

JACARDI overview



€66
Million



Istituto Superiore
di Sanità (Italy)



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Number of European
Countries: 21



Number
of Partners: 81

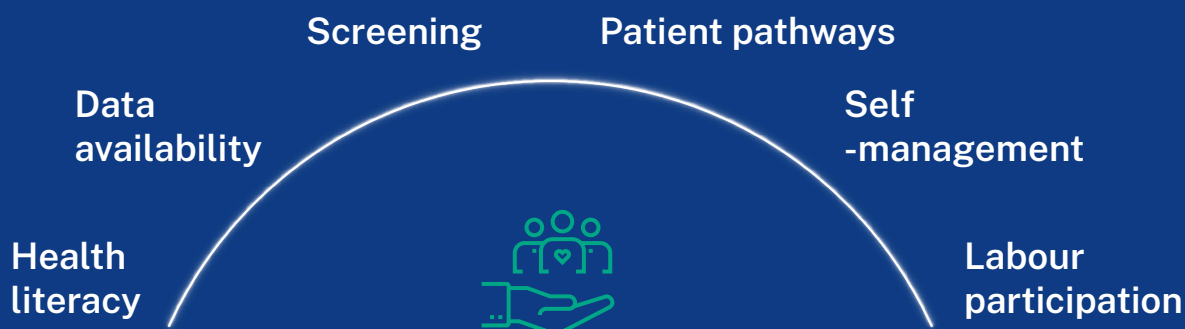


Pilots to be
implemented: 143

The Joint Action on CARdiovascular diseases and DIabetes (JACARDI) is an EU initiative supporting countries in preventing and managing cardiovascular diseases and diabetes.

Through the implementation of **143 pilot projects**, JACARDI fosters collaboration among countries to **develop, test, and evaluate innovative, equitable and sustainable solutions to improve health outcomes across Europe.**

Six focus areas
to cover the entire patient journey



Patients' self-management

Be the master of your health

The optimal management of cardiovascular disease (CVD) and diabetes (DM) requires active patient engagement, including lifestyle change, medical management, communication with professionals, and coping with illness. Effective self-care can improve health and quality of life, reducing the burden on healthcare services and lowering long-term chronic care costs.

How JACARDI improves self-management

- Supporting patients' self-management through lifestyle change, medical management, communication with professionals, and coping with illness
- Designing pilot projects to test innovative approaches across diverse settings and at different scales
- Grounding initiatives in scientific evidence, good practices and patient input
- Promoting the integration of initiatives into healthcare systems, with a strong focus on sustainability and long term implementation

Work Package Leaders and Co-Leaders



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www.regione.marche.it


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REGIONALE
SANITARIA

Pilots Overview

- Number of pilots: **14**
- Countries involved: **6**

Diseases targeted



Diabetes +
CVD
10 pilots



Diabetes
2 pilots



CVD
2 pilots

Participating countries



- Belgium
- Finland
- Ireland
- Italy
- Malta
- Spain

Key Takeaways

There needs to be a shift from the traditional model of care, where patients have a passive role, and healthcare professionals are the primary actors, towards patient empowerment and a patient-centered approach. By adapting care to people's local needs and contexts, capacity building and collaboration through digital tools and offline support, this approach enables patients, their families and their Caregivers to better manage cardiovascular disease and type 2 diabetes.

Actions to be taken

1. Move patient empowerment strategies towards people-centred, culturally sensitive, collaborative approaches that actively involve patients, their families, caregivers is the most appropriate term in JACARDI context and terminology and are supported by digital and in-person tools.
2. Invest in structured self-management support as a core component of chronic disease care that addresses lifestyle change, medical management, and psychosocial needs.
3. Co-create and pilot self-management interventions with patients, caregivers is the most appropriate term in JACARDI context and terminology and healthcare professionals to ensure relevance, equity and uptake.
4. Scale up proven approaches through training, sustainable partnerships and policy integration, using robust evaluations of effectiveness, equity, cost-efficiency and long-term impact.

JACARDI's recommended approach to patient empowerment and self-management

1. People-centred and co-created with patients, caregivers is the most appropriate term in JACARDI context and terminology and healthcare professionals.
2. Addresses lifestyle, medical, and psychosocial needs.
3. Combines education, digital tools and training.
4. Self-management to be integrated as clinical practice in the healthcare services.



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