



# Introduction CarePath

## Why, how and what – R. Frank Ploeg



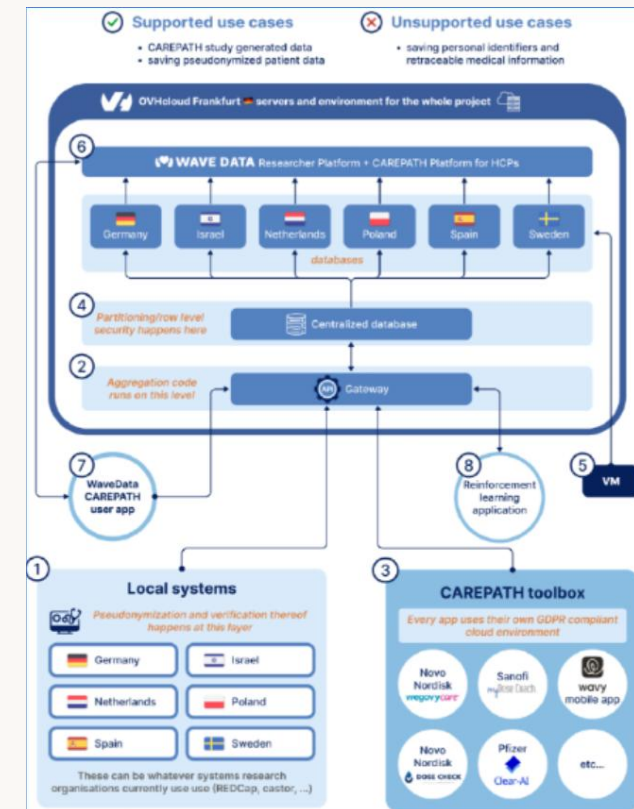
The project is supported by the Innovative Health Initiative and its members.

# Collaborative Action and Research for Engagement, Persistence and Adherence in Treatment & Health

- Aim of **CarePath**

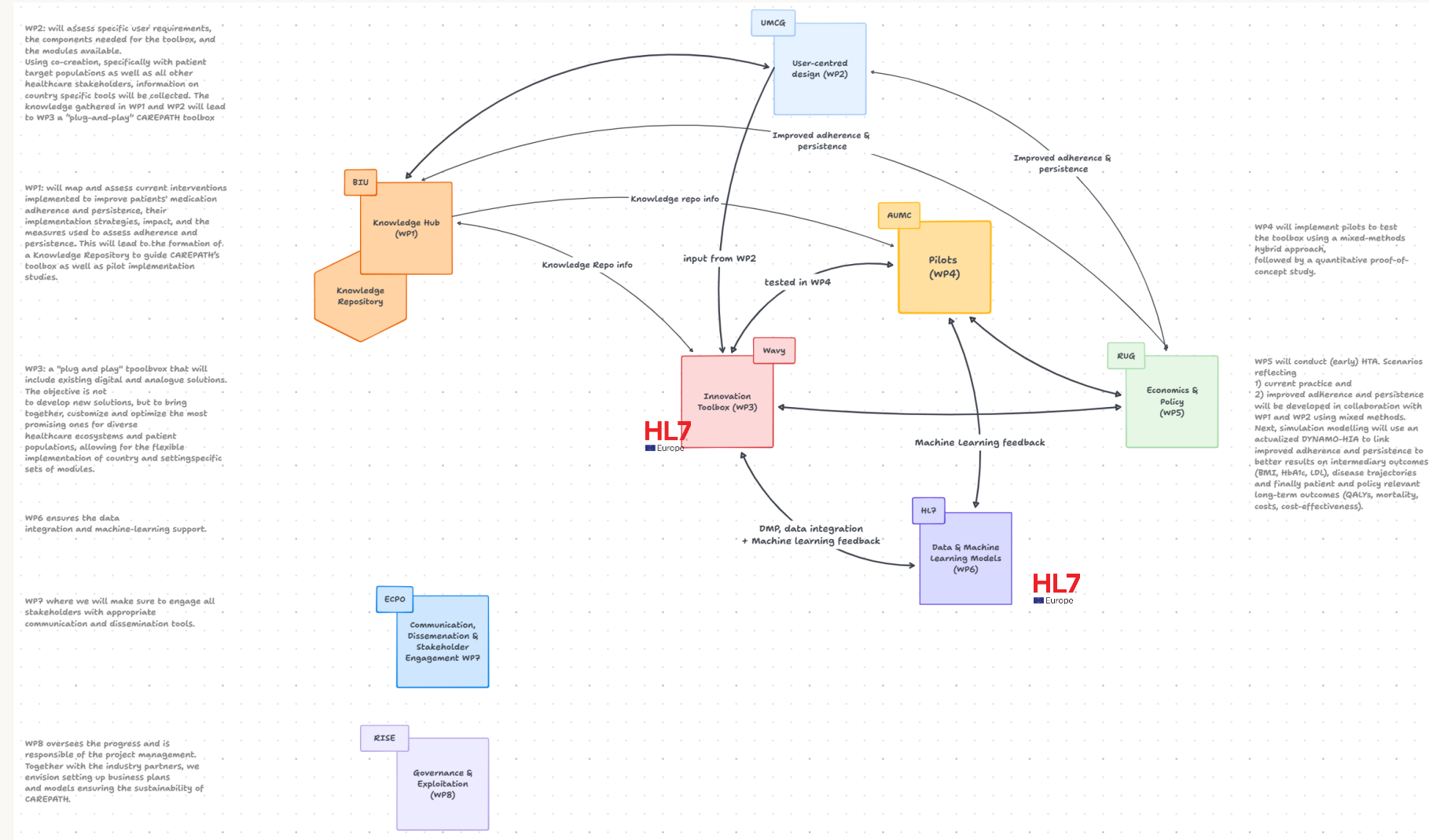
- A new European research project, CarePath, has launched to support people living with long-term health conditions in managing their treatment effectively and comfortably. By offering personalised tools and resources, the project aims to improve health, wellbeing, and overall quality of life.
- Thanks to advances in healthcare, many chronic conditions can now be managed successfully with medication. However, research shows that many people find it difficult to continue their treatment over time, often due to a lack of support, social stigma, or financial pressures.
- CarePath will address these challenges by developing a flexible, ready-to-use toolbox designed to help individuals manage their treatments in ways that fit their needs and lifestyles. The project will focus on three common conditions—obesity, type 2 diabetes, and cardiovascular disease—and work across both primary care (such as GPs and community pharmacists) and secondary care (like hospitals and clinics).

- CarePath Partners



# CarePath overview: work-packages & relationship

- WP1 – Knowledge hub
- WP2 – User-centred design
- **WP3** – Innovation toolbox
- WP4 – Pilots
- WP5 – Economics & policy
- **WP6** – Data & machine Learning models
- WP7 – Communication, dissemination & stakeholder engagement
- WP8 – Governance & exploitation



# CarePath Toolbox

- Mobile applications that empower individuals to take an active role in their care and stay connected with their healthcare teams
- Simple tools to track how people are feeling and what their experiences are like (Patient-Reported Outcome Measures [PROMs] and Patient-Reported Experience Measures [PREMs])
- Short, easy-to-use questionnaires that help identify when someone might need extra support, such as for pain, fatigue, mobility, or the care they receive (for example, whether they felt listened to, supported, and informed about their treatment options)
- A combination of digital solutions and human support systems that can be tailored to different healthcare environments

