

# Prevention and self-management of airways diseases:

## Patients empowerment

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**European Parliament**  
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## Who we are

The European Federation of Allergy and Airways Diseases Patients Associations (EFA) is a **network** of:

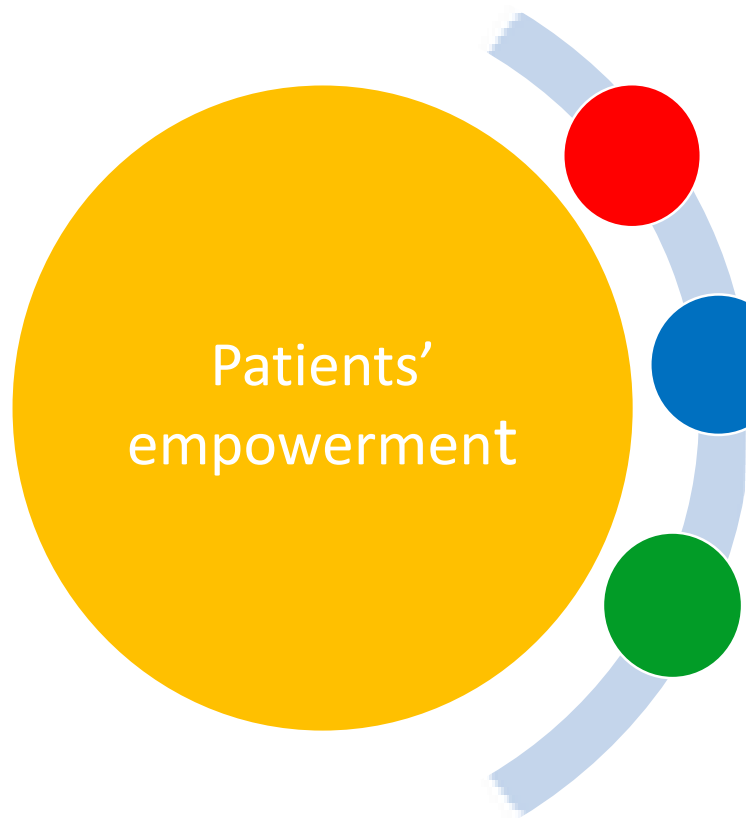
- **41** allergy, asthma and chronic obstructive pulmonary (COPD) patients national organisations
- in **25** European countries
- representing more than **500,000 patients** in Europe

# Content

1. Innovative management strategies: how to empower us?
2. Education
3. Self-management
4. Policy and programmes
5. EFA position
6. Conclusions: strategic elements for a sustainable health care model



# Innovative management strategies: how to empower us?



Education

HEY YA! EFA European Report and Recommendations



**HEY YA!**

**HE**alth Literacy,  
**Y**oung Patients  
with **A**sthma  
and **A**dherence  
to Treatment

Self-management



**MY AIR  
COACH**

PREDICTIVE  
SELF-MANAGEMENT  
OF ASTHMA

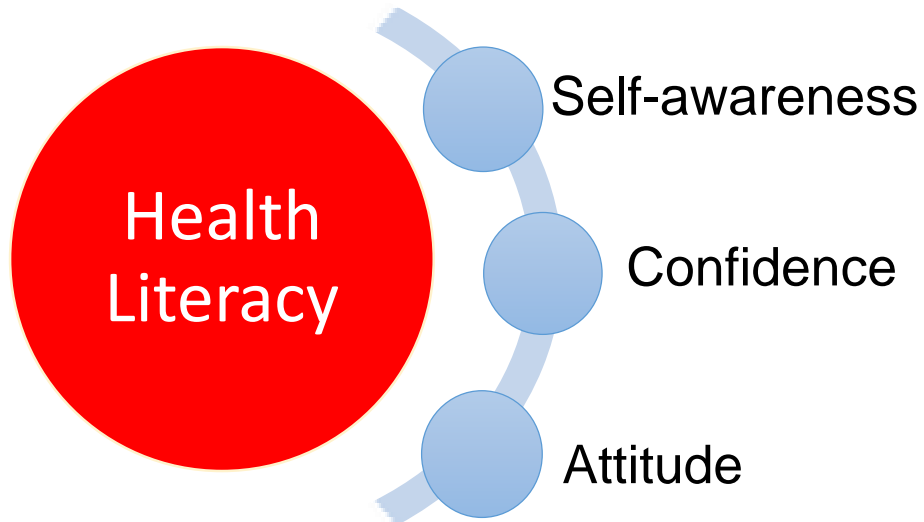
Policy & programmes

1 in 3 Members of the European Parliament are committed to act  
for better care and a healthier environment



 #BreatheMission

Thanks to the 249 signatory MEPs that support the written declaration 115/2016 on chronic respiratory diseases



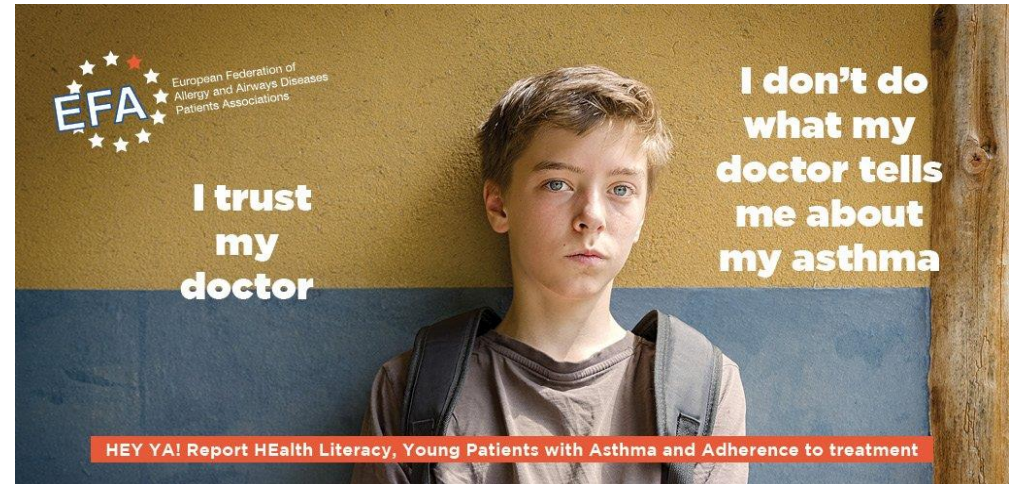
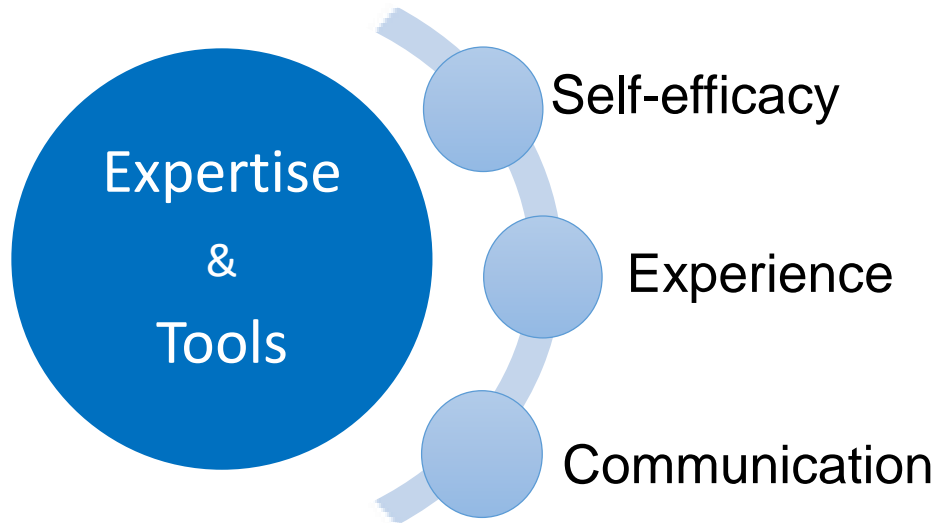
Through EFA's Patient Education Working Group, we have collected best examples of patient materials with the objective of improving asthma, allergy and COPD education in Europe

### HEY YA! Health Literacy Young Patients with Asthma and Adherence Treatment Recommendations to support adherence of young asthmatics

1. **Forgetfulness**
2. **Rebellion**
3. **Good day**
4. **Support**
5. **Careless**
6. **Ignorant**

- « Sometimes I forget to take my medicine »
- « I don't do what the doctor tells me »
- « When I feel better I stop taking my asthma medicine »
- « My doctor encourages me to deal with my asthma »
- « I don't take my asthma serious »
- « I am aware of not taking my asthma medicine »

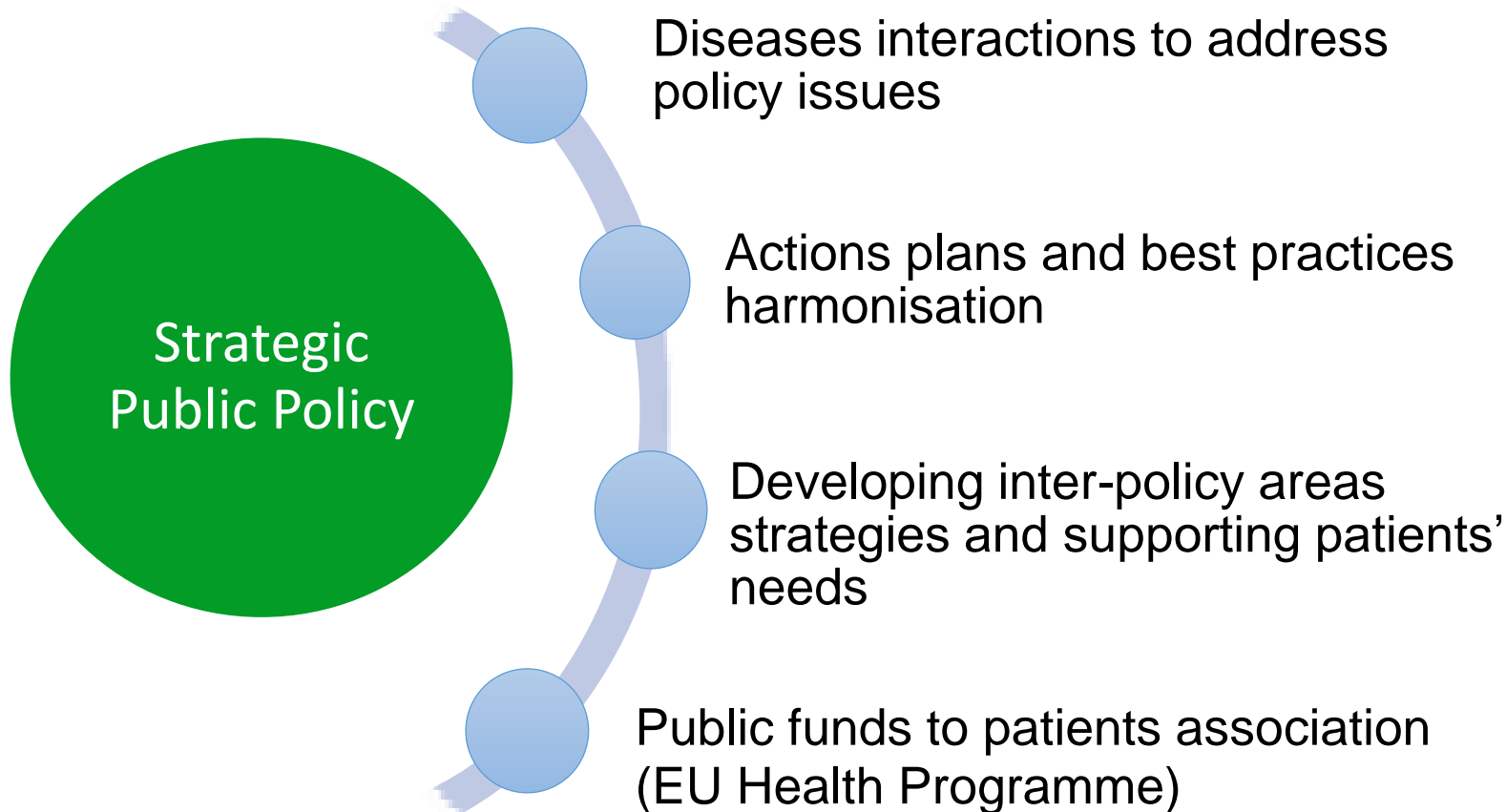
# Self-management



## My Air Coach:

1. Support asthma patients to control their disease through mHealth
2. Analysis, modelling, and prediction of disease symptoms
3. Thanks to immediate feedback, alarms, educational component, interaction with others, myAirCoach will be extremely helpful in modifying patients' attitude towards adherence

# Policy & programmes



# EFA position: prevention in all policies

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- Prevention and diagnosis
- Reimbursed therapy
- Guarantee rehabilitation (*hospitalised or ambulant*)





## Call to Action on Allergy & Asthma

- Public health implementing EU strategies and programmes across MS
- Funding for research
- Prevention and early diagnosis
- Root cause analysis of diseases (air quality, food allergens, chemicals)
- Personalised medicine (individualised treatment)
- Economic benefit (reducing direct and indirect costs on health systems and society)



**SIGN ONLINE** [www.CallAllergyAsthma.eu](http://www.CallAllergyAsthma.eu)

kick off event 25/04 at the European Parliament:  
you are all more than welcome!

# Conclusions: strategic elements for a sustainable health care model

Dissemination of knowledge with clear and tailored information/messages to respond to the specificities of the patients group

Support self-management of disease, and prevent complications

Guarantee that health in all policies principle is met

Sustain patients' group voice for a meaningful participation in policy making



# EFA

European Federation of Allergy and Airways  
Diseases Patients' Associations

## Thank you for your attention!



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