



# Innovating care for people with multiple chronic conditions in Europe, the ICARE4EU project

## SUMMARY

In many European countries innovative care practices have been developed at a local or regional level to improve care for people with multimorbidity. National policies or strategies on multimorbidity care are however lacking. Further evaluation and monitoring need to identify effective approaches and foster implementation.

## OBJECTIVES

To contribute to the innovation of care for European citizens with multiple chronic conditions by increasing and disseminating knowledge about potentially effective and efficient approaches that are developed and implemented in European countries.

## METHODOLOGY

- Identification of innovative care practices (programmes) targeting patients with multimorbidity by country expert organizations in 31 European countries.
- Data collection by means of a country-level survey (on relevant policies and strategies) and a programme-level survey (on characteristics and outcomes of the programmes).
- Eight 'high potential' programmes in eight countries were selected for site visits and in-depth study.

## COORDINATION

NIVEL, as coordinator, maintains frequent (email, Skype) contact with all partners and provides administrative and technical support.

A kick-off meeting was organized in Brussels, followed by five partner meetings at partners' sites. In parallel, six meetings of the management and steering committee were organized.

## DISSEMINATION

- ICARE4EU project website ([www.icare4eu.org](http://www.icare4eu.org))
- BMJ blogs, Newsletters and two publications in Eurohealth, to inform about project activities, progress and outputs
- Four country factsheets, eight case reports and an overview ('state of the art') report published on the project website
- Presentations at European events /conferences (e.g. DG SANTE initiatives, Gastein, EUPHA, ICIC)
- Five Policy Briefs launched at final symposium and for further distribution by the EC, project partners and through European Observatory on Health Systems and Policies channels
- Final project symposium in Brussels (22 March, 2016)
- Multiple scientific papers in preparation.

## RESULTS

- Innovative practices to improve care for people with multimorbidity have been identified in 25 European countries. In six countries no such programmes were found.
- Data were analysed from 101 programmes, mostly operational at a local or regional level and initiated bottom-up.
- Programmes often contain elements of patient-centered care, but do not address all key elements in a coherent way.
- Integration of care is most often established within primary care and between primary and secondary care. Involvement of social care and informal care is occasional.
- Innovative financing methods are not often applied yet.
- The potential of eHealth is still underused.

## CONCLUSION

Policy options for further development and implementation of patient-centered integrated care for people with multimorbidity are considered for European health systems, service providers and care providers.

## ACKNOWLEDGEMENTS

To all country experts, programme managers and participants in the final symposium.