
There are 10 facts that should be taken into account when planning the breast cancer screenings.

Breast cancer screening – complicated puzzle
23.09.2015
Breast cancer is the most common cancer worldwide and in Europe. How to reduce its burden?

The supplements to European guidelines for cervical cancer screening published by Commission
17.09.2015
The European Commission has published the supplements to the 2nd edition of the European guidelines for cervical cancer screening.

No single-truth on evidence-based policy recommendations
15.09.2015
The Guide coordination (work package 4 of Cancon) held a workshop on Evidence-based policy recommendations in July.
Diabetes Literacy

Diabetes is a great burden for many patients and a dilemma for European health systems and budgets. A challenge for many patients is to manage their illness. Individuals must learn self-management skills and make lifestyle changes to effectively manage diabetes and avoid or delay the complications associated with diabetes. Among diabetes patients inadequate health literacy is associated with worse diabetes outcomes. Educational interventions for self-management show positive results, but much is not known yet about the (cost-) effectiveness of these interventions.

> More info

FP7 Diabetes Literacy

The goal of the Diabetes Literacy project is to provide evidence to increase the effectiveness of diabetes self-management education in the EU. The outcomes will inform policy decisions on improving the care for the growing number of people with diabetes. Partners from six EU Member States, Israel, the US and Taiwan will perform a content analysis of national diabetes strategies across the EU. The cost and cost-effectiveness of different forms of self-management education will be assessed, as well as the implementation fidelity of current programs. The moderating role of health literacy will be analysed. Literacy-appropriate materials will be developed and tested.

http://www.diabetesliteracy.eu/
Facing the Challenge of Multimorbidity

Addressing multimorbidity to improve sustainability

1 October 2015
Facing the Challenge of Multimorbidity

How to make it work for the patient?
Co-morbidity and multimorbidity