

[View this email in your browser](#)



Evidence-based Guidance to Scale-up  
Integrated Care in Europe



Co-funded by the Health  
Programme of the European Union



## The work of VIGOUR is moving forward in this ambitious EU project!

The VIGOUR project is well underway with innovative and inspiring work in Integrated Care taking place across all the fifteen VIGOUR regions! From a kick-off meeting in Luxembourg in February, to facilitating workshops at the 19th International Conference for Integrated Care (ICIC19) in San Sebastian in April, project partners in Crete holding meetings for their local stakeholders, to the recent gathering of ambition statements from each care organisation, VIGOUR is off to a flying start.

To keep in the loop of VIGOUR events, activities and future webinars make sure you subscribe below.

[Subscribe](#)



The 15 VIGOUR regions

## The VIGOUR regions are preparing to take the next step on their journey towards integrated care

As part of the [VIGOUR project](#), 15 regions across seven European countries have begun to prepare the next step on their journey towards Integrated Care. Every care organisation in Europe is faced with different conditions when it comes to Integrated Care model development, be it in economic, technological, organisational, political or socio-cultural regard. Against this background, VIGOUR is going to implement an ambitious programme of context-sensitive support which helps care organisations develop the capacities and capabilities to implement good practices in Integrated Care.

The European [regions](#) that have joined forces in the VIGOUR consortium are not starting from scratch. Each region can build on previous efforts to better align care delivery to people with chronic or other conditions across the care chain, albeit in different ways and to different degrees. By passing through the first phase of a multi-staged process, each region is now preparing for the piloting of further care integration steps. All in all, this process comprises three phases:

- **The VIGOUR baseline phase:** The first phase of the project life cycle focuses on carefully defining which Integrated Care practices are to be scaled up in the participating care organisations. Experiences clearly show that adopting a “one-size-fits-all” model of Integrated Care across the participating care organisations would

very likely fail to deliver the desired outcomes. VIGOUR therefore supports incremental, controlled migration from existing work practices and technologies.

- **The VIGOUR preparation phase:** The next project phase sets out from an initial implementation plan, with its consolidated view on what is to be scaled up in each of the VIGOUR care organisations, and refines plans as to how each care organisation can best put their particular integration ambitions into practice. These will be guided by targeted support measures relying on a contextualised consolidation of the evidence base currently available from existing sources. Beyond this, a crucial part of this support process represents mutual learning and knowledge exchange between involved regions.
- **The VIGOUR scaling-up phase:** Based on the consolidated scaling-up plans developed by the participating care organisations in the previous stage, local scaling-up pilots will be implemented. The pilots will be operated under day-to-day conditions by the VIGOUR care organisations throughout the remaining project duration.

With the help of the experiences gained from the VIGOUR regions, evidence-based guidance material will be made publicly available at a later stage. Also, check out the VIGOUR [website](#) for alerts on scaling-up guidance webinars to be held towards the end of the project.



VIGOUR project kick-off video



International Conference  
on Integrated Care

1-3 April 2019

San Sebastian, Basque Country



A shared culture for change:

Evaluating and implementing models of integrated people-centred services

## **VIGOUR shares its first lessons learned at 19th International Conference on Integrated Care in San Sebastian**

ICIC19 in San Sebastian provided the first opportunity for VIGOUR partners to share their work with an external audience after the start of the project in January 2019. VIGOUR contributed to two important workshops on capacity and capability building to implement and scale-up integrated care programmes and solutions.

Both workshops addressed the existing need of care organisations for capacity and capability building support to design and implement Integrated Care in their region. The first early morning workshop on Monday was organised by IFIC and DG Sante, bringing together in one room the demand side, i.e. health authorities indicating their support needs for the successful implementation of Integrated Care and the supply side, i.e. organisations or experts offering technical support to address the needs of the demand side.

A second lunchtime workshop was organised by VIGOUR, its sister project Sirocco Exchange and the H2020 funded project DigitalHealthEurope to specifically discuss and prepare twinning opportunities that are offered by the projects.

Nearly 100 people from national, regional and local organisations responsible for planning and/or implementing Integrated Care, health and care service providers, and organisations providing technical support and expertise towards the implementation of health services and integrated care participated in the workshops.

Each project, as well as the EIP on AHA B3 Action Group, will be undertaking further

activities on the topic of capacity building and technical assistance in the coming weeks and months. Don't miss out on these opportunities and follow them on Twitter

[@VIGOUR\\_EU](#) [@SCIROCCOexchange](#) [@DHE\\_2020](#) and

<https://www.yammer.com/eiponahab3integratedcare/#/home>

## Workshops Report



UNIVERSITY OF CRETE  
SCHOOL OF MEDICINE

## The University of Crete's School of Medicine invited their local stakeholders to an introductory meeting about VIGOUR!

The aim of the meeting was to introduce VIGOUR to local stakeholder by presenting its objectives, individual components and expectations. The meeting also sought to initiate the dialogue between stakeholders regarding Integrated Care needs and how each organisation perceives them based on their priorities and expertise. By the end of the meeting, stakeholders were invited to express their interest to engage in VIGOUR's future discussions and facilitate the local implementation and scaling-up of Integrated Care.

Twenty three organisations were invited to this introductory meeting on the 20th of May, 2019. In total, 24 participants from 13 different organisations attended. Some of the emerging themes and priorities included:

- Educational training of health professionals focusing on open communication in the doctor-patient relationship.
- Education of patients (which is among the most difficult tasks)
- Multidisciplinary-based care provision and shared decision-making processes
- Comprehensive patient records as a priority
- Building pathways of care that could be followed by all doctors and could be applicable to all patients
- Significant enhancement for out-of-hospital care (at home or in the community)

The meeting was organised and coordinated by the Clinic of Social and Family Medicine,

## Meeting Report



## VIGOUR's Baseline Phase is underway

Work has kicked off in the Baseline Phase of the project and lead partner empirica has been busy collecting the regional partners ambition statements and how they aim to scale-up. Key questions like *Where does our region start from? Where would our region like to go?* and *What would our region like to gain?* were asked of the stakeholders in each pilot region. Each region briefly sketched the efforts which have been pursued to date. By taking these initial descriptions as a point of departure the VIGOUR project will guide the scaling-up framework and achieve more joined-up care delivery processes. More on this exciting work to follow!

For more on this and to keep in touch with VIGOUR activities, remember to subscribe to the newsletter.

[Subscribe](#)



Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).