



JACARDI

Joint action
cardiovascular diseases
and diabetes

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JACARDI

- 21 European Union Member States
- 76 partners
- 300 public health experts
- Lead by the National Italian Institute (ISS).
- The budget is Euro 53 million.
- 4-year project

JACARDI objectives

1. Enhance health literacy and awareness.
2. Implement effective primary preventive measures, screening and improve care pathways for CVD and Diabetes.
3. Enhance self-management.
4. Improve data availability, quality' and accessibility across the patient journey.
5. Provide equity to access to health care services and ensure that everyone has equal opportunity, regardless of language proficiency, abilities, age or life situation.

WP 6:

Health Literacy

WP 6:
Main Objective

To improve health literacy and raise awareness of CVD and DM risks and risk factors, both at individual and societal level.

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The Ophelia Manual

The Ophelia Manual is the product of more than 20 years of research, evaluation, training, and practice. The Manual provides guidance for using the Ophelia (Optimising Health Literacy and Access) process, which accelerates the development of fit-for-purpose, needed, wanted and useful programs to improve health and reduce inequities



HLQ Methodology

- **Sampling:** Around 100 participants
 - **Target audience:** All pregnant women at booking phase
 - **Methodology:** Questionnaire will be filled online.
 - **Location:** Mater Dei Hospital.
 - **Translation:** English version (no use to translate).
- <https://forms.office.com/e/08PUWMkkPw>
- **Ethics:** Need to apply for ethics.



Understanding Health and Healthcare Questionnaire

Part 1 of the questionnaire starts here

Please indicate how strongly you **disagree** or **agree** with each of the following statements. Remember to check only **one** box for each statement.

1. I feel I have good information about health

Strongly disagree

Disagree

Agree

Strongly agree

Part 2 of the questionnaire starts here

Please indicate how **difficult** or **easy** the following tasks are for you **now**. Remember to check only **one** box for each statement.

24. Find the right health care

- Cannot do or always difficult
- Usually difficult
- Sometimes difficult
- Usually easy
- Always easy

Pilot Project

- **Where the practice has been retrieved:** Not a best practice
- **Year:** 2024/2025
- **Location and geographical extension:** Mater Dei Hospital
- **Setting:** Obstetrics and Gynae
- **Target population:** Pregnant women with metabolic disorders
- **Number of population reached:** Around 60
- **Methodology:** It is a 6 week intervention program and will discuss the importance of improving the dietary habit and physical activity. Blood parameters will be collected before and after the intervention.
- **Outcomes:** Improved dietary habits
 - Improved blood parameters
 - Engage into physical activity

WP 8:

Screening high-risk populations and individuals

WP 8:
Main Objective

To improve screening for CVD and DM of high-risk populations and individuals, and to support the definition of standardised strategies for early identification of CVD and DM at a European level.

WP 10:

**Self Management of Cardiovascular Disease
(CVD): Digital Platform**

WP 10:
Main objective

To improve cardiovascular patients' self-management of their condition, by providing patients, family caregivers and healthcare professionals access to digital tools and offline support locally.

Malta core team



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Dr Paula Vassallo

Dr Robert Xuereb

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**Cardiac Rehab Senior
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Individual's
meetings

Question 1: What would you personally like to accomplish within the work of JACARDI?

Question 2: When JACARDI ends, what would you like to see as the result?

Question 3: What would you like to see that would happen after JACARDI ends?

What is the shared view of the problem and general objective?

Shared view of problem:

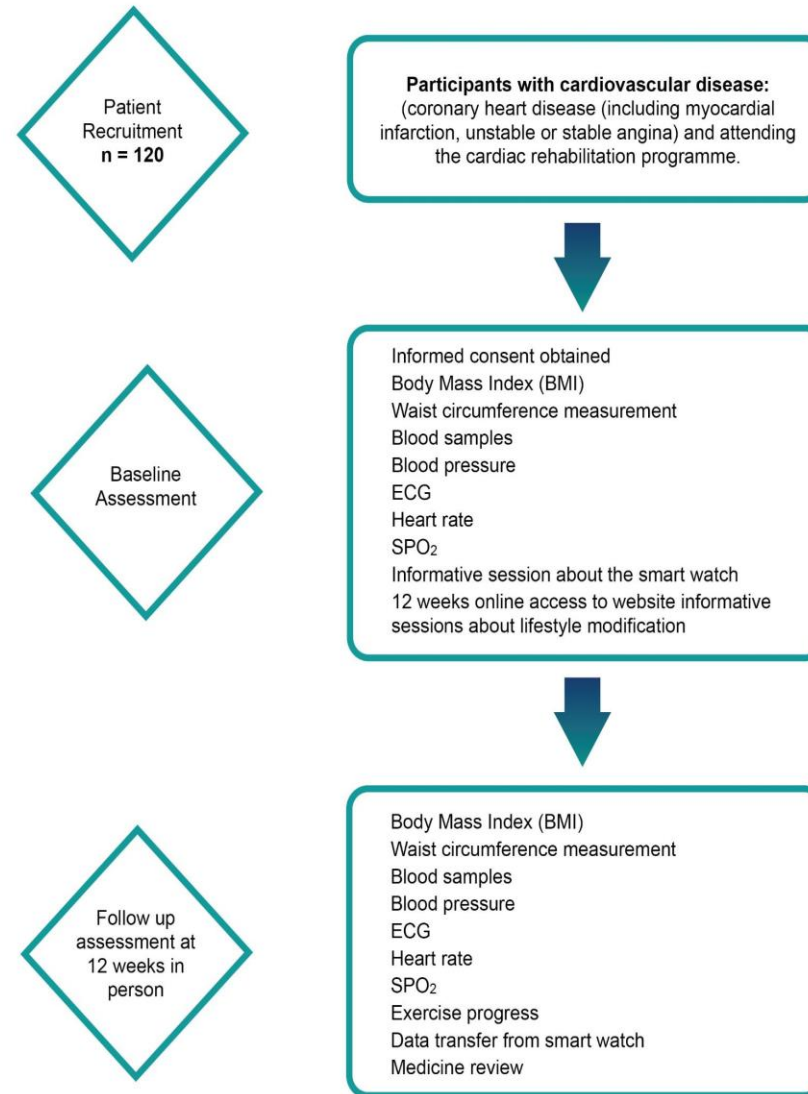
A number of patients with cardiac events are not offered access to a cardiac rehabilitation program.

Objective:

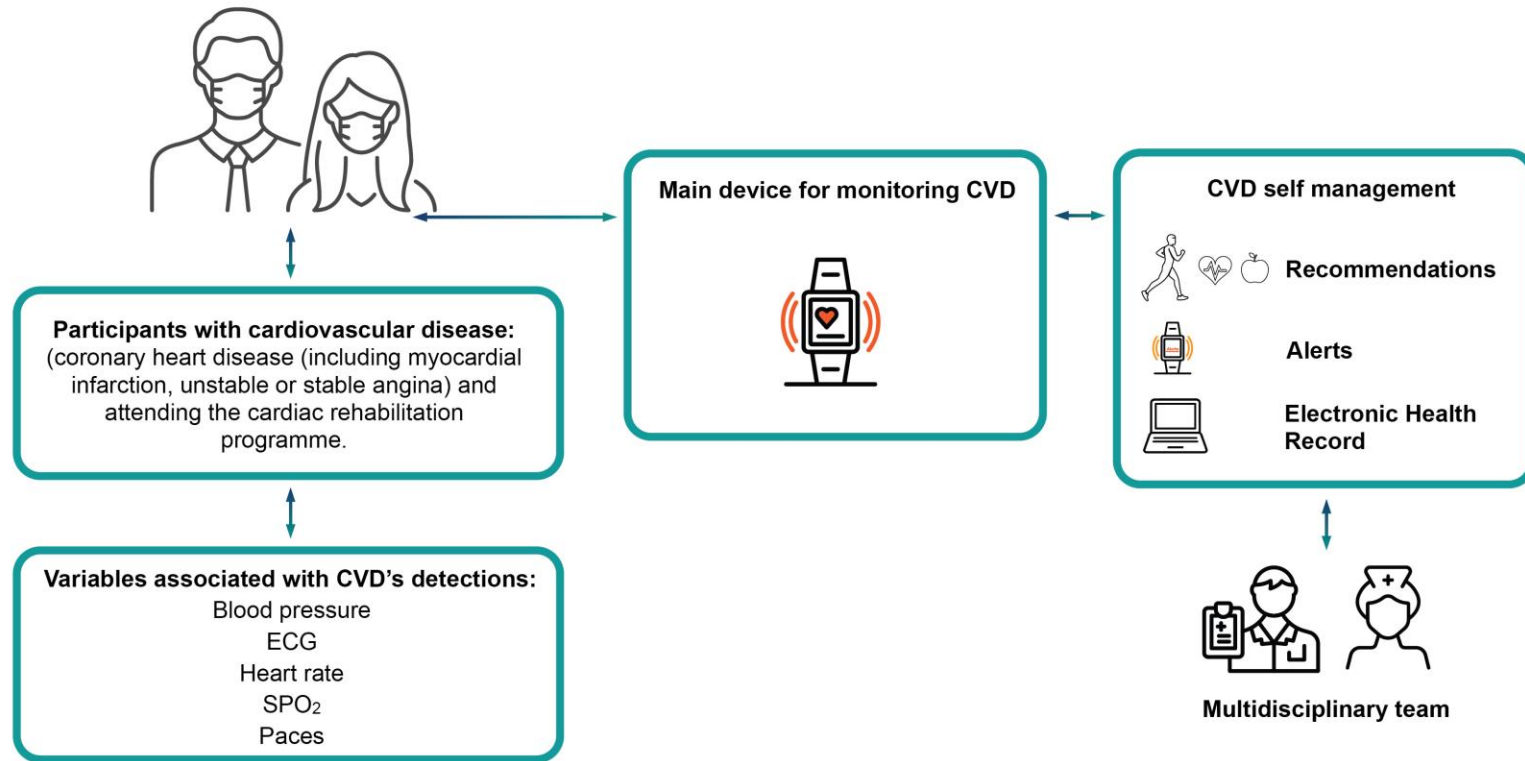
To set up remote patient monitoring which offers practical benefits. Our objective is to support the rehabilitation of cardiac patients following a cardiac event, encouraging long term adherence. As a team we want to empower individuals through enhanced health literacy and awareness aiming to access preventative services for the promotion of a healthier lifestyle. To ensure effective collaboration between healthcare professionals and policymakers to implement sustainable solutions while expanding the reach of our services across diverse areas.

Pilot Project Methodology

Self - Management of Cardiovascular Disease (CVD): A Pilot Project Methodology



Self - Management of Cardiovascular Disease (CVD): Digital Platform



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Thank you for your attention.



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