



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 EFFICHRONIC team discussed the progress and the achievements of the project in London

The participants of the project EFFICHRONIC (CSPA, SESPA, FICYT, CHUM, QISMET, EOG, UVEG and K-Veloce) attended the third face-to-face meeting in London to discuss the tasks performed and the ongoing work. Also, five experts of the Advisory Board of the project joined the meeting to provide scientific advice on the ongoing activities.

How is Asturias planning a successful recruitment of the target population?

The Regional Ministry of Health and The Public Health System of Asturias show the ongoing activities for targeting vulnerable population in the **Observatory of Integrated Health Care Models of New Health Foundation**.

In Asturias, different actions have been taken at local and regional level to maximize the number of participants in EFFICHRONIC by establishing collaborations between the coordination team and the Regional Ministry of Social Affairs, Primary Care Centers and the Association of Pharmacists of Asturias. First, a geographic analysis has been carried out based on existing and new actions at local level in different areas including the area of Oscos, Ventanielles (Oviedo), Arriondas, Mieres, Aviles, Pola de Laviana, etc. Also, 42 pharmacies, that represent 7 out of a total of 8 Asturian areas, Red Cross, The Asturian Romani Association, and the Residence of the Elderly of Montepio agreed on assisting the coordination team for recruiting the EFFICHRONIC population.

[More information](#)



EFFICHRONIC at the National Conference SIGOT

DEVELOPMENT AND VALIDATION OF A SELF-ADMINISTERED MULTIDIMENSIONAL PROGNOSTIC INDEX (SELFY_MPI) TO PREDICT NEGATIVE HEALTH OUTCOMES IN COMMUNITY-DWELLING PERSONS: RESULTS FROM THE EUROPEAN PROJECT EFFICHRONIC

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BACKGROUND: EFFICHRONIC is an EU co-funded project (Health Programme, 2014-2020, Ref:738127) aimed to provide evidence on the effect of using the Chronic Disease Self-Management Program (CDSMP) in 5 European countries (France, Italy, The Netherlands, Spain, UK) in vulnerable population. To stratify the vulnerable groups/individuals a multidimensional assessment was implemented. The Multidimensional Prognostic Index (MPI) is a Comprehensive Geriatric Assessment (CGA)-based tool that very accurately predicts negative health outcomes, i.e. hospitalization, institutionalization, need for homecare services and mortality in subjects with different diseases and in different settings. To calculate the MPI, validated tools exploring daily functioning, cognition, nutrition, mobility, co-morbidity, medication and co-habitation status are assessed by health care professionals according to the multidimensional assessment methodology.

AIM: To develop and validate a self-administered MPI (SELFY_MPI) in community-dwelling subjects.

The EOG team presented the results of the Selfy-MPI at the Italian Society of Geriatrics Hospital and Community (SIGOT).

[More information](#)

Marta Pisano, coordinator of the project, presented the project in a roundtable at the XX National Society of Primary Care Managers (SEDAP 2018). Marta Pisano discussed the current solutions for integrated and longitudinal solutions in Primary Care and the benefits of the intervention programme of EFFICHRONIC.

[More information](#)

EFFICHRONIC at the Spanish Conference SEDAP

