



Reference	PHC EG 9 / 7
Title	Online event on multimorbidity and ageing
Submitted by	Consultant in cooperation with the Chair, Co-chair and NDPHS Secretariat
Requested action	For discussion

Online event **Multimorbidity and ageing**

Proposal for the NDPHS event (“Support of the NDPHS Strategy”, Activity 1, Event 1)

Purpose

This document outlines the proposal for the “Multimorbidity and ageing” event by the PHC EG, originally planned for June 2020 in Moscow. Due to the current restrictions, it is proposed that the event will take place online in late August/September 2020. The final scope and agenda will be decided by the PHC EG in consultation with NDPHS Secretariat.

Terms of Reference

Terms of Reference for the project “Providing support to implementation of the NDPHS Strategy” provide the guidance for the organisers of the event.

The global objective of the project is to lift health and social wellbeing issues higher on the regional agendas, strengthen support and involvement of stakeholders in the NDPHS-facilitates activities and increase the visibility of NDPHS in the Partner Countries, both among the policy makers and civil society. The activities should also contribute to the implementation of the NDPHS Strategy 2020.

The specific objective 1 is to organise a series of NDPHS symposiums/scientific forums (events), which in result will produce an evidence-based policy brief/report on the subject of the event. The objective of the NDPHS Series of events is to bring different stakeholders together to discuss some of the most pressing health- and wellbeing related issues in the Northern Dimension area. One of the three themes is multi-morbidity and ageing.

The event should bring policy-makers, researchers, GP/FD practitioners and relevant NGOs representing civil society.

As in ToR, the event should be a two-day meeting for approx. 50 participants, organised in one of the NDPHS countries.

The multi-morbidity and ageing event is coordinated by the PHC EG. It was scheduled for 3-4 June 2020 in Moscow, but due to the COVID-19 pandemic, it was decided that the event will take place online, preferably at the end of August/September 2020.

The event will serve as a platform to:

- Share the experience of the PHC systems preparedness and response to the COVID-19 emergency with the special focus on the chronically ill and older patients;
- Identify the successful actions and policies during the COVID19 emergency taken by the PHC services;
- Identify the gaps that should be addressed by the post-COVID19 policies in order to increase the countries preparedness in the future;
- Collect lessons learned and good practices in the PHC system to be shared between the NDPHS Partner Countries.

The following hypotheses will be further explored:

- The healthcare systems, currently overburdened by COVID-19 might soon experience a burden of the patients with non-communicable diseases, whose treatment is now slowed as a result of pandemic,
- The current overburden of the healthcare systems by COVID-19 due to the semi- or full-quarantine regimes introduced in all of the NDPHS countries,
- Prevention of cardiovascular diseases, obesity, diabetes, cancer and other non-communicable diseases could help avoid high number of hospitalised patients, high costs of treatment, infection among the healthcare personnel, and finally, high rate of deaths.

Agenda of the online event

OPTION 1 (preferred):

One day event online

- Day 1: 10:00-17:00 (with breaks and longer lunch break)

Pros:

- People can block this chunk of time in their calendars in advance and it's easier to keep everyone focused
- Bigger amount of work can be done

Cons:

- People might be distracted with the other activities

Key risk:

- People get bored and tired.

What to do:

- Send "save the date" and "block the time" well in advance
- Engage: have a "homework" for everybody, engage in the working groups

OPTION 2:

A series of shorter meetings (eg. 3 x 3 hours) organised either in one week or week after another

Pros:

- Better focus

Cons:

- It might be difficult for people to block the same time every day or every week
- People might be distracted, forget what was discussed previously and what are we doing now
- New people coming in, people who participated don't showing up again

Key risk:

- The need to start from all over every meeting.

What to do:

- Send "save the date" and "block the time" well in advance
- Agree with key people their availability over the course of all meetings

General requirements:

- All working documents shared with the participants before the event
- Rehearsal calls organised for the speakers and all participants
- Documents available in Google Drive
- Principles of cooperation introduced before the event and tested
- Some "social" elements, like active break, coffee break together