Scotland – Basque Country (Living it Up)

Twinning overview

Originator: NHS 24, Scottish Centre for Telehealth and Telecare, Scotland	Adopter: Kronikgune, Basque Country	Innovative Practice: LivingItUp
Innovative Practice Description		

The innovative practice that Scotland wishes to share with the Basque Country is our experience of co-designing an online self-management hub called Living it Up (LiU) which has been designed with and for people aged 50+ living with one or more long-term health conditions. LiU is a digitally enabled community that provides holistic opportunities to support improved health, wellbeing and active lifestyles. LiU enables people to: connect to their support circle (including family, friends, informal support and health and care professionals); to be motivated to use technology to improve their health and wellbeing; and to be empowered to be confident contributors to the Living it Up community, sharing their experiences and knowledge.

Link to the EIP on AHA Repository of innovative practices:

https://ec.europa.eu/eip/ageing/repository/living-it_en

Innovation Scope:

- Online platform for self-monitoring for people above 50 with long term health conditions

Innovation Type:

- **Partial adoption**

The goal of participating in this activity was to analyse the Basque Country scenario related to Patient Empowerment tools and start adapting and improving those tools that need some innovation. Also, start co-producing and co-creating with an interdisciplinary team and transferring the knowledge acquired were other fixed targets.

The twinning initiative has enabled to the Basque Country to start getting more knowledge about patient empowerment tools and start defining some tasks in order to start improving and adapting the services available for the citizen needs. These are some of the steps carried out in the region:

- A Promotion Group in Osakidetza (Basque Public Health System), formed by health management and technical professionals related to e-Health and empowerment initiatives has been created.
- A number of meetings with regional stakeholders have been organised to transfer the knowledge acquired and an analysis made regarding the Basque Country Scenario related to Patient Empowerment tools has been undertaken. In these meetings, the needs of adapting the existing infrastructures have been translated.
- A webinar has been organised in order to go in depth with the Scottish region experience.
- A multi-disciplinary team (doctors, nurses, university, associations, investigation centres, technological industry and patients) has been created, with the aim to co-design and adapt the existing interactive platform directed towards chronic patients.
- A workshop with the multidisciplinary team has been organised.
- The results obtained during the workshop are being analysed and the implementation plan of the digital solution is being defined.

So that we can say that some elements and aspects of the innovation are being implemented using locally available infrastructures.

AHA Action Group:

✓ A3. Prevention of functional decline and frailty.

Twinning Objectives:

The objective is to learn from and consider transfer of key concepts and elements of the "Living it

Up" self-management collaborative platform, the stakeholders involved, the implementation methodologies and the change management performed within health and care systems to enable access to information and training for patients, citizens, caregivers and health and care professionals. The goal is to improve Osakidetza's strategies to promote health and wellbeing and to encourage citizens to become Active Patients.

Operational objectives:

- Learn and analyse lessons learnt by the Scottish experience, and key success factors to consider.
- Analyse the Basque Country scenario related to the patient empowerment tools.
- Create working groups to implement possible improvements for the available tools.
- Provide information and access to existing training programmes to enable Basque experts to acquire knowledge and skills in the use of co-production and digital services in chronic disease management, with a focus on citizen empowerment and training for patients/citizens and caregivers.
- Develop implementation plans about how knowledge could be transferred.
- Promote inter-regional partnerships between entities and local stakeholders.
- Evaluate compliance with these objectives.
- Develop a support and updating plan of the digital platform and services.

Twinning end result:

Due to the tight timeline, we can't say that an innovative practice has been applied but new knowledge has been transferred to regional stakeholders. On the other hand, empowerment tools are being analysed to apply any improvement and the innovative practice. Furthermore, an implementation plan is being developed.

So, we can say that by the time being many steps have been taken in the twinning period and will be taken in the near future.