HEALTH ECONOMIC EVALUATION OF CROÍ MYACTION IN IRELAND

Executive Summary
Prepared by the National Institute for Preventive Cardiology
What is Croí MyAction?

Croí MyAction is a gold standard chronic disease prevention and management programme driven by specific protocols, designed to achieve the latest European Society of Cardiology (ESC) Guidelines. The programme targets high-risk individuals: Systematic Coronary Risk Evaluation (SCORE) ≥5%, type-2 diabetes, stroke/Transient Ischemic Attack (TIA) referred through a series of pathways which include general practice and hospital departments such as cardiology, stroke, and endocrinology.

The programme is delivered in the community and is family-centred. Co-ordinated by a multidisciplinary team (nurse specialists, dietitian, physiotherapist/physical activity specialist and physician), high-risk individuals are provided with a 12-16 week intensive lifestyle and risk factor modification programme. All patients and accompanying family are assessed at the start of the programme, on programme completion and again at 1-year.

Economic Evaluation of Croí MyAction

Croí MyAction, represents an integrated model of preventive care that has been shown to be clinically-effective. This has been recently acknowledged by the Department of Public Health in their selection of MyAction as Ireland’s exemplar of best practice in chronic disease management to CHRODIS, a European platform that aims to identify, exchange and disseminate good practice on chronic diseases across EU Member States.

Given the current economic climate, it is imperative that public sector organisations demonstrate their value for money. Consequently, an independent health economic evaluation was carried out to assess the costs and benefits, and estimate the net benefits of the Croí MyAction programme when compared to usual care.

Clinical Outcomes Used to Inform the Cost-Benefit Analysis

The economic model drew on the clinical effectiveness of the programme and was informed by the high programme uptake (88%) and retention rates at 1 year follow-up (86%). The model utilised the following outcome as detailed in the recently published Croí MyAction 5 Years of Positive Patient Outcomes report:

- **Smoking** quit rate of 51%
- Greater adherences to the cardio-protective Mediterranean Diet, with an increase of 4.5 units being observed
- Increase in physical activity targets from 13% to 52%
- Increase in achievement of blood pressure targets from 55% to 74%, with a mean reduction of 8.6mmHg (systolic) and 3.7mmHg (diastolic) being observed
- Increase in achievement of cholesterol targets from 39% to 70%, with a mean reduction in Total Cholesterol of 0.73mmol/L and LDL Cholesterol of 0.62mmol/L being observed.

Croí MyAction 5 Years of Positive Patient Outcomes report can be found at: [http://www.nipc.ie/myAction.html](http://www.nipc.ie/myAction.html)

How is Croí MyAction Funded?

In recognition of the socioeconomic determinants of CVD, participants are offered the programme free of charge. Funding for the programme has to date largely been generated through Croí’s charitable fundraising activities and philanthropic support. Derivatives of Croí MyAction, embracing telehealth technologies and digital health solutions, are currently underway with the support of a restricted grant from the Health and Wellbeing Division of the HSE, in a shared commitment to implement effective models of care for the prevention and management of chronic illness in Ireland.

“Although focussed on patients with any form of atherosclerotic disease, and those at high multifactorial risk of developing CVD, Croí MyAction could eventually embrace patients with other non-communicable diseases requiring support to achieve a healthier lifestyle.”

Professor David Wood, President Elect of the World Heart Federation
Contributing to a Healthier Ireland for the Future

- Cardiovascular disease remains the single most common cause of death and disability in Ireland, and there is a growing population of people surviving and living longer with chronic long-term conditions. This rigorous evaluation provides a strong economic case for applying this protocol-driven, outcome focussed, and integrated prevention and rehabilitation model to be considered as a template for a National Chronic Disease Management Programme.

- There are enormous opportunities to reconfigure and transform existing services and apply this integrated approach to those at highest CVD risk (e.g. peripheral arterial disease, heart disease, stroke, TIA, type-2 diabetes).

- With the economic analysis showing greater effect in those with established disease, Croí MyAction offers a solution to help address the variations of care and lack of clinical outcome data in the provision of cardiac rehabilitation across Ireland.

- Croí MyAction contributes to the National Service Plan by addressing system wide priorities (i.e. service integration, implementation of Healthy Ireland) and service priorities (i.e. reducing the chronic disease burden by addressing key modifiable risk factors, implementing models of care for chronic illness management, reducing the reliance on acute hospitals).

The full report of the Croí MyAction Health Economic Evaluation can be found at: http://www.nipc.ie/myAction.html
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References