



ICARE4EU



Co-funded by  
the Health Programme  
of the European Union

# Caring for people with multimorbidity in Europe: an overview from the ICARE4EU project

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on behalf of the ICARE4EU consortium

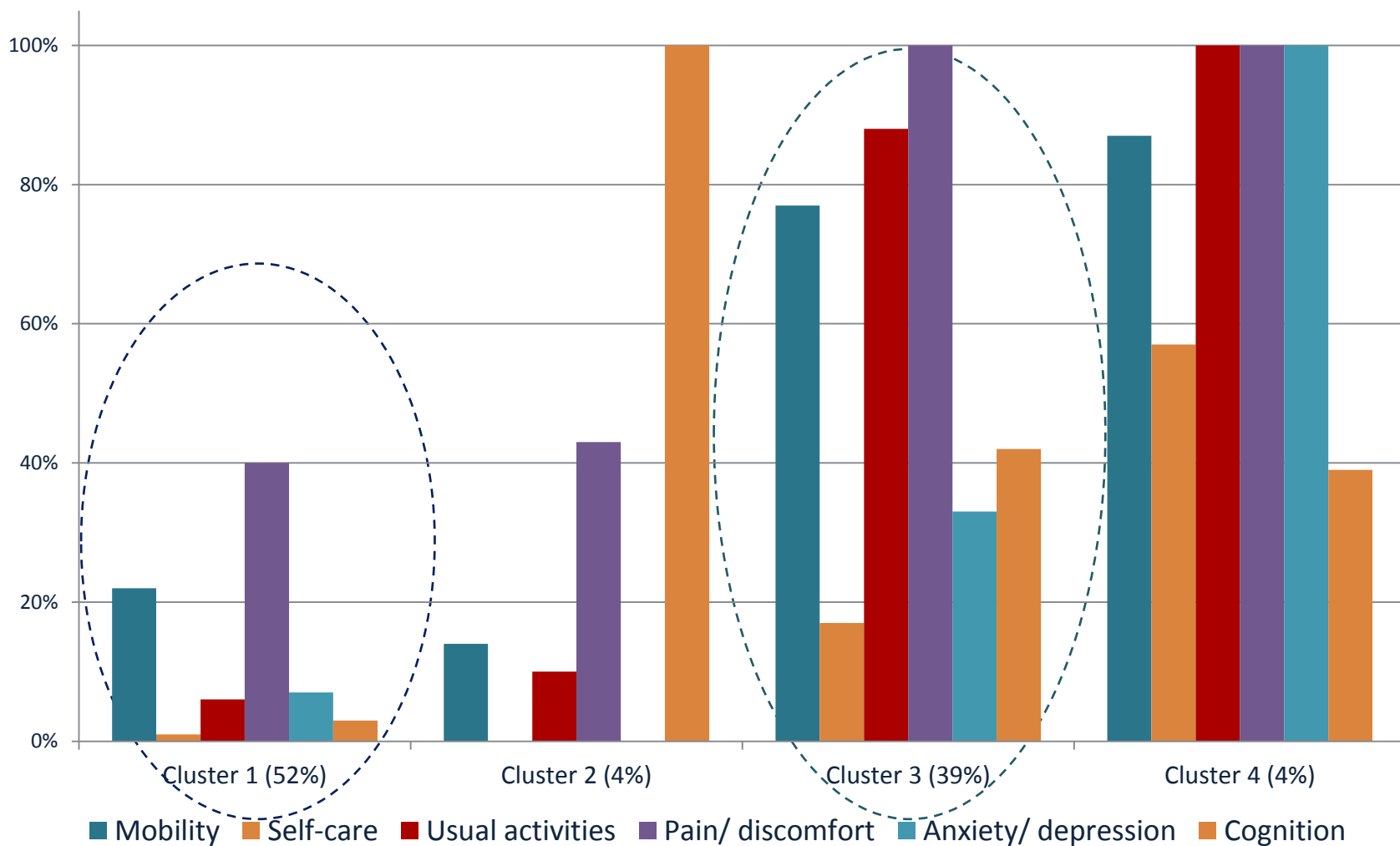


## Multimorbidity:

- **Prevalent, especially among older people**
  - ✓ estimation of 50 million EU citizens with multimorbidity and this number is expected to further increase
- **A challenge for health and social care systems**
  - ✓ health systems in Europe are mostly organised around organ systems, which may result in fragmented care for people with multiple or complex needs



## Multimorbidity: various and multiple needs ...



# Innovating care for people with multiple chronic conditions in Europe (ICARE4EU; 2013 – 2016)

- Co-funded by EU 2nd Health programme (2008 – 2013)
- Support to the European Partnership on Active and Healthy Ageing

Coordinator: NIVEL, The Netherlands

Associated Partners:

- Technical University Berlin, Germany
- University of Warwick, UK
- University of Eastern Finland, Finland
- National Institute of Health and Science on Aging (INRCA), Italy

Collaborating Partners:

- AGE Platform Europe
- Eurocarers

Supportive institute:

- European Observatory on Health Systems and Policies

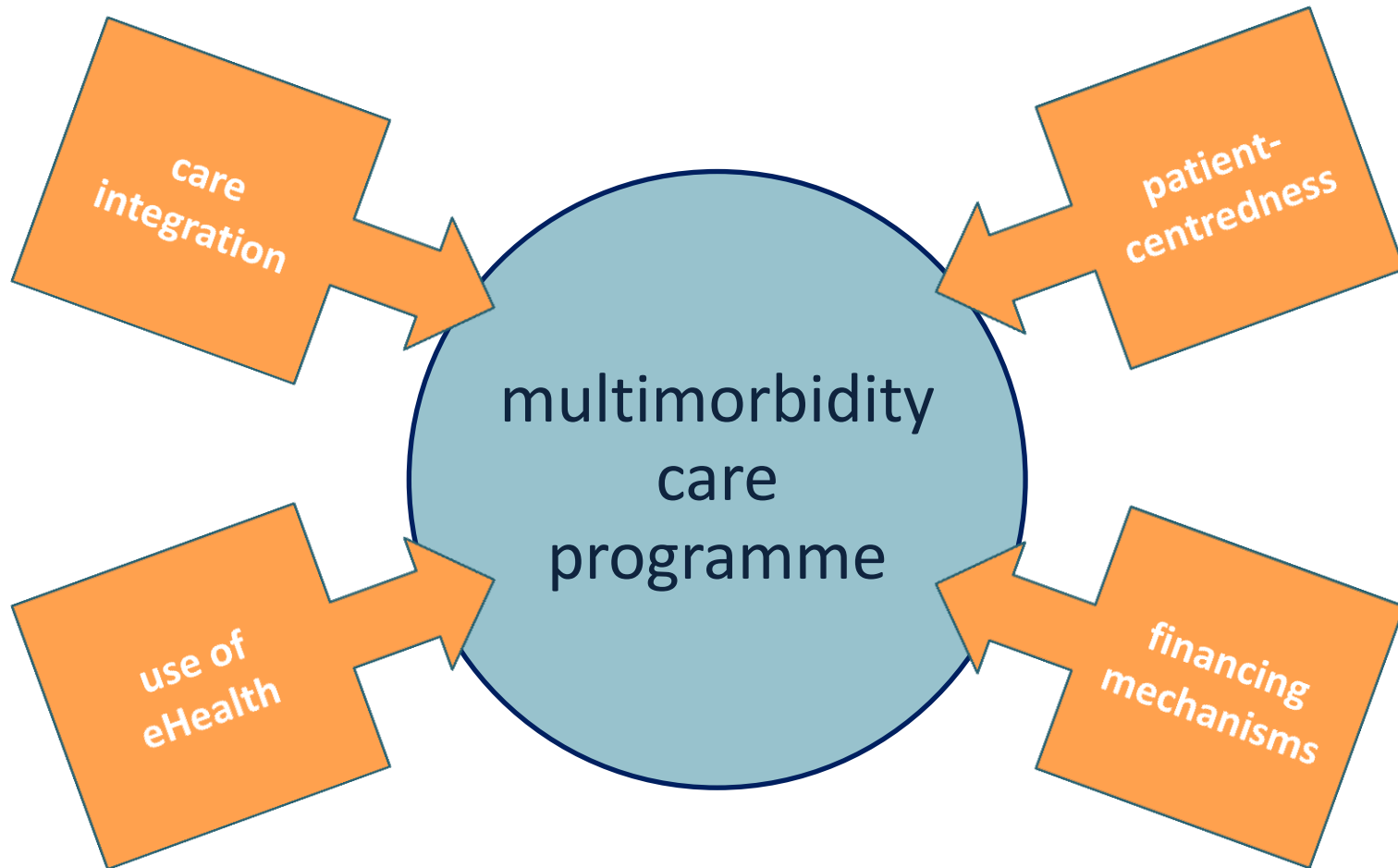


# Aim

To contribute to the innovation of care for European citizens with multiple chronic conditions

by increasing and disseminating knowledge about potentially effective and efficient patient-centered, multi-disciplinary care approaches, that are developed and implemented in European countries or regions

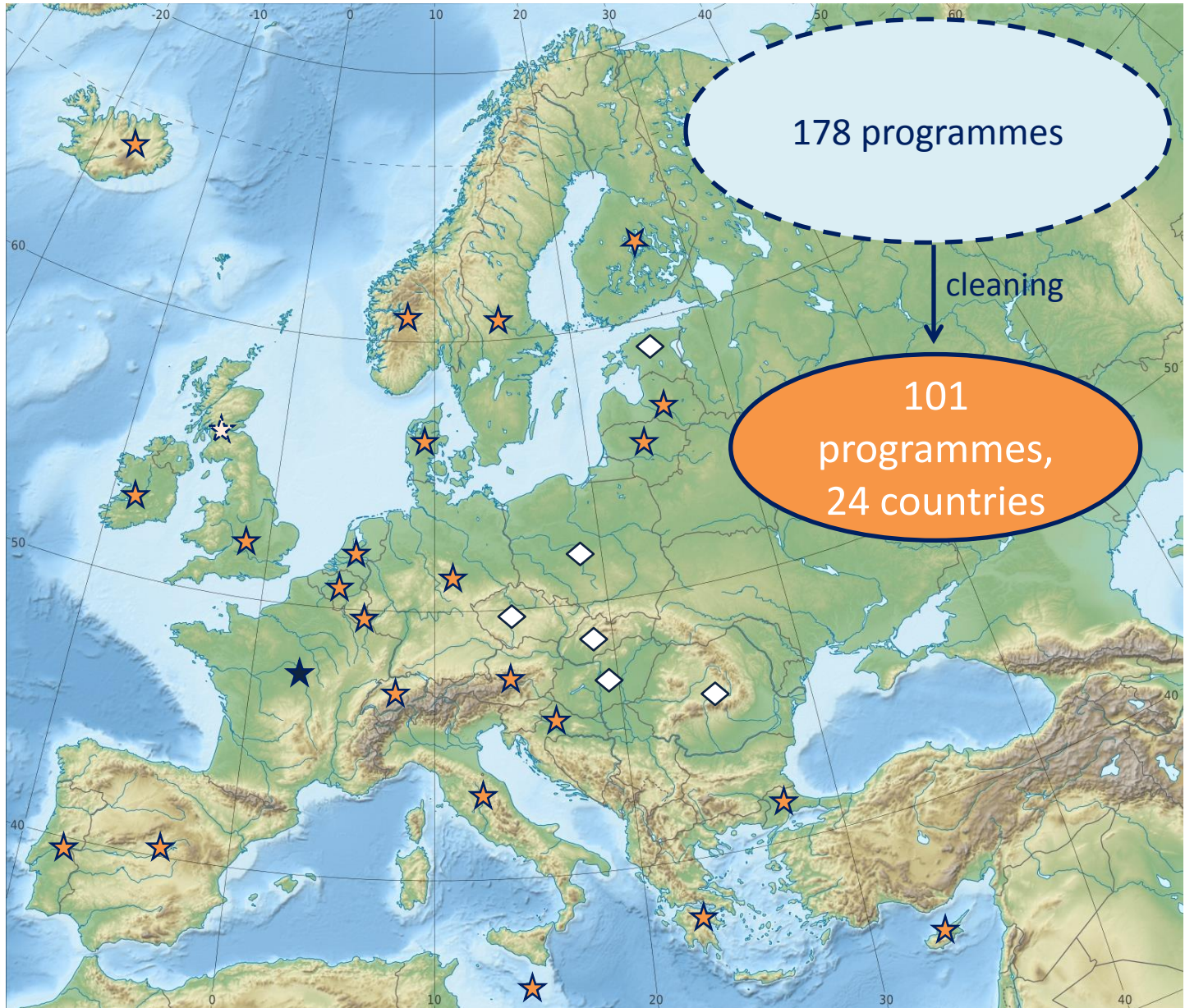
# Perspectives



# Approach

- **Identify integrated care practices** ('programmes') that focus on multimorbidity in 31 European countries with help from:
  - expert organization in each country
    - ✓ provide data on (national) policies and strategies by 'country level' survey
    - ✓ identify relevant programmes and contact programme managers
    - ✓ coordinate data collection at 'programme level'
  - programme managers
    - ✓ provide data on programme characteristics and outcomes by 'programme level' survey
- **Select 'high potential' programmes**
  - site visits (interviews with stakeholders) and document analysis







# Eight programmes selected for further study

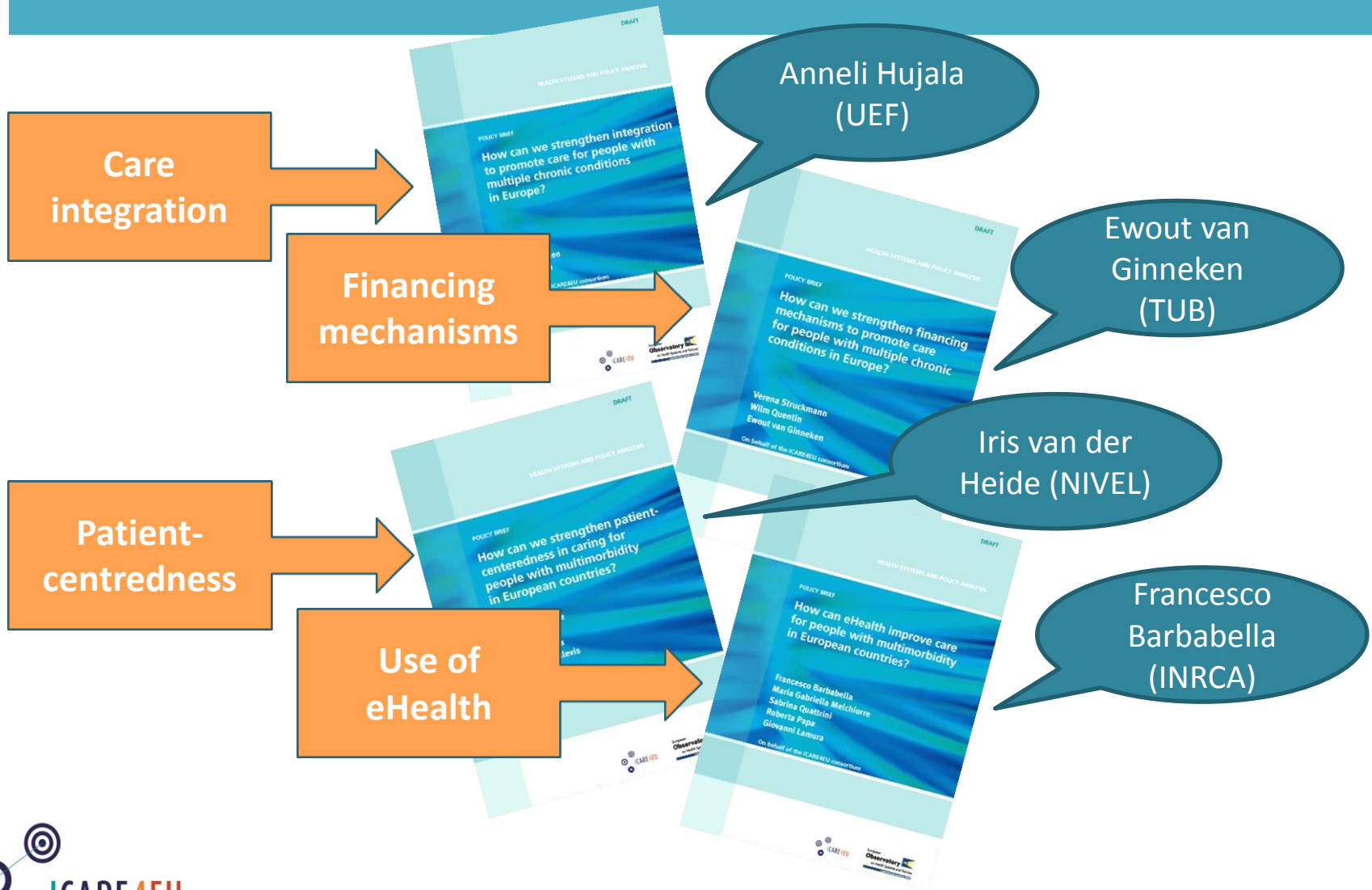
Based on:

- quantitative and qualitative criteria developed and applied by ICARE4EU team
- innovative / interesting programme characteristics from perspective of:
  - **care integration**
  - **financing mechanisms**
  - **patient-centredness**
  - **use of eHealth**

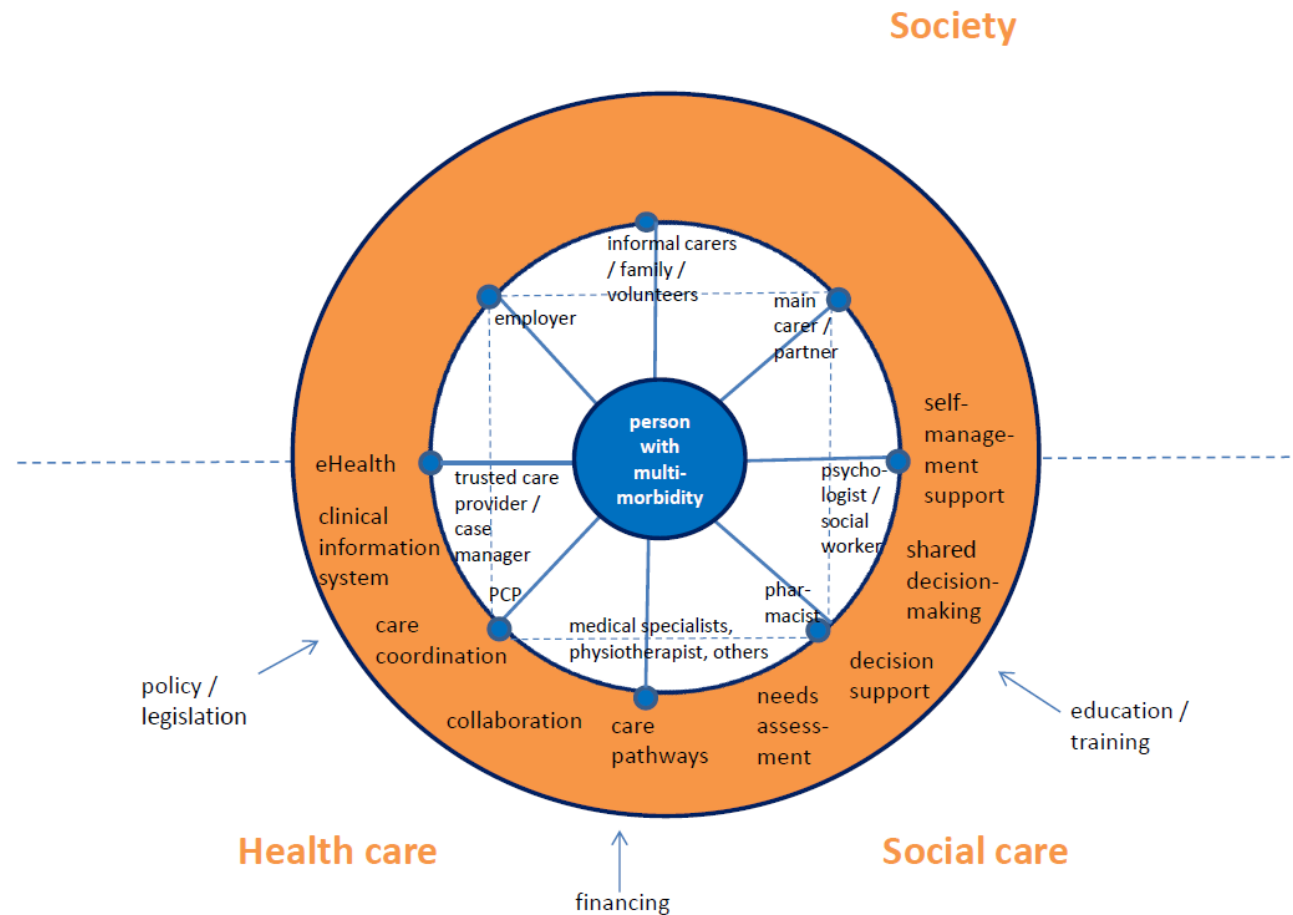
1. Subprojects of Protocol 3 programme, Belgium
2. Regional NPO Diabetes care, Bulgaria
3. TeleRehabilitation programme, Cyprus
4. Clinic for Multimorbidity and Polypharmacy, Denmark
5. POTKU project, Finland
6. Gesundes Kinzigtal, Germany
7. INCA model, The Netherlands
8. Strategy for Chronic Care Valencia Region, Spain



# Policy briefs and presentations



# Framework



# Insights and observations

## Micro level: individual patients and care providers

1. Multimorbidity care should be patient-centred.
2. Care providers need decision support, and communication skills to encourage patients to participate in decision-making.
3. Multimorbidity patients need self-management support that is not disease-specific.
4. EHealth could be more often applied to support care providers and patients.

### Barriers at micro level, a.o.:

- care providers and patients lack knowledge and skills
- lack of time of care providers
- inadequate financing of supportive interventions
- specific barriers hinder structural implementation of eHealth

### **Related Policy Briefs:**

**Barbabella et al., 2016**

**van der Heide et al., 2016**



# Insights and observations

## Meso level: local or regional service providers

1. Multimorbidity care needs to be coordinated.
2. Multiprofessional collaboration is essential, but not yet a matter of course.
3. The development of care pathways could be useful, and challenging.
4. Sharing electronic health records could support collaboration.

### Barriers at meso level, a.o.:

- lack of shared vision among managers and care providers
- unequal power relationships
- inflexible delivery systems
- incompatible information systems and lack of ICT tools

### Related Policy Briefs:

[Barbabella et al., 2016](#)

[Hujala et al., 2016](#)



# Insights and observations

## Macro level: health and social care systems

1. Education and basic training of care professionals may need adaptation.
2. Policy and legislation could support the development of a multiprofessional workforce.
3. To enable exchange of patient information, adapting privacy and data protection legislation may be needed.
4. Financing mechanisms may foster or hinder care integration.

### Barriers at macro level, a.o.:

- traditional norms, values, work processes
- bureaucracy
- limited evidence for interventions

### Related Policy Briefs:

[Barbabella et al., 2016](#)

[Hujala et al., 2016](#)

[Struckmann et al., 2016](#)



# Policy options

At the level of service providers	At the level of health systems
Vision development	Vision development
Training for current care providers	Adaptation of curricula for future care providers
Access to decision support	Decision support
Individualised care planning	Adaptation of quality and financing systems
Redesign of the care delivery process	Innovation and research



DRAFT

HEALTH SYSTEMS AND POLICY ANALYSIS

POLICY BRIEF

## How to improve care for people with multiple chronic conditions in Europe?

Mieke Rijken  
Verena Struckmann  
Iris van der Heide  
Anneli Hujala  
Francesco Barbabella  
Ewout van Ginneken  
François Schellevis

On behalf of the ICARE4EU consortium



# Project information

WWW.ICARE4EU.ORG



Innovating care for people with multiple chronic conditions in Europe

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A screenshot of the ICARE4EU website homepage. The page has a light blue background with a navigation menu on the left. The main content area is divided into sections: a top orange banner for a symposium, a central article about the project, and a right sidebar with news and tweets. The navigation menu includes links for Home, Project Information, Partners, Collaboration, News & Publicity, Project Reports, Contact Us, Login, and Newsletter. The central article is titled "ICARE4EU" and discusses the project's goals and funding. The sidebar features "LATEST NEWS" with two entries and a "Tweets" section showing a tweet from @icare4eu.

HOME  
PROJECT INFORMATION  
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NEWS & PUBLICITY  
PROJECT REPORTS  
CONTACT US  
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NEWSLETTER

ICARE4EU Symposium, 22 March Brussels.  
Click [here](#) for more information.

## 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 need 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

### LATEST NEWS

**FEB 19** ICARE4EU Symposium  
22nd of March 2016, Brussels  
[Read more](#)

**NOV 2** Interview with François Schellevis  
on facing the challenge of multimorbidity, during the 18th European Health Forum Gastein.  
[Read the interview](#)

Tweets by @icare4eu

**icare4eu** @icare4eu  
ICARE4EU final symposium within two weeks! with @INRCA\_IRCCS @TUBerlin @UniEastFinland @warwickuni @NIVEL\_research @EU\_Health #icare4eu  
09 Mar

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contact: [icare4eu@nivel.nl](mailto:icare4eu@nivel.nl)

# Take home message

Innovative care for people with  
**#multimorbidity** does exist in  
European countries,

but further implementation needs  
**#reforms at system level.**



# Thank you!



This presentation arises from the project Innovating care for people with multiple chronic conditions in Europe (ICARE4EU), which has received funding from the European Union, in the framework of the Health programme. The content of this presentation represents the views of the authors and it is their sole responsibility; it can in no way be taken to reflect the views of the European Commission and/or the Consumers, Health, Agriculture and Food Executive Agency or any other body of the European Union. The European Commission and/or the Executive Agency do(es) not accept responsibility for any use that may be made of the information it contains.

We wish to thank all the country-experts and the programme managers who participated in the ICARE4EU project.

