



NHLDP in Slovakia: How to use health literacy profiles in improvement of chronic disease management

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Lead organisations

Department of Health Psychology (The Faculty of Medicine of the Pavol Jozef Šafárik University)

Fresenius Medical Care – dialysis services, in Košice

Partner organisations

Within the Faculty of Medicine of the Pavol Jozef Šafárik University:

- 1st Clinic of Internal Medicine
- Clinic of Haematology and Oncohaematology
- Department of Neurology
- 4th Clinic of Internal Medicine
- Department of Infectology and Travel Medicine

External partners:

- Louis Pasteur University Hospital in Košice (UNLP)
- East Slovak Institute of Cardiovascular Diseases (VÚSCH)
- University of Groningen

Team members

Core research team members

Rosenberger Jaroslav, PhD. MD	Principal investigator / head of dialysis department, medical doctor
Kolarčík Peter, PhD.	Deputy principal investigator / senior researcher, psychologist
Holubčíková Jana, PhD.	Senior researcher, psychologist
Jarčuška Peter, prof. PhD. MD	Senior researcher / professor in the field of public health and has specialties in internal medicine (1990) and infectology
Timková Silvia, PhD.	Senior researcher / dentist, oral health specialist
Bobáková Daniela, PhD.	Senior researcher,
Zelko Aurel, PhD.	PhD student / junior researcher, sport science
Skoumalová Ivana	PhD student / junior researcher, psychologist

Experts from the collaborating institutions

Reijneveld S. A., prof. PhD. MD	University of Groningen (RUG)
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Háň Vladimír, MD	Clinic of neurology, Louis Pasteur University Hospital in Košice (UNLP)
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Funding

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- Amount: **248 000,- Euro**

Context and focus

Health literacy should have impact on health management of chronic patients

Several chronic patient groups:

- **Dialysed patients (N=565)**
- Dental patients (chronic periodontitis vs. intact patients) (N=1112)
- Neurological patients (cervical dystonia) (N=113)
- Gyneacological patients (cancer and precancerosis of endometrium, endometriosis) (N=15, data collection still in process)
- Patients with chronic rhinitis (on hold) (plan 150-200)
- Patients with coronary heart disease (on hold) (plan 150-200)

Context and focus

Dialysed patients (N=565)

Prevalence is continually increasing

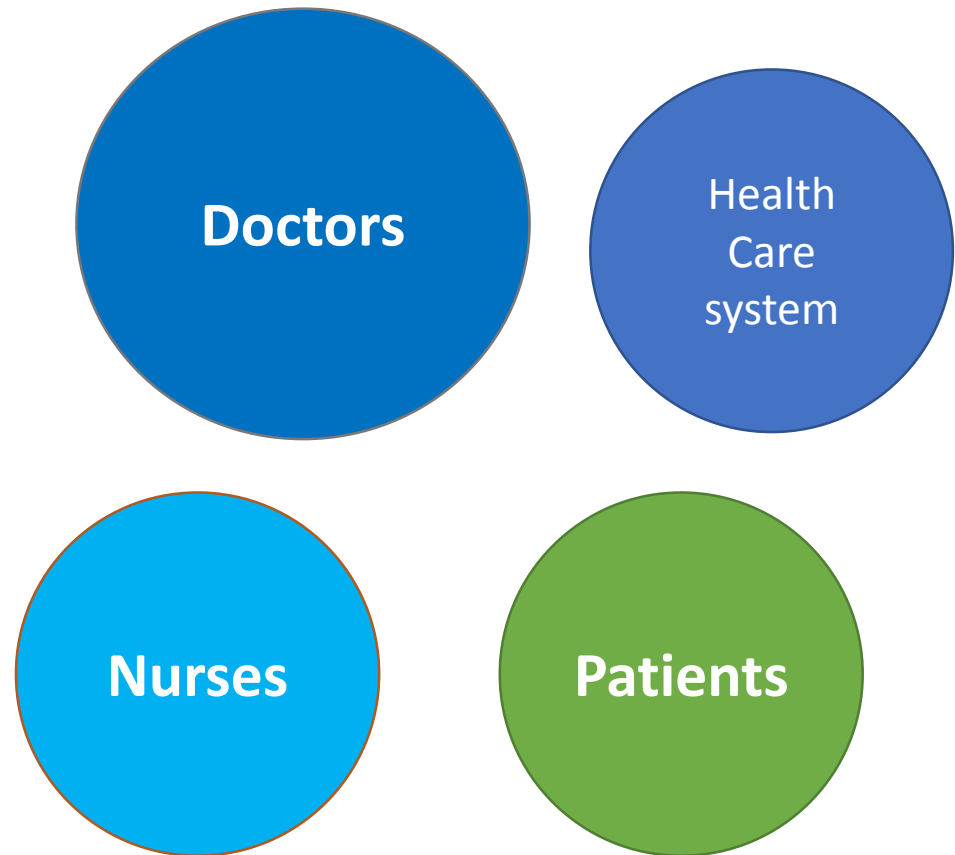
- Demanding and complicated therapeutical process challenging patient's adherence (crucial for success)
- Although therapeutic methods and technology improve, difficulties among patients remain
- Impact on morbidity, mortality, quality of life, health care costs

Context and focus

- Based on data on health literacy and health outcomes (**subjective and clinical data**) possibilities for more efficient disease management will be identified (identifying strong and weak points)
- Gain understanding of the gaps and potentials based on focus groups/qualitative interviews with patients, health care providers and relevant stakeholders
- Intervention will be designed and implemented
- Improve responsiveness of health care system

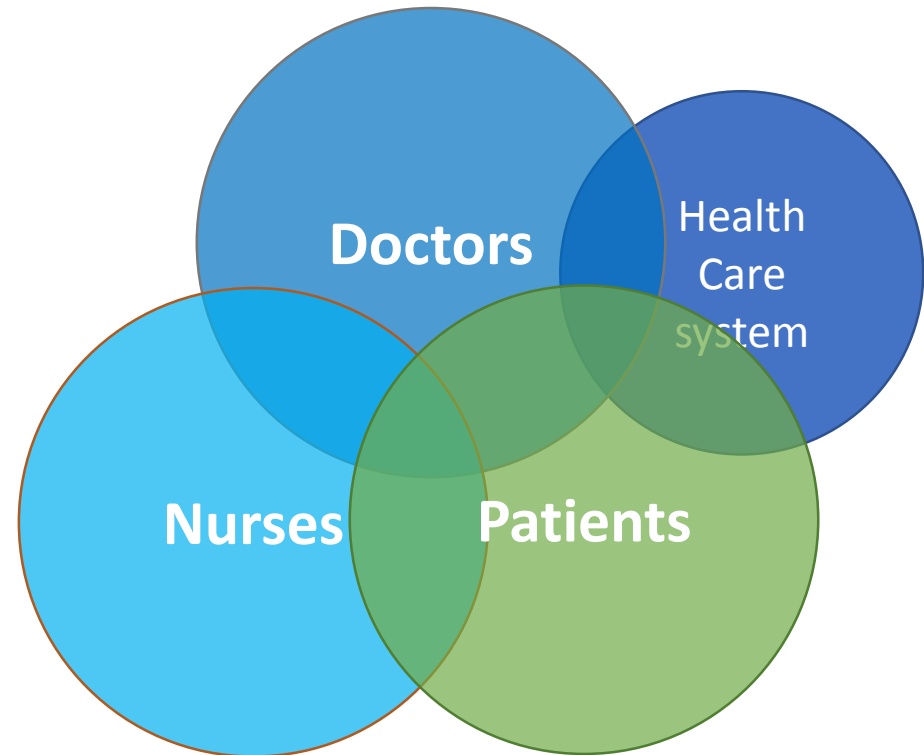
Broader context

- Rigid healthcare system
- Directiveness
- Own truths and prejudices
- Boundaries
- Resigned attitude
- Health is not considered as value worth to invest in



Broader focus

- Reconsideration of directiveness
- Challenge the own truths and prejudices, discuss and share
- Crossing the boundaries
- Improve responsiveness
- Improve efficiency of the health care



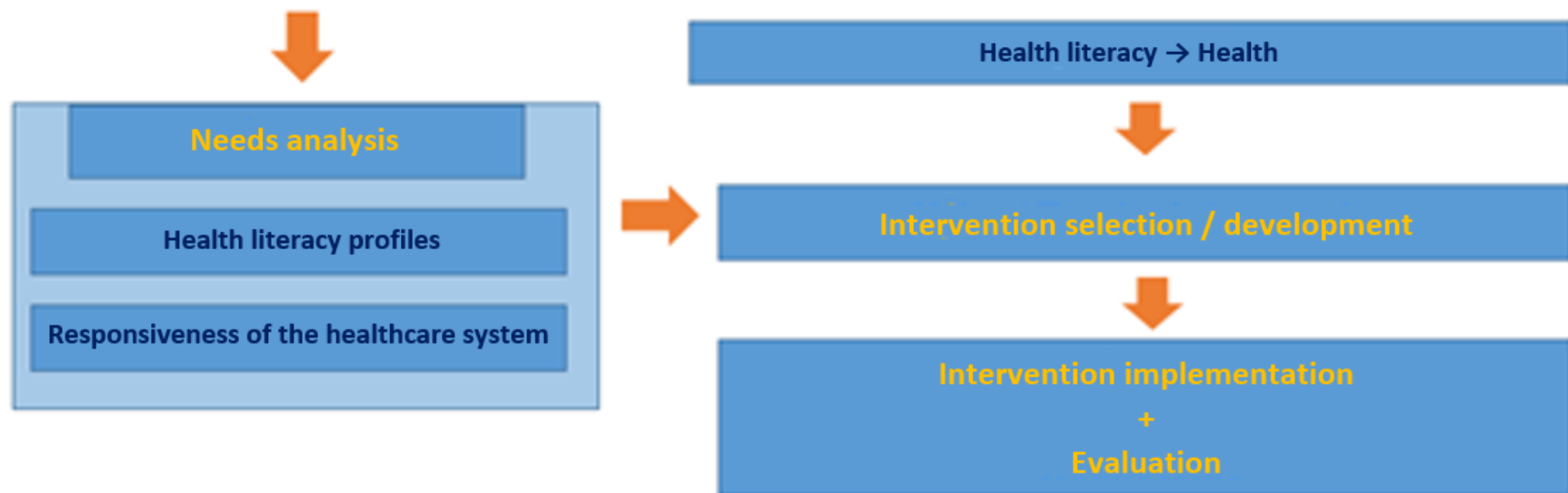
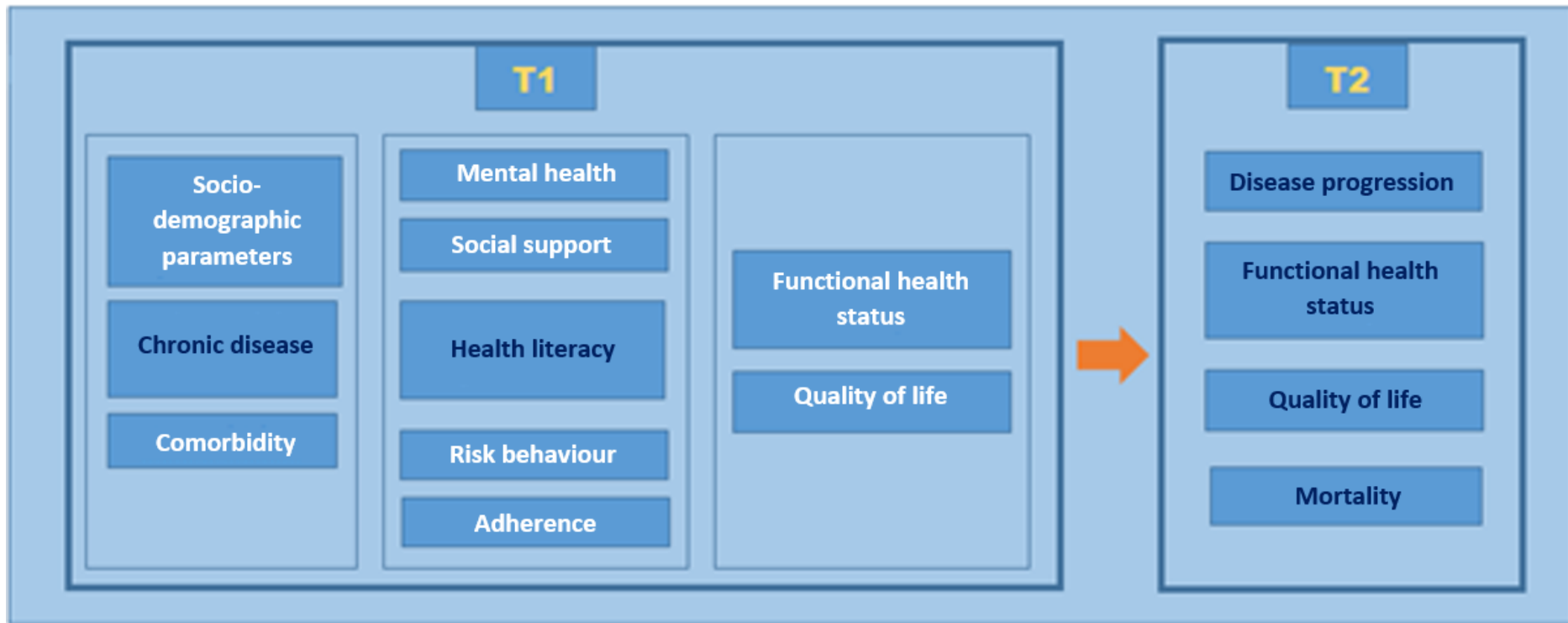
Aims of the project

General:

To improve efficiency of chronic disease management and responsiveness of the health care system and health care providers.

To gain better understanding of specific need of chronic patients and improve their health condition and quality of life

1. identify **profiles of health literacy** among clients typical for the selected types of chronic diseases and levels of disease progression,
2. assess level of influence of **cognitive, social, and personality factors** on development of health literacy,
3. analyse behavioural manifestations of health literacy level and profile and their associations with chronic patients' functional **health status** and **quality of life**,
4. **longitudinally monitor** associations of **functional health status** and fitness with progression, eventual complications of a chronic disease and mortality of chronic patients.
5. **longitudinally monitor** associations of **health literacy profile** and level with progression and eventual complications of a chronic disease.
6. Design and propose intervention based on HL findings



Summary of implemented and intended activities

Implemented activities

- Partnerships and working networks established
- Data collection was conducted among dialysed, dental and neurological patients, gynecological patients in progress
- Initial feedback from nurses, patients and doctor acquired

Summary of implemented and intended activities

Intended activities

- Second round of data collection in dialysed patients
- Analysis of data from first data collection, reporting
- Preparation of focus groups with stakeholders, presentation of initial results, facilitation of the discussion and comments on the findings
- Designing of the intervention in collaboration with stakeholders
- Implementation of the intervention and evaluation

Progress on process outcomes and impacts

- Initial phase of data collection and analysis of questionnaire data
- Process outcomes not yet available
- Promotion of health literacy among health care professionals and other stakeholders

Any indications of future partnerships and scaling up potential

- If intervention among dialysed patient is succesful, similar activities might be planned in other patients groups
- Fresenius Medical Centre (Dialysis provider) could be interested in implementing healt literacy responsiveness in their clinics
- Closer collaboration with dentist is emerging (periodontitis), new challenges
- Potential international collaborations within NHLDP setting



Thank you for your attention

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