



## **Healthier Together: EU Non-Communicable Diseases Initiative**

### **Guidelines for Identifying Best Practice(s) in Your Country**

#### **1. The NCD Initiative**

The European Commission has launched the ‘Healthier Together – EU Non-Communicable Diseases Initiative’ last year, which aims to support EU countries to reduce the burden of NCDs. The Initiative will cover five strands: **a) cardiovascular diseases, b) diabetes, c) chronic respiratory diseases, d) mental health and neurological disorders, e) health determinants.**

The Commission is currently working with Member States, as well as with European health organisations, to create the following:

- **A guidance document on tackling NCDs:** This ‘roadmap’, expected to be launched in June 2022, will be addressed at national governments and highlight priorities for action in each of the above-mentioned strands, as well as examples of effective policies, best practices, promising approaches and innovative actions to address these priorities. The document will also provide guidance for actions that stakeholders can do in collaboration with public health authorities and other parties.
- **A database of best practices:** European and national organizations are invited to submit their best practice in any of the five NCDs mentioned, via an online form. All submitted practices will be evaluated by the European Commission, and those assessed as ‘best’ will be published in the Best Practice Portal. The deadline for submission is Sunday 15 May (Midnight, CET). **SAFE will take care of the submission process on your behalf. You do not need to submit any application yourself.**

**Through these two actions, the European Commission aims to support national governments find best practices to implement in their country.**

For more information about the European Commission’s NCD Initiative, the exact process and respective timeline, please see the Powerpoint Presentation available under this link: <https://www.safestroke.eu/members-login/> - in the European Commission non communicable disease plan 2022/ Background information for Members and NCs folder



## 2. Opportunity for involvement: Sharing best practice(s) from your country

SAFE and ESO are asking SSOs and SAP-E National Coordinators for best practices in their countries. Your input will support the joint SAFE/ESO submission.

There are two options for communicating the best practice(s):

- i. Written report: Send SAFE a report with details about the best practice(s)
- ii. Interview: Join a one-hour online interview with the SAFE team

## 3. Identifying your best practice: What to consider when selecting

### What is a best practice?

- A best practice is a **policy or intervention that has been implemented in your country, and which has been positively evaluated.** The evaluation must show that the best practice has worked well and that it can easily be replicated in a different country.
- **Your best practice can be a policy, a programme, a school-based intervention, a guideline, or any project that you have evaluated** which aims to improve patient outcomes.

### What are the formal criteria to take into consideration?

The Commission review each submission to ensure it fits specific criteria. The best practice you would like to be considered should be:

- **Relevant** - it should be directly related to stroke and it should respond to an identified problem at the local, regional or national level, or be put in place to support the implementation of a legislation.
- **Detailed** - it would be best if your best practice is supported with evidence, explaining its context, who participated to the project, and how sustainable it is. Any references you can provide additionally help serve SAFE/ESO develop an argumentation to support the best practice.
- **Science-based** - it should be based on a theory, and evidence - based.

### Previous examples of best practices supported by the EU Commission:

Please find below examples of practices which have been selected by the European Commission in previous years (full list can be found [here](#)):

1. **Population Intervention Plan for Diabetes, Basque Country, 2018.** The Plan aims to implement a new organizational model, which includes a new common care pathway, proactive patient identification, improved ICT infrastructure for better patient monitoring. The programme involves healthcare professionals from different



levels of care and settings and includes structured education about the disease (what is hypoglycemia, recommendations for diet, exercise and foot care); measures of hemoglobin every six months; annual general exploration, including cardiovascular check and feet exploration.

- 2. Chronic Related Groups, Lombardy, 2018.** The regional government launched an innovative programme called CReG (Chronic Related Groups). This promotes continuity of care in chronic patients for COPD, hypertension, cardiovascular diseases, type 2 diabetes and comorbidities. It promotes continuity of care in chronic patients and calls for personalized treatment calls, reducing implicit costs related to avoidable hospitalisations and acute events. The CReG defines a bundle payment system for multimorbid patients

### Useful questions to help you choose potential best practice(s) in your country:

#### Description of the practice

- Is the practice a priority public health area or part of a strategy? Was it put in place to support the implementation of a legislation?
- How was your practice influenced by existing scientific evidence, conceptual frameworks and/or approaches? Why this approach was the most useful for your practice? (*This part can refer to analysis of the health problem and its impact on quality of life and on society, an analysis of the factors underlying the problem and an analysis or overview of the effectiveness of the scientific evidence, conceptual framework, approach, applicability in the proposed context. The more detailed the better.*)
- Are there any indicators that can help us measure the outcome/impact of the practice?
- Can you describe the methodology behind the best practice or provide references to it?
- Who was the main target of the practice (stroke survivors, families, care practitioners, medical staff)?
- How did the practice help the targeted group?
- Which stakeholders were involved and how?
- What is your estimation of the human resources (key staff, collaborators), material and budget requirements? How were the resources optimized?
- What were the results of the practice?
- How was the practice communicated or presented? In case of a defined communication strategy please give some details to it.



## Impact of the practice

### Thinking about the process of the practice:

- Has the practice been evaluated (internally or externally) taking into account social and economic aspects and the perspectives of relevant stakeholders concerned (eg. formal or informal caregivers, health professionals, teachers, health authorities)?
- Are the evaluation outcomes (eg. clinical, health, economics) and objectives linked to the stated goals of the practice?
- Has a study has been performed (based on needs and challenges) between the initial and final situation?
- Has the practice has been implemented in an effective and efficient way?

### Thinking about the outcomes of the practice:

- How do you see the relevance of the outcomes of the practice?
- Are the achievements of the practices documented and presented in any form?
- Has the practice been evaluated from an economic point of view?
- Have possible negative effects been identified and stated?

## 4. Submitting your best practice

Once you have read the guidance above – you can now decide how you would like to share your information:

### 1. Submit a form to SAFE/ESO

- Use the form here: <https://www.safestroke.eu/wp-content/uploads/2022/03/22-03-01-Healthier-Together-Best-Practices-Form-members-and-NCs.docx>
  - Listing the best practice(s) you have identified
  - Provide a short description of the practice(s)
  - Include references for further information about the practice(s), eg. scientific papers, studies, reports, press coverage
- Please see page 3 and 4 for more information on how to draft your report
- Send your report to [arlene.wilkie@safestroke.eu](mailto:arlene.wilkie@safestroke.eu) and [lora.ivanova@safestroke.eu](mailto:lora.ivanova@safestroke.eu)
- Deadline: 15 April 2022

### 2. Take part in an interview with SAFE/ESO:

To support you in describing your best practice, SAFE offers you the opportunity to conduct an interview with our team. This will last for one hour and will be recorded.

To book your time, **please select the date and time for your interview** by directly listing your name and email address in the online Google form under this link:

[https://docs.google.com/spreadsheets/d/1\\_Y0k9Pps1A6MqfwFzauGr6piRS5Q1Zka/edit?usp=sharing&ouid=114458947363250333128&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1_Y0k9Pps1A6MqfwFzauGr6piRS5Q1Zka/edit?usp=sharing&ouid=114458947363250333128&rtpof=true&sd=true)



## **Interview questions**

You will be asked the following questions. Please consider them in advance, to provide as much detail as possible:

- 1) Have you recently conducted or observed a project in the field of stroke, that has been evaluated and showed a positive outcome?
- 2) What was the specific health problem the project strived to solve?
- 3) What was its impact on quality of life and society?
- 4) Which stakeholders were involved in developing the project (SSOs, academics, medics, etc.)?
- 5) Has the project been supported by or has it received attention by your national Health ministry or health decision-makers?
- 6) Can you describe the conceptual framework of your project? How was it implemented?
- 7) What were the concrete objectives?
- 8) Are the objectives specific, measurable, achievable, realistic and time-bound?
- 9) How is your project different from existing similar initiatives in your country?
- 10) What were the key findings of that project?
- 11) Has this project been replicated in any other European country?
- 12) Do you think this project can be replicated in any European country and why?
- 13) Is the project/practice related to the scope of the Stroke Action Plan for Europe?