



Expert Panel on effective ways of investing in health

Drafting group on Facing the impact of post-COVID-19 condition on health systems

(Virtual meeting)

13 June 2022

Minutes

1. Approval of the agenda

The agenda was approved without changes. The minutes of the previous meeting of 13 May were adopted and will be published on the [Expert Panel website](#).

2. Nature of the meeting

The fifth drafting group meeting on ‘Facing the impact of post-COVID-19 condition on health systems’ took place on 13 June 2022 via MS Teams. The meeting, which was chaired by Dr Dionne Kringos, Chair of the drafting group, was a non-public meeting.

No declarations of interest that could in any way interfere with the topic discussed were submitted by any member.

3. List of points discussed

Feedback/comments on the draft opinion

The chair of the drafting group and rapporteurs gave an update on the ongoing work of this opinion and reminded members of the mandate questions. They also recalled that the target audience of the opinion comprised policymakers, health service purchasers, health service managers including those responsible for the planning, organisation, financing and delivery of care as well as for support services at national, regional or local level. Some members suggested to include patients/citizens representatives and health workforce representatives in the target audience.

Recommendations in the draft opinion

The next part of the meeting was dedicated to a discussion on possible recommendations.

Rapporteurs presented the recommendations with suggestions for actions and possible actors. Some members suggested to link the recommendations to the agreed conceptual framework.

The proposed recommendations focused on i) common definition of the post-COVID-19 condition and related diagnostic criteria, ii) learning from high quality research and incorporate new knowledge into the existing structures and processes within health systems, iii) developing easy-to-navigate patient pathways with a link to social care, iv) supporting self-management, empowerment, health literacy at individual and population level, and engaging patient representatives in the co-creation of research programmes.

Members discussed in detail each of the recommendations with possible action points and related actors.

On the definition of the post-COVID-19 condition, they highlighted that such definition should be agreed at international level. They added that the impact on the cost of health services should be considered. Members indicated the need to avoid inequity by disease.

On incorporating new knowledge into existing processes in health systems, members stressed that some mechanisms/tools were needed to update technical information available to health professionals on the manifestations of the post-COVID-19 condition. They emphasised that ensuring the high quality of research is paramount to ensure new research results are used as a basis to develop and promote the adoption of more effective diagnostic pathways.

Some members proposed the creation of a permanent scientific technical committee. It was highlighted that, without reliable research, there were too many assumptions related to health systems and this leads to a lot of uncertainty.

On developing easy-to-navigate patient pathways, members underlined the importance of person-centred, goal-oriented care. This type of care is aligned to patients' needs and is delivered by well-trained health professionals who are skilled in multidisciplinary teamwork and with special focus on self-management.

Members discussed the role of primary care which must be strengthened as there is no evidence primary care was well prepared and well equipped to deal with patients with post-COVID-19 condition. They highlighted the need for training of primary care professionals in diagnosing the post-COVID-19 condition.

Concerning the recommendation on supporting self-management, empowerment, and health literacy at individual and population level, the role and involvement of patients and peer support groups was stressed.

4. Conclusion

Members agreed to provide their contribution to have an updated draft prior to the plenary meeting of 23 June. The Chair thanked everyone for their active participation and for the valuable discussion.

5. Next meeting

The draft opinion will be discussed in the plenary meeting of 23 June. The next meeting of the drafting group is scheduled for 20 September 2022 via MS Teams. The public hearing to present the draft opinion to stakeholders will take place on 18 October (tbc).

6. List of participants

EXPH members: Professor Jan De Maeseneer, Dr Dionne Kringos, Professor Lasse Lehtonen, Professor Christos Lionis, Professor Martin McKee (apologies), Professor Sabina Nuti, Professor Pedro Pita Barros, Dr Heather-Lynn Rogers, Professor Katarzyna Wiczerowska-Tobis, Dr Sergej Zacharov , Dr Jelka Zaletel

Invited external expert Dr Nisreen Alwan

Representatives from the European Commission (DG SANTE: B1, DG RTD)

Representatives from ECDC