



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



Co-funded by the Health  
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## VIGOUR project enters its final phase!

The VIGOUR project is now entering its final phase. Together with local stake holders, the participating care authorities went through an intensive process of analysing how hitherto existing care delivery practices may be better joined up. Building on this, each VIGOUR region has developed its individual plan for practically implementing the next step on its journey towards better integrated care, with each region having to consider quite different implementation conditions. Local scaling-up pilots are now being implemented under day-to-day conditions. They will be operated throughout the remaining project duration. Depending on each care authority's point of departure and its stated ambition for care integration, the scaling-up pilots concern different types, levels and forms of integration. Also, they address different target populations. Later in the project, the lessons learned throughout the pilots will be made publicly available, e. g. by means of webinars.

In general, the experiences gained during the pandemic are encouraging the VIGOUR partners to continue pursuing the further integration of service delivery within the health care sector and across health and social care. Also, the discussion about the benefits of digital technologies has gained new momentum due to Covid-19. However, it is anything but likely that digitally supported integrated care concepts will emerge quasi automatically in the course of the pandemic. The experiences made so far in the VIGOUR project point into the direction that the Gordian knot of system complexity and system inertia, which innovators in the health sector have long been confronted with, cannot be untied so easily. Against this background, the experiences gained through the VIGOUR pilots are hoped to help in better understanding the core elements needed for sustainable implementation of integrated care in different health systems across Europe.

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## Trentino Region Podcast

### **The Autonomous Province of Trento and VIGOUR**

The Autonomous Province of Trento has joined the VIGOUR project. The objectives of the projects are coherent with our provincial strategy, particularly in the field of social and health innovation. Our local competence centre implements us on Digital health called TrentinoSalute4.0 (composed of the Autonomous Province of Trento, our Local Health Care Trust "APSS" and The Fondazione Bruno Kessler). Working on an innovative and integrated model based on our local Digital health platform VIGOUR helps us consolidate our knowledge of integrated care.

### **Our Integrated Care Approach**

For several years, the Trentino region has been making progress both political and organisational in integrating health and social services.

"We are trying our best to assure that the path that citizens have to follow within the various services is as uniform as possible (particularly AHA, an increase of chronic diseases, comorbidities, social changes...)."

This integration presents different contexts, communities, and territorial environments with characteristics, particularities, needs, and possibilities to access care in various forms within a varied geographical context. We are developing personalised care adapted to the community needs.

## Focus on the Pilot site

### Lesson learnt on TreC Diabetes:

The system has been designed for the first pilot phase, especially for diabetic pregnant women. It emphasises the link between the target and the appropriateness/need of this type of patient.

### Key elements of this action regarding innovation / Key elements:

Creation of a safe tool that connects healthcare professionals and pregnant women through a digital platform to monitor pregnant women (also via telemedicine). This tool became much more important in the context of the Covid-19 period.

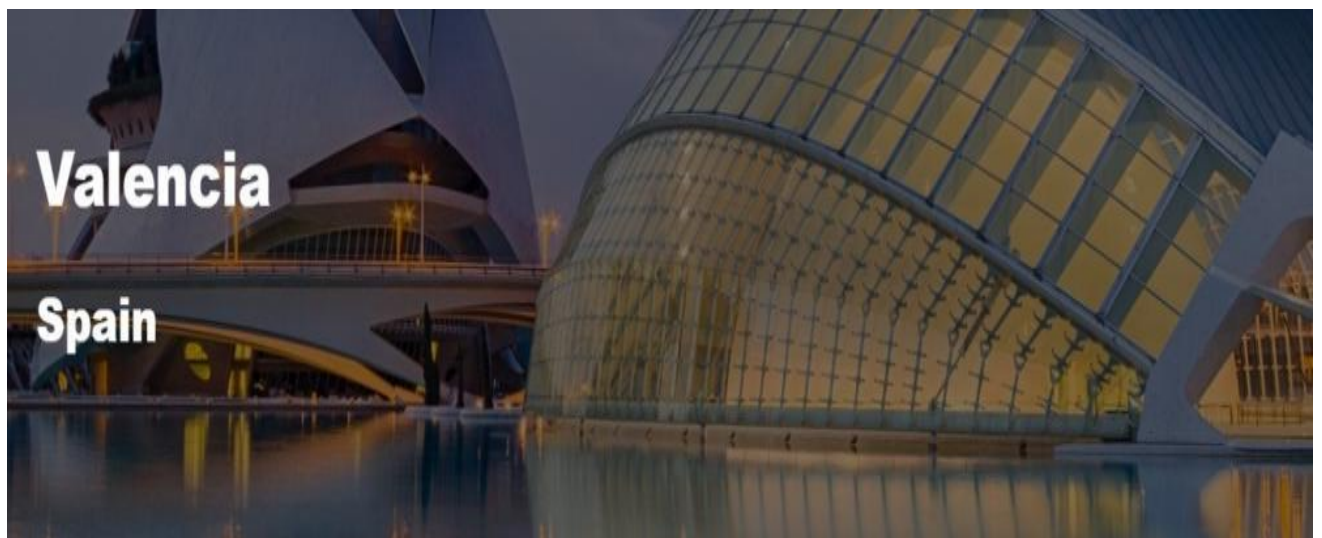
### Link with other initiatives:

Our planning is part of a series of priorities that the Province is pursuing at the level of telemedicine and is connected to another provincial initiative called "Internal areas" (promoting digital health and telemedicine in the Tesino area)

### Unexpected results:

Integration into our television platform (remote visit through a video chat)  
TreC diabetes can also be developed for other types of chronic diseases (including appropriate adaptations).

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## Valencia Pilot Site Podcast

The VIGOUR partners in the Valencia Pilot site came together to create a Podcast in the Spanish language. They interviewed two members of the local health care team: Amparo Rodríguez, Midwife at a Primary Health Centre, and Dr Carolina Mir, GP at one of the PCC of the Clinico University Hospital Health Department.

In Valencia, there is a list of initiatives in favour of healthy ageing. VLCHealth –the Valencian Health Ecosystem– was conceived in an effort to align resources and initiatives. VIGOUR also responds with the pilot to that urgent need.

A starting point was CARMEN (Chronic Ailment Reduction after MENopause), an example of vertical integration in which midlife women and older postmenopausal women joined an initiative promoting a healthy lifestyle. It focused mainly on physical activity in the facilities of the primary care centres (PCC). AMPARO RODRÍGUEZ, Midwife at one of the PCCs, explains how the sessions work, pointing out how midlife is a critical stage for adopting healthy behaviours and preventive strategies to have a better quality of life.

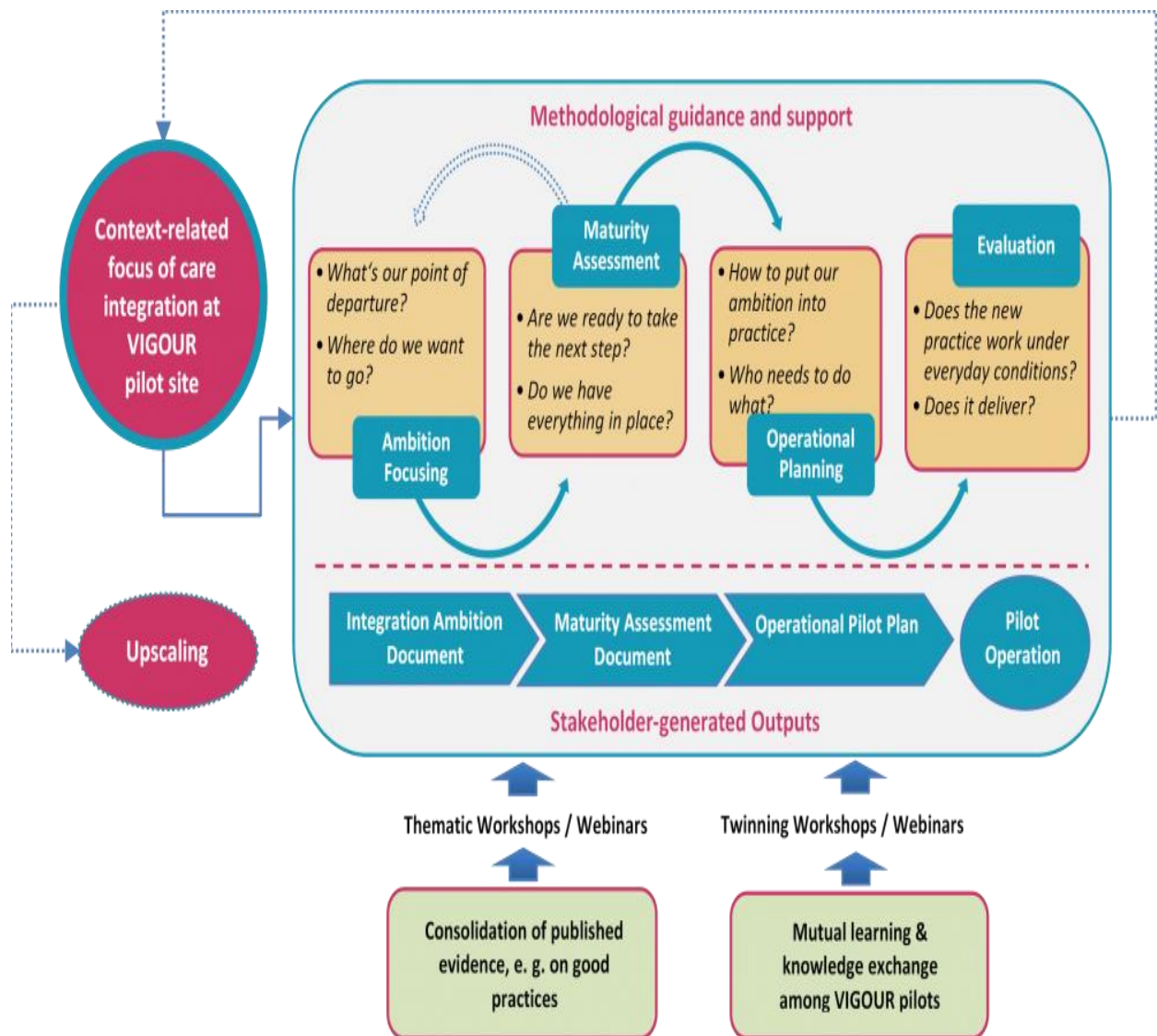
On the other hand, the COVID-19 pandemic has led to fear and ultimately muscle loss among older people. Participation in experiences related to health promotion seems to be starting again in Valencia, however. This is happening in other PCCs such as Clinico University Hospital Health Department. Very interesting groups have been set up, which are waiting to create neighbourhood and solidarity networks. In that regard, GP CAROLINA MIR considers that reactivating what was already implemented before the pandemic is a great step. Many have lived in fear because of the pandemic. They have stayed at home, resulting in a loss of social interaction. To overcome this fear and to recover socially is quite challenging.

The Podcast is still in the making but read more about their work with frailty, women and the use of information and communication technologies:

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## First RSCN-VIGOUR Webinar

The first RSCN-VIGOUR Webinar named: "Building synergies at strategic, organizational & economic level: the experiences of Vigour Reference Regions" was held on Friday, June 25th. Federico II and Graz University Hospital, together with RSCN through the Vigour project addressed specific roadblocks, such as supportive care, cure service integration and exploiting innovative technologies.

The webinar aimed to provide an overview of the experiences of the reference regions by addressing the roadblocks to service integration and cutting across several strategic, organizational and economic levels. Building synergies among the stakeholders responsible for service provision was a key element to ensuring that the planning and allocation of resources could effectively and coherently align to achieve service integration between care levels and between types of care (ex. Social and health services). Maddalena Illario, MD, PhD, professor at Federico II Department of Public Health, co-chair of the Reference Site Collaborative Network.

To find out more and to look at the multi-staged innovation process implemented by the Vigour project provided by Sonja Lindner et al.

[Read More](#)



Be sure to sign up to the VIGOUR newsletter as the project is now entering the exciting and final phase.

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