

## CONFERENCE ABSTRACT

### The SELFIE project: Results from 8 focus groups amongst persons with multi-morbidity on how to define good health and a good care process

17<sup>th</sup> International Conference on Integrated Care, Dublin, 08-10 May 2017

Fenna Leijten<sup>1</sup>, Melinde Boland<sup>1</sup>, Verena Struckmann<sup>2</sup>, Markus Kraus<sup>3</sup>, Jonathan Stokes<sup>4</sup>, Antal Zemplényi<sup>5</sup>, Rune Ervik<sup>6</sup>, Claudia Vallvé<sup>7</sup>, Mirjana Huić<sup>8</sup>, Maureen Rutten-van Mölken<sup>1,9</sup>

1: Institute of Health Policy and Management, Erasmus University Rotterdam, the Netherlands;

2: Department of Health Care Management, Berlin University of Technology, Germany;

3: Institute of Advanced Studies, Vienna, Austria;

4: Manchester Centre for Health Economics, University of Manchester, United Kingdom;

5: Syreon Research Institute, Hungary;

6: Uni Research Rokkan Centre, Bergen, Norway;

7: Consorci Institut D'Investigacions Biomediques August Pi i Sunyer (IDIBAPS), Spain;

8: Agency for Quality and Accreditation in Health Care and Social Welfare, Croatia;

9: Institute for Medical Technology Assessment, Erasmus University Rotterdam, the Netherlands

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**Background:** When evaluating innovative integrated care programmes for persons with multi-morbidity a broader approach is necessary than the traditional cost-per-QALY analysis. Namely, it's important to gain better insight into what persons with multi-morbidity value in health and in care, in order to let evaluations capture this. The aim of this study is to determine what is important to persons with multi-morbidity when it comes to health and care.

**Methods:** In the context of the EU Horizon2020 SELFIE project ([www.selfie2020.eu](http://www.selfie2020.eu)) 8 focus groups were conducted in 8 European countries: the Netherlands, Austria, Croatia, Germany, Hungary, Norway, Spain, and the UK. In total, 58 persons with multi-morbidity participated the focus group discussions between June and September 2016. During these focus groups participants discussed how they defined good health and well-being and subsequently how they defined a good care process. Participants listed facets of health/well-being and care and next tried to make a prioritisation in what was most important to them.

**Preliminary results:** Persons with multi-morbidity in the different European countries placed a lot of emphasis on having 'enjoyment and pleasure in life', 'freedom and independence', and 'maintaining social relationships and contacts'. Interestingly, clinical health-type indicators were mentioned to a much lesser extent. Furthermore, a lot of value was placed on the interactions with care providers: a respectful treatment, shared decision-making, and good

communication both between provider and participant as between multiple providers. Especially relevant in the case of multi-morbidity and mentioned by participants was that the care providers had insight into and attention for their entire situation. Not only their different health problems but also their preferences and wishes should be taken seriously. These findings will be elaborated on during the presentation, and cross-country similarities and differences will also be described.

**Conclusions:** When evaluating integrated care programmes for persons with multi-morbidity, it is important to define outcomes that correspond to what persons with multi-morbidity define as good health/well-being and a good care process. This is necessary in order to enable better design, implementation and evaluation of these programmes that match the needs and desires of their target group.

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**Keywords:** multi-morbidity; integrated care programmes; evaluations; focus groups; person-centred

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