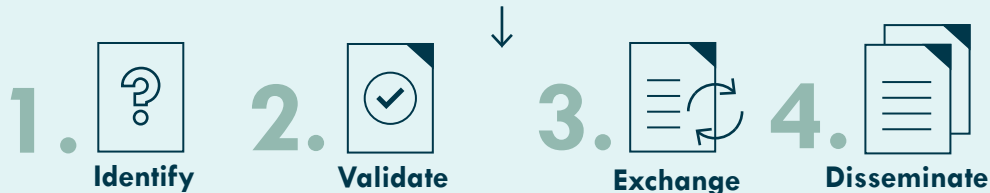


Promoting Self-Management for Chronic Diseases in Europe

PRO-STEP Project

PRO-STEP is a pilot project funded by the European Commission for the period 2016-2018

The project aims to



good practices on **self-management** of chronic diseases across Europe and to facilitate their scaling up and transfer across local, regional and national borders.

The focus is on*



Advocates for appropriate support services aiming to inform policy-makers on how to empower people to manage their own conditions, and explores the added-value of self-management in chronic diseases

Why PRO-STEP?

2/3 of the population

Chronic diseases in Europe affect **two thirds** of the population **above 65** and **65%** of people over the age 65 live with more than just one chronic disease.



Healthcare systems today struggle to fund services in a sustainable way.

65+



Given that the population of Europe aged 65 and above is estimated to rise from **87.5 million (in 2010) to 152.6 million by 2060**, addressing chronic diseases is one of the key objectives of EU health policy for the next years.

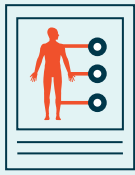


Studies have shown that patients with chronic conditions are more likely and willing than other healthcare users to get actively involved in their healthcare.

* Self-management of long-term diseases refers to the tasks a person can perform to minimise the impact of that illness on his/her health status by him/herself, or with the support of a healthcare provider. In practice the self-management of a long-term condition requires that a person has the skills to self-monitor the symptoms and clinical markers of those conditions, to understand the associated implications, and to adjust medication, treatment or behaviour accordingly

Recommendations to Improve Care for European Patients

Focused on three areas:



Health literacy



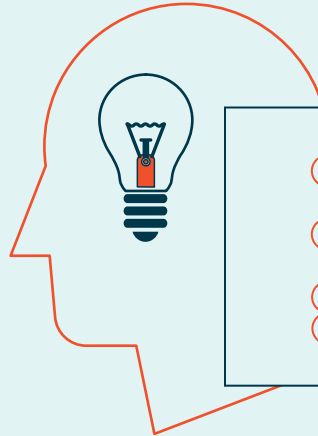
Need for relevant knowledge and skills of healthcare professionals to support patients



Adequate available resources for health systems and organisations to support self-management

REFLECTIONS ON INNOVATION

- ✓ Innovation can be adopted both at the level of the individual patient and at the organisational level.
- ✓ A sustained, multi-disciplinary focus on genuine implementation of patient empowerment.
- ✓ Technological innovation is a major enabler for self-management.



POLICY ACTIONS

- ➔ Ensuring sustainability & continuity of funding and support to the benefit of patients.
- ➔ Respecting professional boundaries & anticipating potential conflicts.
- ➔ Identifying best practices.
- ➔ Guaranteeing patient-centredness.

SUPPORTING COMMUNICATION TOOLS



Portal: a website repository where users can find information on communication tools that help towards better self-management.



Portrait: a cartoon-style video promoting self-management.



Pages: a series of informative publications on what key actions to be taken.

FUTURE SCENARIOS FOR EU COLLABORATION



Self-care core model scenario: identifies elements for supporting patients with any chronic diseases, as patients often face similar challenges.



Scenario on obesity: investing in weight loss in obese individuals through self-management shows an increase in life expectancy and better quality of life.



Scenario on Informal care: it envisions the integration of informal care interventions in the clinical pathways.



Chronic obstructive pulmonary disease scenario (COPD): a common preventable and treatable disease, with timely diagnosis combined with self-management interventions.

What is next?

- ➔ Invest more in health literacy, sustainable healthcare systems, patient centeredness and cost-benefit analyses on patient empowerment.
- ➔ The most cost-effective interventions are **self-management programmes that focus on lifestyle transformation**, in young populations, supported by health information technologies.

Want to know more about the project?



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