



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).



EFFICHRONIC awarded as the Best Programme for Chronic Diseases Promoted by an Autonomous Community in Spain

The project EFFICHRONIC has been awarded as “The Best Programme for Chronic Diseases Promoted by an Autonomous Community in Spain” by the Spanish Foundation of Technology and Health. This award recognizes the efforts of the health services of the Principality of Asturias and highlights the involvement, effort and commitment of many professionals and volunteers who collaborate in this programme.

Francisco del Busto, Minister of Health of the Principality of Asturias, pointed out that **this strategy responds to the challenge of addressing and preventing chronicity, which is particularly important in Asturias where population aging is a serious concern.** “The main objective of EFFICHRONIC is to reduce the burden of morbidity and mortality of the most common chronic diseases in vulnerable population based on methodologies of self-management that increase the sustainability of health systems, their effectiveness and efficiency” he says.

First publication of the consortium: Predicting health outcomes in EFFICHRONIC

The Ente Ospedaliero Galliera has developed and validated a tool to predict negative health outcomes in community-dwelling persons. This tool is based on an analysis of different factors such as basic and instrumental activities of daily living, mobility, memory, nutrition, co-morbidity, number of medications, and socio-economic situation. These results are discussed in the first publication developed by the EFFICHRONIC consortium which has been published in the journal **Rejuvenation Research**.

[More information](#)

REJUVENATION RESEARCH
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Development and Validation of a Self-Administered Multidimensional Prognostic Index to Predict Negative Health Outcomes in Community-Dwelling Persons

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Abstract

The multidimensional prognostic index (MPI) is a comprehensive geriatric assessment (CGA)-based tool that accurately predicts negative health outcomes in older subjects with different diseases and settings. To calculate the MPI several validated tools are assessed by health care professionals according to the CGA, whereas self-reported information by the patients is not available, but it could be of importance for the early identification of frailty. We aimed to develop and validate a self-administered MPI (SELFY-MPI) in community-dwelling subjects. For this reason, we enrolled 167 subjects (mean age=67.3, range=20–88 years, 51%=men). All subjects underwent a CGA-based assessment to calculate the MPI and the SELFY-MPI. The SELFY-MPI included the assessment of (1) basic and instrumental activities of daily living, (2) mobility, (3) memory, (4) nutrition, (5) comorbidity, (6) number of medications, and (7) socioeconomic situation. The Bland-Altman methodology was used to measure the agreement between MPI and SELFY-MPI. The mean MPI and SELFY-MPI values were 0.147 and 0.145, respectively. The mean difference was $+0.002 \pm$ standard deviation of 0.07. Lower and upper 95% limits of agreement were -0.135 and $+0.139$, respectively, with only 5 of 167 (3%) of observations outside the limits. Stratified analysis by age provided similar results for younger (≤ 65 years old, $n=45$) and older subjects (>65 years, $n=122$). The analysis of variances in subjects subdivided according to different year decades showed no differences of agreement according to age. In conclusion, the SELFY-MPI can be used as a prognostic tool in subjects of different ages.

Keywords: all-cause mortality, risk factor, multidimensional prognostic index, self-assessment, comprehensive geriatric assessment, socioeconomic analysis



EFFICHRONIC at the IX Conference of SEAPA



The project EFFICHRONIC was presented at the IX Conference of the Asturian Society of Family and Community Nursing (SEAPA). The conference took place in Gijón on October 5 and more than 200 people attended the event.

Marta Pisano introduced the project EFFICHRONIC to the audience and explained how the self-management intervention programme used pursues a better health for population affected by chronic diseases. Marta highlighted the potential positive return on investment and the impact in the present and future health of citizens.

[More information](#)

EFFICHRONIC at the Spanish Conference SEDISA

The evaluation framework of the project EFFICHRONIC was presented at the National Conference of Health Managers (SEDISA). Amalia Franco Vidal, Quality Coordinator of the area of Gijón (Asturias) chaired the session “Results in health and national experiences”, in which several successful national projects were presented. More than 500 people attended the event.

Marta Pisano, coordinator of the project, presented the evaluation framework and showed the importance of quality control during the development of the project.

[More information](#)



Second annual meeting of EFFICHRONIC in Valencia

The EFFICHRONIC partnership shared the first results of the application of a Self Management methodology (CDSMP) in 5 different countries and planned the next steps.



EFFICHRONIC at the Innovation centre Las Naves in Valencia

The EFFICHRONIC team participated in a meeting to discuss key issues for the successful implementation of pilot projects. Why some pilot projects that improve the health of people in cities are successful? Why some projects are not escalated?

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