

Evidence Based Guidelines for Nursing and Social Care on eHealth Services

Welcome to the eighth and last edition of the ENS4Care Project eNewsletter!

For more information, you can visit the project website www.ens4care.eu.

If you have any queries, please contact us on ens4care@ens4care.eu

K4I Innovation Summit - 8 Dec 2015

The [final ENS4Care meeting](#) will be a public and political one, held in the context of the K4I European Innovation [Summit](#), by which ENS4Care partners can meet their national MEPs before, during and after the K4I roundtable to take place from 15.00-17.00, in the European Parliament. It is key to get a political commitment to strengthen the design of integrated care, in which continuity of care and prevention are well embedded. As the guidelines are publicly available, we can focus on the next step, by making sure we have the right health and social workforce to address the key challenges of our society! The health and social ecosystem, or its redesign, needs to be with frontline, and not against them. In times of austerity, in times of millions of people being refugees in the EU, we need to strengthen our capacity, bringing our knowledge together, to make change implementable. A well designed EU Health and Social Workforce with the right available tools (EU guidelines) will be ready to address frontline concerns and offering immediate solutions for citizens needing it tomorrow. This is called proactive and evidence based policies fit for practice!

When Personalised Medicine, Gender and Dementia meet in the dark!

Dementia is one of the major challenges the EU health and social ecosystem will need to deal with in the coming years. Although the [ENS4Care guidelines](#) are not disease specific, the guidelines on prevention, clinical practice, advanced roles, continuity of care and e-prescribing can be used for

a specific 'sector' focus: dementia. Nurses, social care workers and family carers have direct access to people's care needs and an in-depth knowledge of the fluctuations of conditions across the care trajectory. They are ideally placed to help not just with the management of dementia, but crucially with its diagnosis. Many people with dementia (40-60%) do not get a timely diagnosis, while for those who are diagnosed, this can be late and by which time clinical signs have progressed and activities involved in daily living, cognition, social ties, and quality of life have already been significantly affected. To make personalised 'medicine' deployable, continuity of care becomes a key enabler supported by 'fit for practice' ICT solutions which operate within the big data approach, which are deployed by a motivated and highly qualified health and social care workforce with the appropriate skills mix to deliver a combined and interactive health and social care system, and which is supported by e- and m-health approaches. It is within this context that the ENS4Care guidelines will have most impact.

GENDER dinner on Integrated Care

Horizon 2020 has clearly opened its doors to gender research! This is timely, as nurses have been advocating for years now to make guidelines and tools more sensitive to gender. The clinical pathways logarithm needs to take up gender as a key variable, probably in higher dimensions. Women are strong in putting a human face to policy and technology design going way beyond what we

know and understand already. Therefore, women will meet for a closed high-level informal dinner to take place in Brussels on 24 November 2015, to exchange views on the composition of the logarithms and determine the impact of each variable, and to find out and stratify strategies in making sure Horizon 2020 supports evidence based policy-making.

Horizon 2020 Opportunities

[Horizon 2020](#) offers unique opportunities to pace up the scale and scope of research on e-health services, particularly through addressing integrated and continuity of care when societal and health challenges increase. For example, there is scope for work on understanding the clinical pathways, as well as comparing the effectiveness of best practices and health and social interventions for the older population and exploring e-health services to let silos become coordinated. Personalised medicine utilises research, big data, and up-to-the-minute technology to provide better input to the diagnostic processes. It uses genetic information to discern whether a particular drug or regime will work for a particular patient and assists clinicians in deciding which treatment and care process will be the most effective in which context (hospital or community care). Therefore, prompt and decisive action is needed to contain this challenge before it escalates further beyond control. Ensuring practice, knowledge, and research develops in response to and in conjunction with people's needs is key to bring the EU closer to its people. Therefore research needs to get translated and implemented into the daily practice. As such, the EFN is calling on all ENS4Care partners to strengthen each other when applying for EU funds. It is the only way civil society can influence the Silver Economy of Juncker!

ENS4Care Documentary

See with your own eyes what [ENS4Care was about](#). As Coordinator we felt comfortable in managing the project, with a group of committed partners and having gender as red line throughout the deliverables. The entire board of ENS4care, consisting of all WP leaders, are strong women, strong leaders, with project outcomes reflecting the strength of their leadership. The EFN is proud and privileged working with such a strong consortium and WP leadership!

But even if the video is too long to watch, do not hesitate switching to the [1 minute message](#), yes, 1 minute ☺

ENS4Care Sustainability - European Nursing Research Foundation

Aiming to act as a sustainable mechanism to support nursing and social care research in the field of ICT enabled preventive and integrated care, the European Nursing Research Foundation (ENRF) has the ambition to take advantage of the delivered organisational infrastructure and its technological support, it's developed research capacities and initial results and will extrapolate effective evidence from research to support policy aims and translate that evidence into policy designs and implementation. As such, the ENRF will collect, analyse and present the evidence on which political decision can be taken. Evidence based policy making needs more than ever, especially in times of austerity and huge societal challenges (we do not have to name them), a strong research back-up from all over the EU. Nursing researchers need to bring their findings together, especially on outcomes and deployment, to make changes in the health and social ecosystem possible. The eight ENS4care Directors will move the research agenda forward making sure EU policies will benefit from the nurses input.

Upcoming meetings

- [COCIR eHealth Summit on "Integrated Care: Breaking the Silos"](#)
24-25 November 2015, Brussels
- [7th European Innovation Summit \(knowledge4innovation\)](#)
7-10 December 2015
- [ENS4Care closing event on the deployment on ENS4Care Guidelines](#)
8 December 2015, Brussels

Get involved

To engage with the ENS4Care Thematic Network, visit the [ENS4Care website](#), join us on [LinkedIn](#) and follow us on [Twitter](#)!