



EFFICHRONIC Newsletter

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This newsletter is part of the project '738127 EFFICHRONIC' which has received funding from the European Union's Health Programme (2014-2020).

The presentation of EFFICHRONIC in Asturias gathers more than 70 participants



The presentation of the EFFICHRONIC project took place in a national workshop that was held on March 3, 2017 in Oviedo, Asturias, just before the IV National Conference of Active Patients. More than 70 participants from different multidisciplinary areas including experts in the implementation of several intervention programmes, staff from social services, staff from patient associations and members, health managers, city council staff, etc., attended the event.

During the workshop, Marta González Pisano (SESPA), José Ramón Hevia Fernández (CSPA), Ángeles Álvarez González (FICYT) and Antonio Molejón Iglesias (General Director of Public Health of CSPA) presented the project, the methodology that will be used during the implementation, as well as the different tasks that will be carried out all over the project. Following the presentation, meetings between experts were held to discuss the best recruitment strategies for vulnerable and / or high-risk groups and the next steps to determine the evaluation framework of EFFICHRONIC.

The role of Galliera hospital in EFFICHRONIC: check the interview with Alberto Pilotto!

The team at Galliera hospital will develop an index for the identification and selection of patients suitable for testing the intervention programme of EFFICHRONIC, and will allow selected patients to actively participate in clinical decisions related to their care pathways and directly manage some parts of the therapeutic pathways. Check the interview to Alberto Pilotto at Primo Canale!

[More information](#)

Fragile elderly, at a self-management school with the European Galliera project

Thursday 16 November 2017



Local pharmacies join EFFICHRONIC for patient recruitment in Asturias

The Association of Pharmacists of Asturias, in collaboration with the Regional Ministry of Health and the Public Health System, will support EFFICHRONIC during the recruitment phase. Local pharmacies will distribute leaflets to reach participants that can be potentially benefited from the programme in Asturias.



¡Participa en el programa Effichronic!

1 Objetivo Effichronic

Realizar un primer análisis del territorio en el que se va a implantar para identificar los lugares con determinantes sociales de la salud más desfavorables y posteriormente intervenir estas zonas con el programa Paciente Activo Asturias (PACAS).

2 Destinatarios

Toda persona con una enfermedad crónica o su cuidador o cuidadora, que quiera aprender técnicas y adquirir habilidades para manejar adecuadamente su enfermedad y alcanzar mejores niveles de salud. Para hacer el reclutamiento se tendrán en cuenta criterios de vulnerabilidad y exclusión, ya que Effichronic aspira a determinar los factores socioeconómicos que afectan a la salud y al desarrollo y autogestión de las enfermedades.

3 Qué es Paciente Activo Asturias

Es un programa que permite que las personas que padecen una enfermedad crónica y sus cuidadores adquieran habilidades y herramientas para adoptar estilos de vida más saludables.

4 ¿Cómo se consigue?

A través de talleres o cursos prácticos que imparten monitores, los cuales son personas con enfermedad crónica y previamente formadas para conducir el grupo. La farmacia colaborará reclutando pacientes en las distintas áreas sanitarias asturianas.



El proyecto EFFICHRONIC (GA 738127) ha recibido financiación del Programa de Salud de la Unión Europea (2014-2020)



Co-funded by the Health Programme of the European Union

Start of the project EFFICHRONIC in a successful kick-off meeting between the members of the consortium



On 12 and 13 June 2017, the project EFFICHRONIC was officially launched at the Headquarters of the Executive Agency of the European Commission for the Third European Health Programme (2014-2020) in Luxembourg. Representatives of the six partners from five European countries that are involved in the project attended the kick-off meeting.

All the consortium partners had the opportunity to exchange ideas and interests, and share organizational aspects that will be of significant importance for the beginning and the overall implementation of EFFICHRONIC. This project aims to improve the sustainability of health systems by providing cost-effectiveness data for the implementation of a chronic disease self-management programme (CDSMP) focused on vulnerable population, and has a duration of three years.

Second face-to-face meeting of EFFICHRONIC in Genoa

The participants of the project EFFICHRONIC attended a face-to-face meeting in Genoa on the 11th and 12th of December 2017. The consortium discussed the first steps and the progress of the project.

