

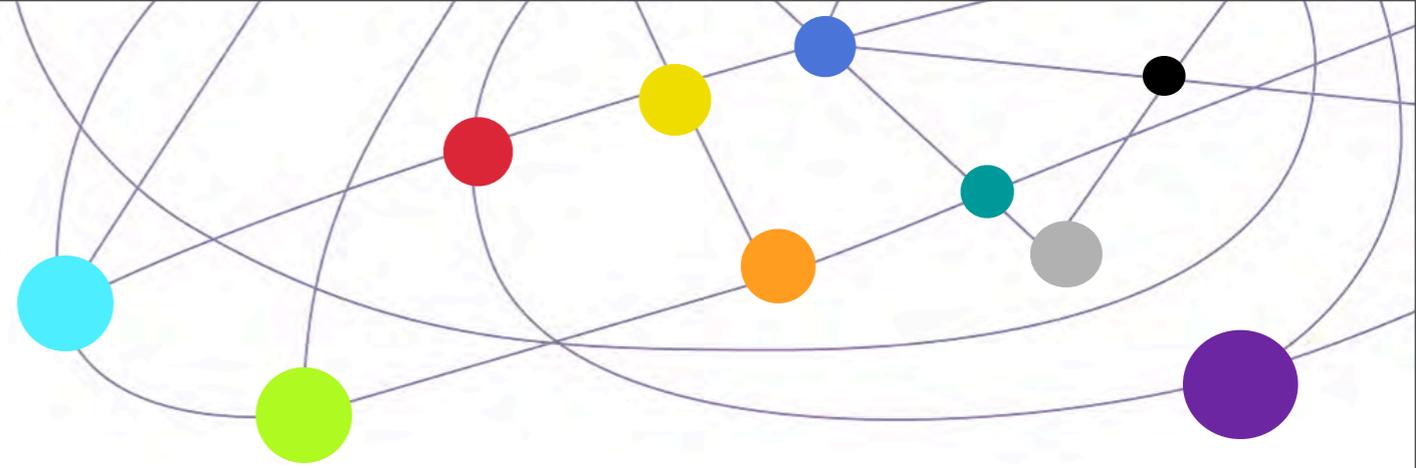
Promoting a global response to multiple chronic diseases (polypathology) in the age of social media: the OPIMEC experience

This presentation summarizes progress since 2008 when the project was initiated with support from the Andalusian Health Ministry (Spain), and a team led by Alejandro Jadad (University of Toronto) and Andres Cabrera (Andalusian School of Public Health).

(Please press the spacebar to advance)

OPIMEC

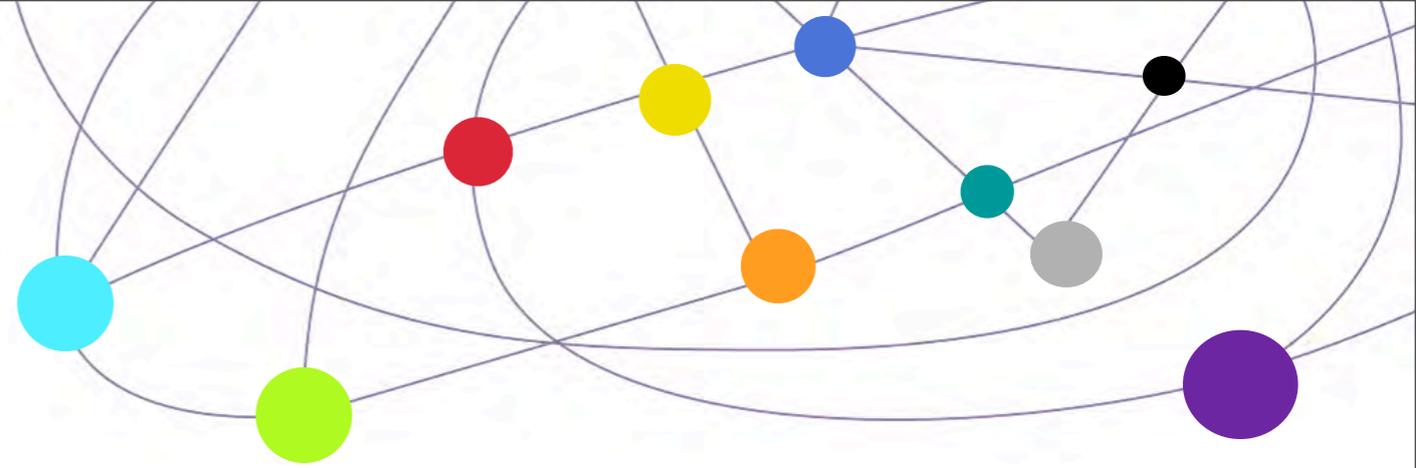
Observatory of Innovative Practices for
Complex Chronic Disease Management



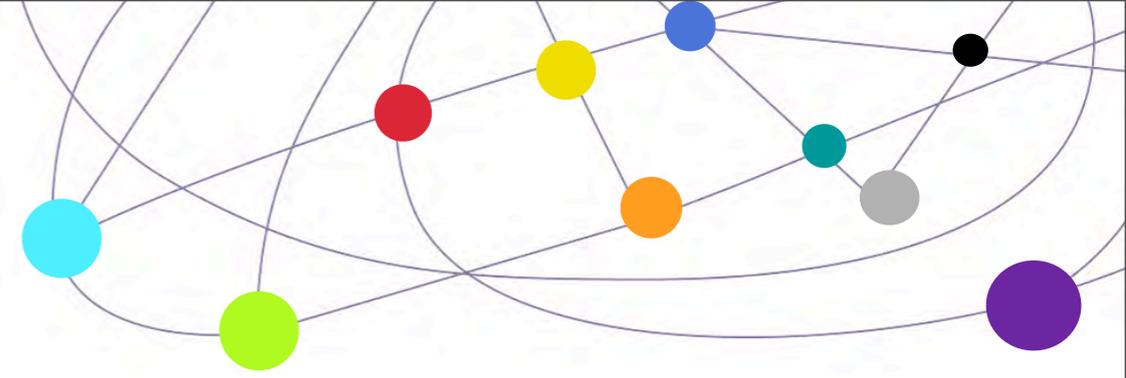
**OPIMEC is the Spanish acronym for the
Observatory of Innovative Practices for Complex Chronic Disease Management.**

OPIMEC

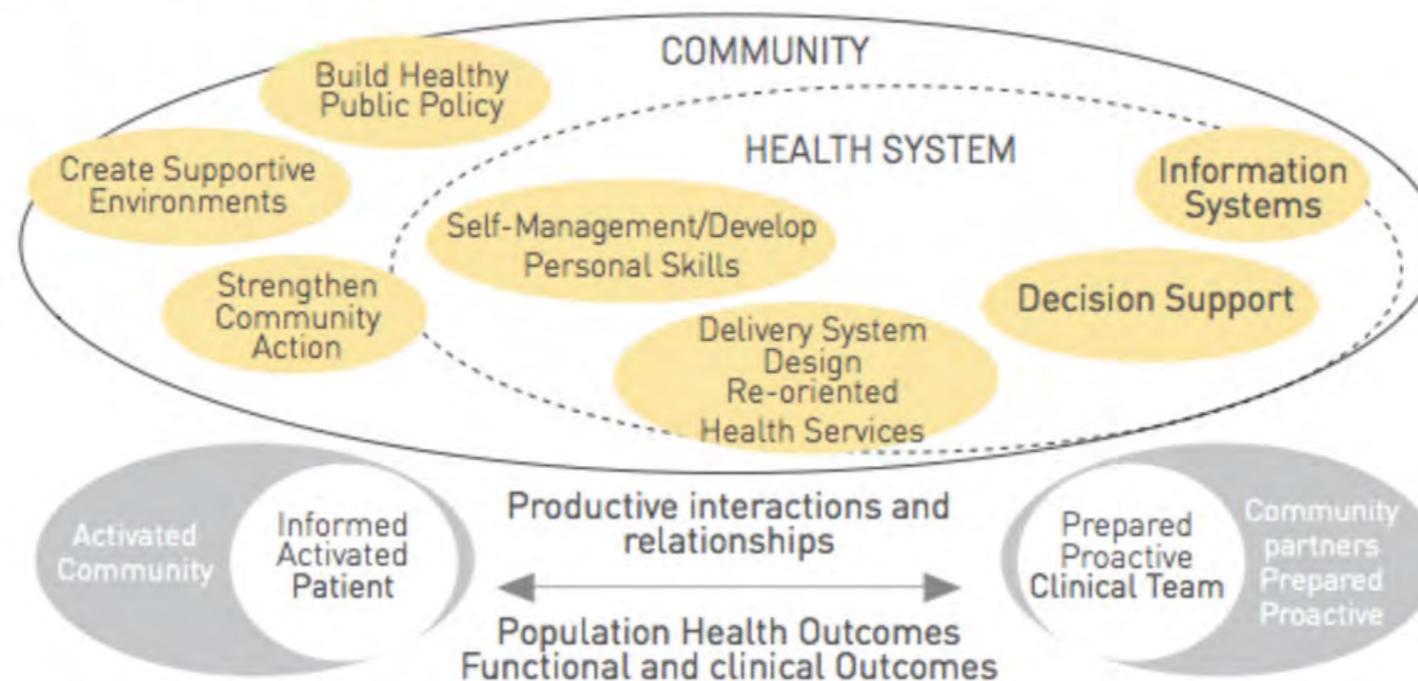
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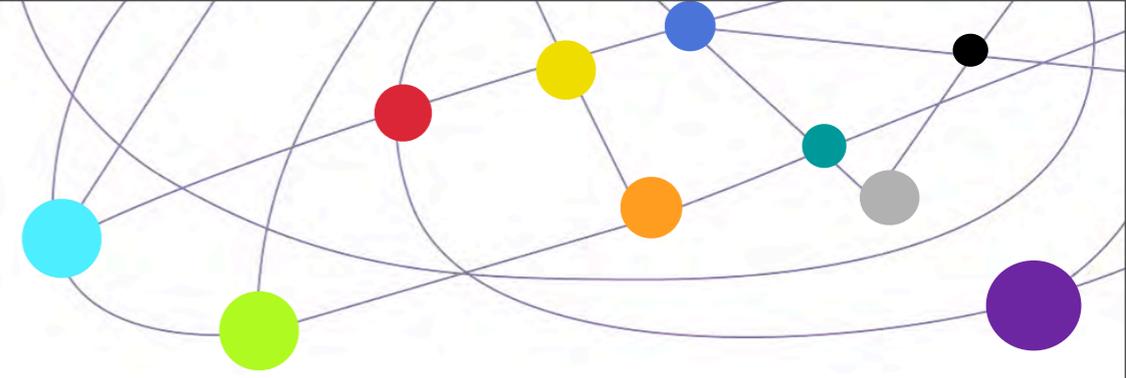
OPIMEC is a nonprofit initiative that promotes the development and exchange of knowledge and experiences on the management of polypathology across geographical, organizational and cultural boundaries by harnessing the power of online social media.



The Expanded Chronic Care Model



Guided by a well-established framework for chronic disease management, we have gone from science fiction to real life, developing a global collaborative effort that led to the release of the first co-created book focused on the challenges of people living with multiple chronic disease management



One of the results of this collective effort is a book on polypathology that gathers the best available knowledge and the most relevant research gaps about this major challenge to our health systems

OPIMEC

Observatory of Innovative Practices for
Complex Chronic Disease Management

Critical Mass
02

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01

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User-friendliness
06

Innovation
07

Participation
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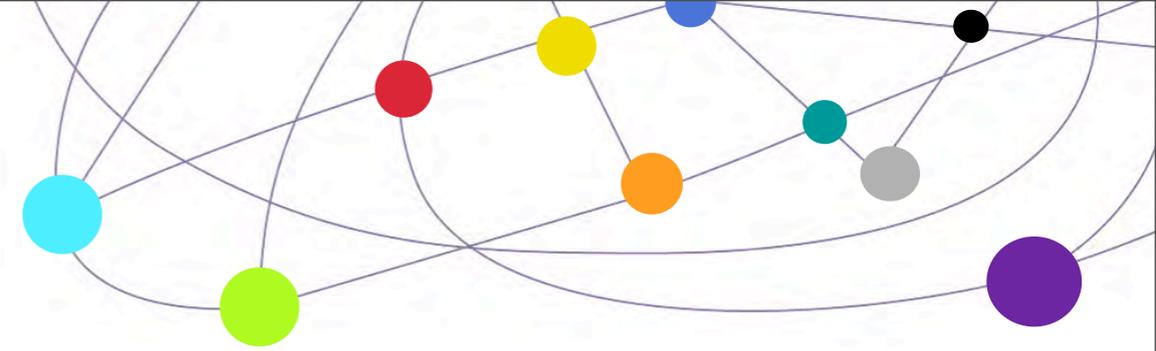
Acknowledgement
09

Leadership
03

No SPAM
05

Connection
08

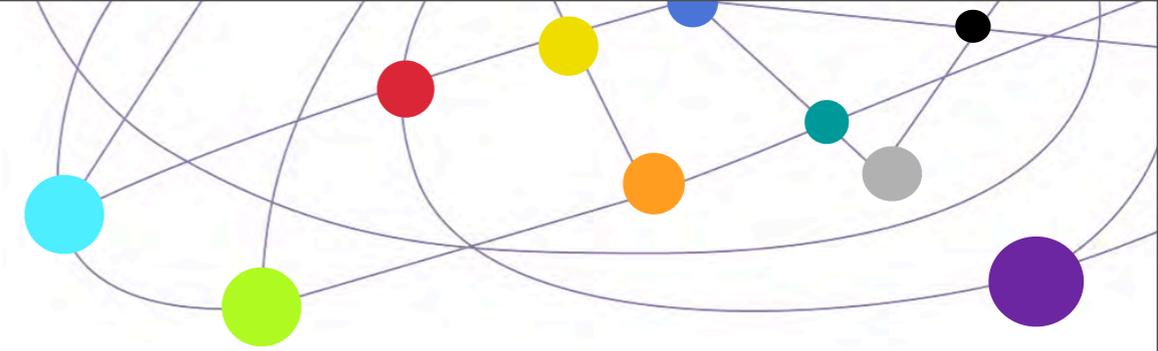
OPIMEC is an online ecosystem with ten components powered by social media. The first five are fully developed, while the rest are shaping up nicely with input from its rapidly growing community.



01 Common aim

To reduce the impact of
multiple complex chronic diseases on the
population and on health systems

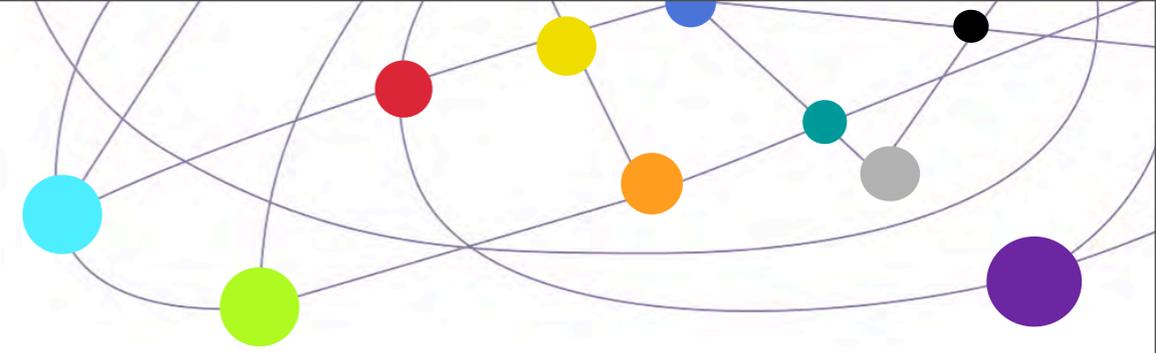
The main objective of OPIMEC is to contribute to worldwide efforts to reduce the impact of multiple chronic diseases on the population and on health systems.



02 Critical Mass



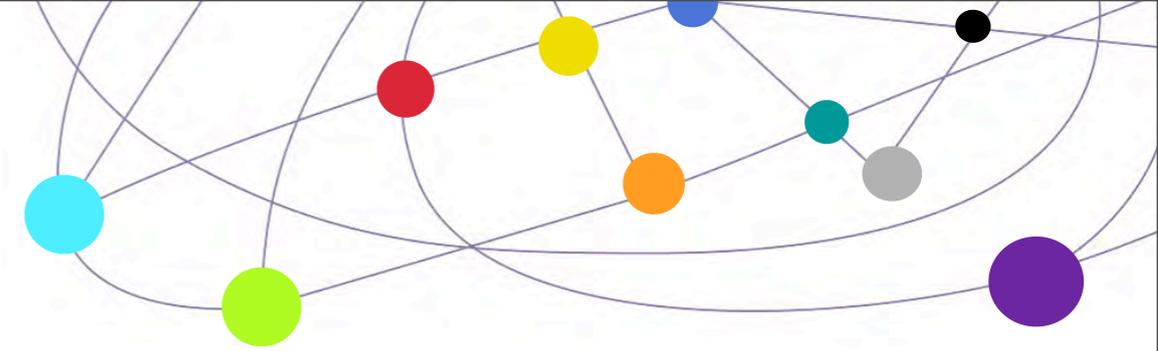
To achieve this, it serves as the meeting point for an exciting group of people and leading edge collaborative resources.



02 Critical Mass

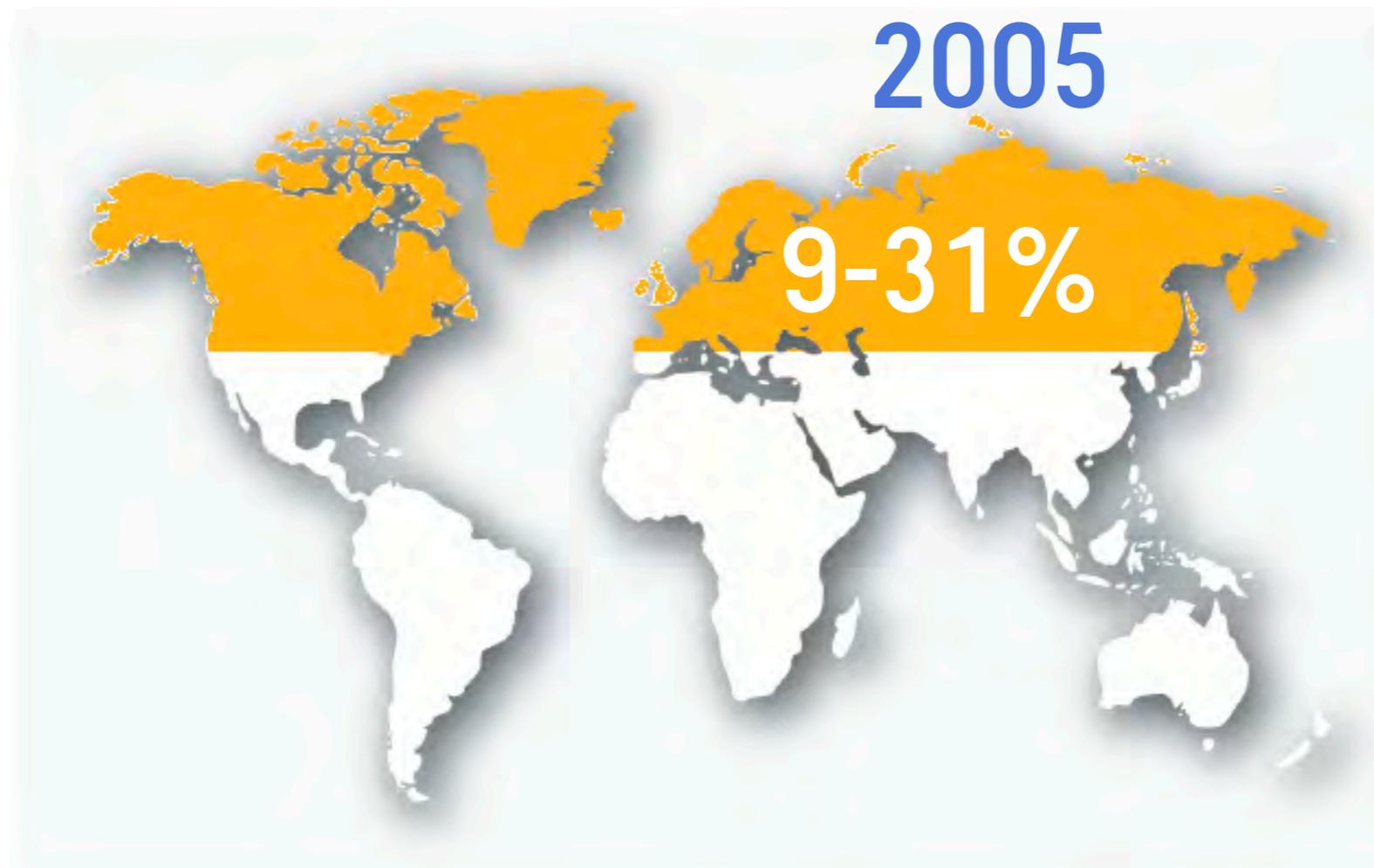


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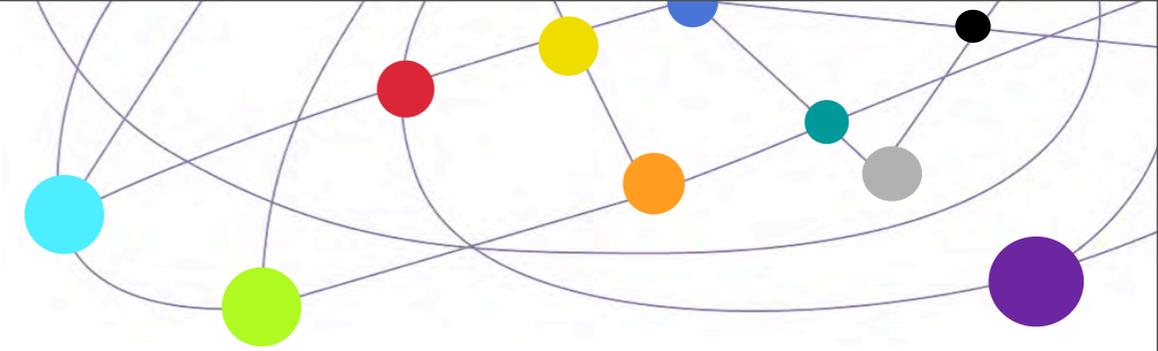


02 Critical Mass

People with two or more chronic diseases

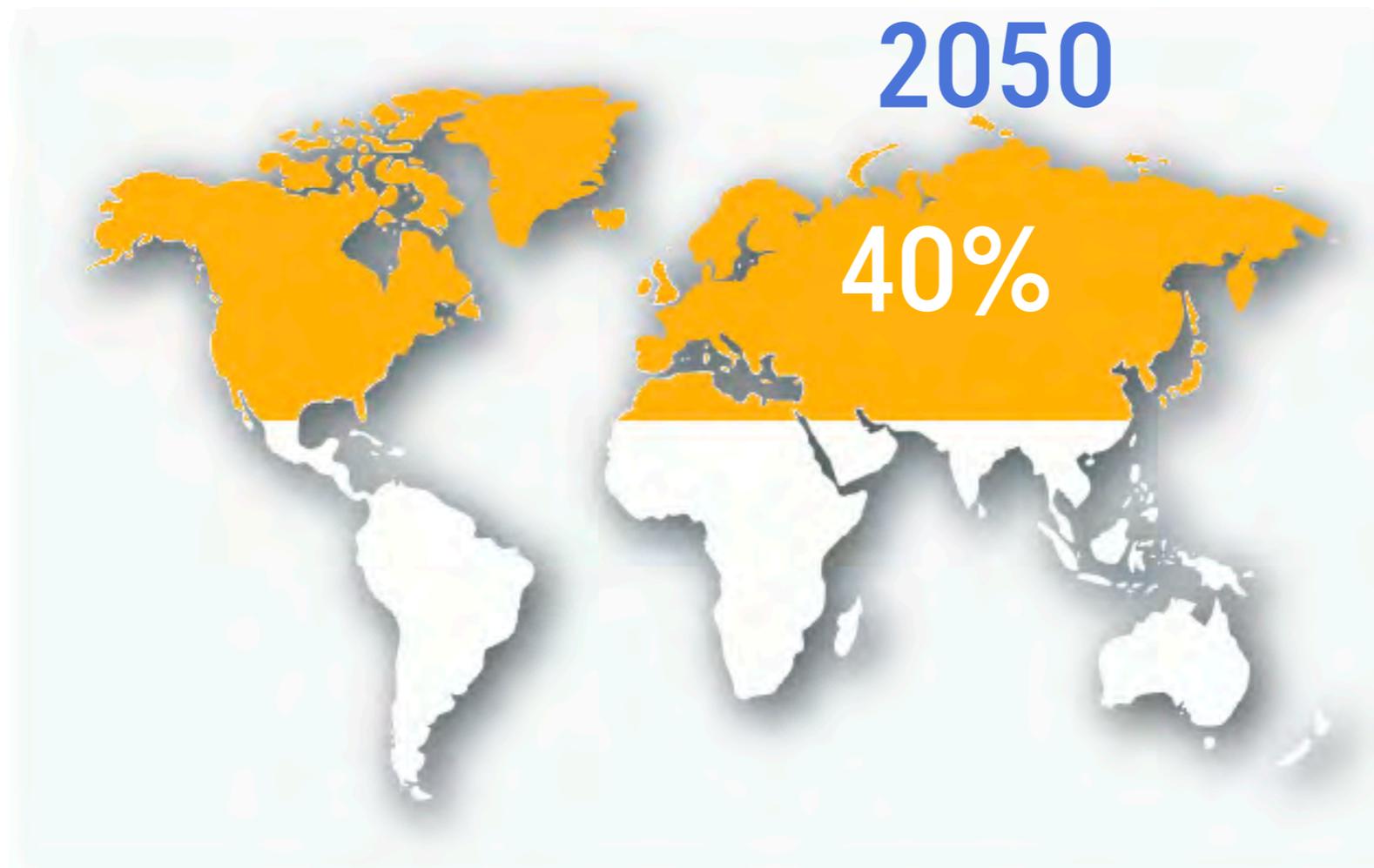


One of our top challenges is that we don't have precise data on the prevalence of polypathology. Based on the current best estimates, there are from 700 million to 2 billion people living with two or more chronic diseases in the world. That's between 9 and 31% of the world's population.

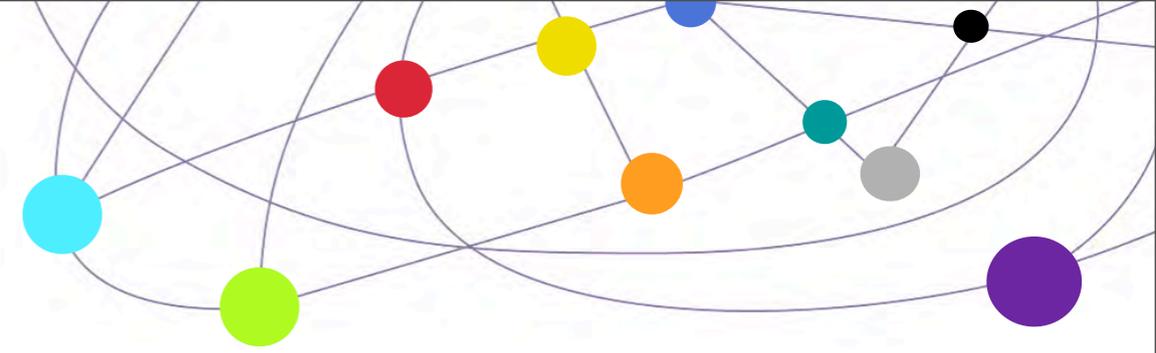


02 Critical Mass

People with two or more chronic diseases



It is estimated that these figures will double by 2050.
One of our research priorities is to promote collaborative research on classification and detection of co-existing complex chronic diseases.

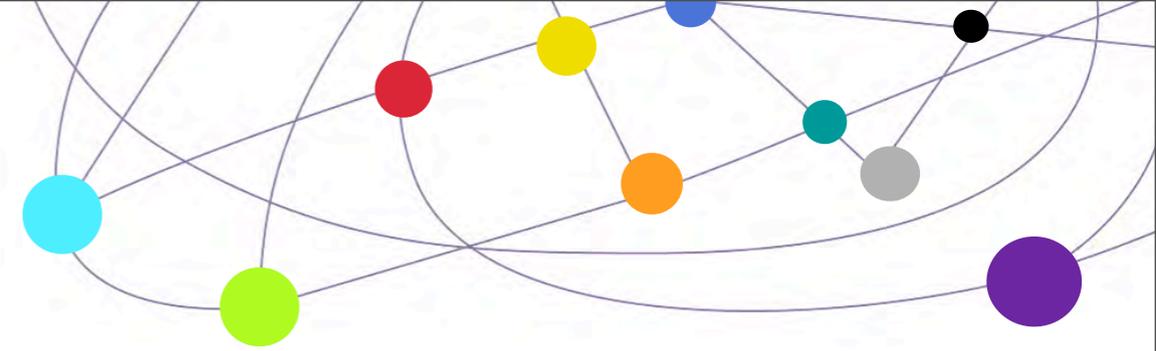


02 Critical Mass



**A huge global
problem
that involves
many people**

A big global problem requires a massive global response. Successful prevention, diagnosis, treatment, monitoring and care of people living with multiple chronic diseases should involve a concerted effort involving every sector of society.



02 Critical Mass

The OPIMEC community

A growing number of professionals, who are working to improve the care of people with chronic diseases, have joined OPIMEC or other social media connected to OPIMEC, like special groups on Facebook, Twitter and LinkedIn.

Collage date: January 2010

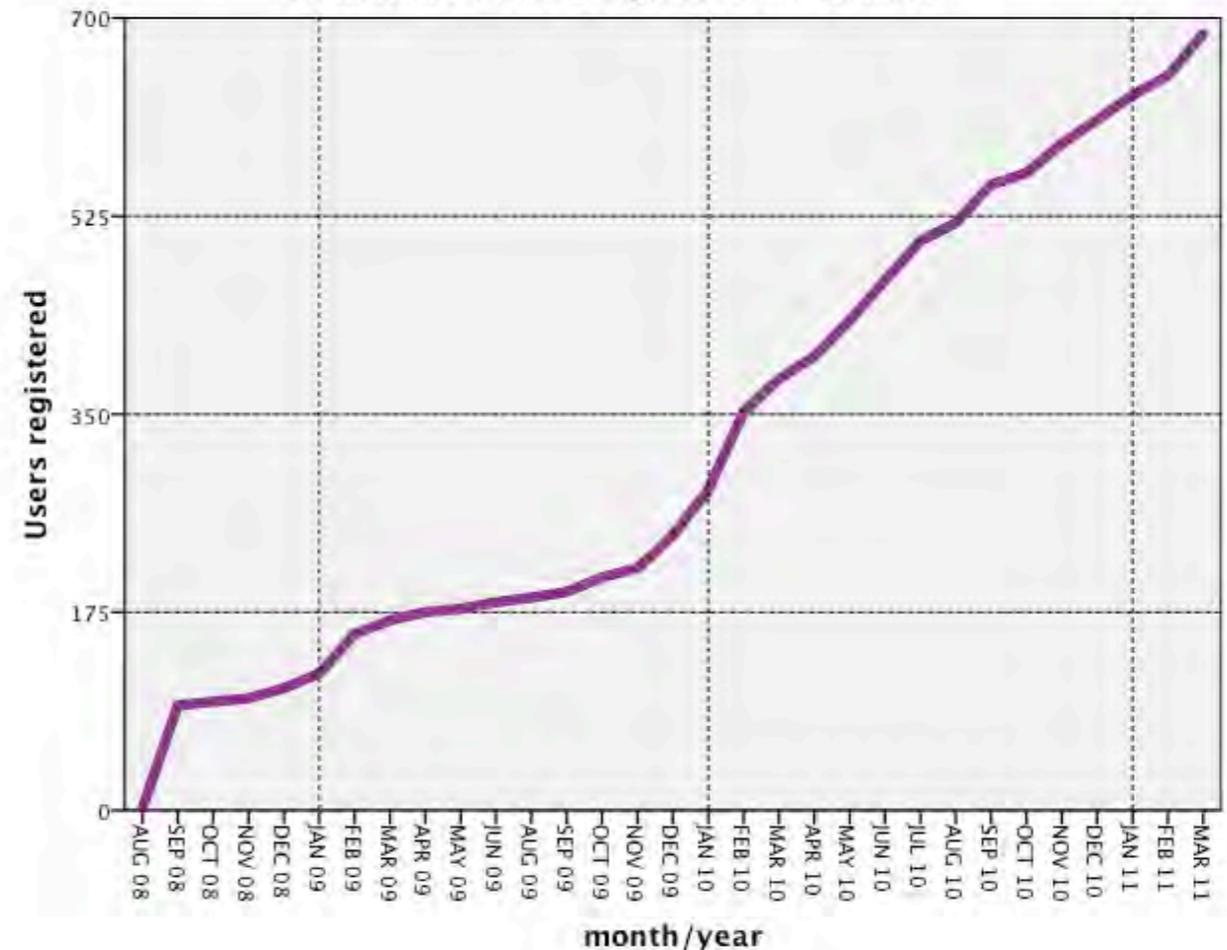


02 Critical Mass

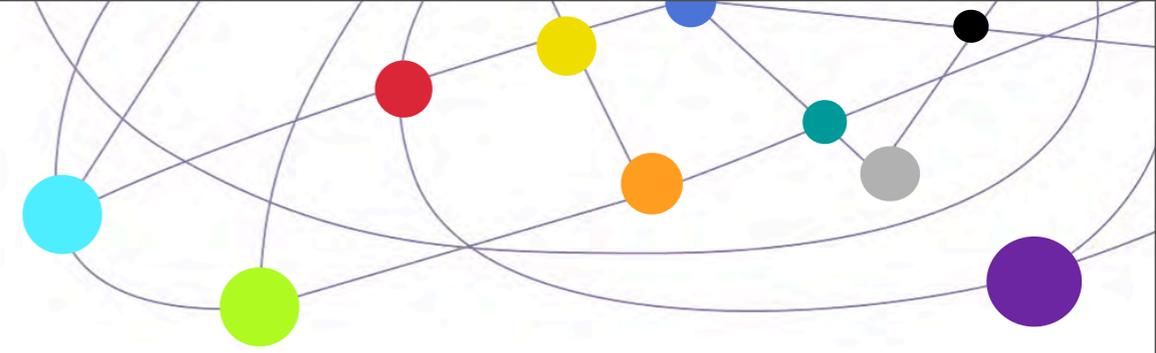
The OPIMEC community



Evolution of users registered on OPIMEC



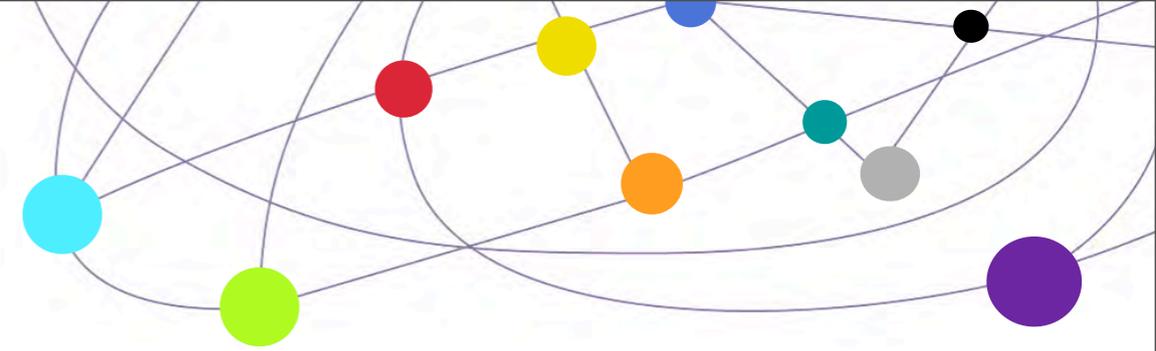
As of April 2011, the OPIMEC community included over 700 professionals from more than thirty countries, a number that continues to grow.



03 Leadership



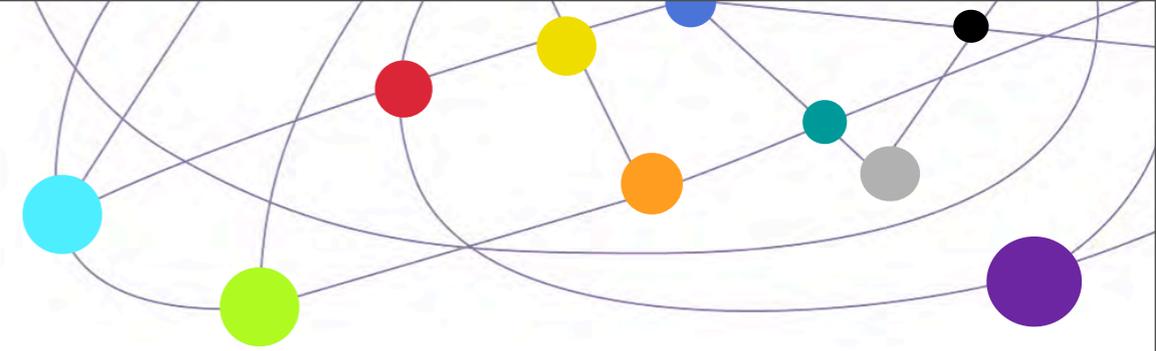
OPIMEC is a valuable resource to leaders committed to joining efforts to meet the challenges of polypathology.



03 Leadership



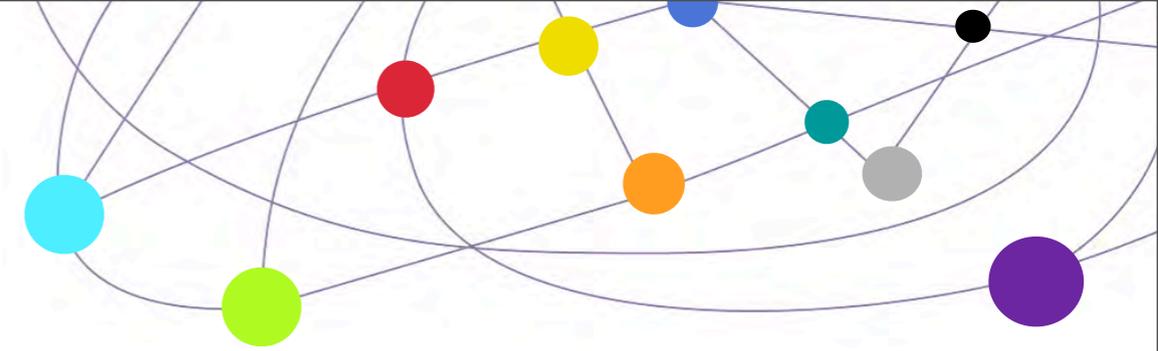
Together, they are able to encourage other people to bring the best available knowledge, practices and resources to key local environments,



03 Leadership



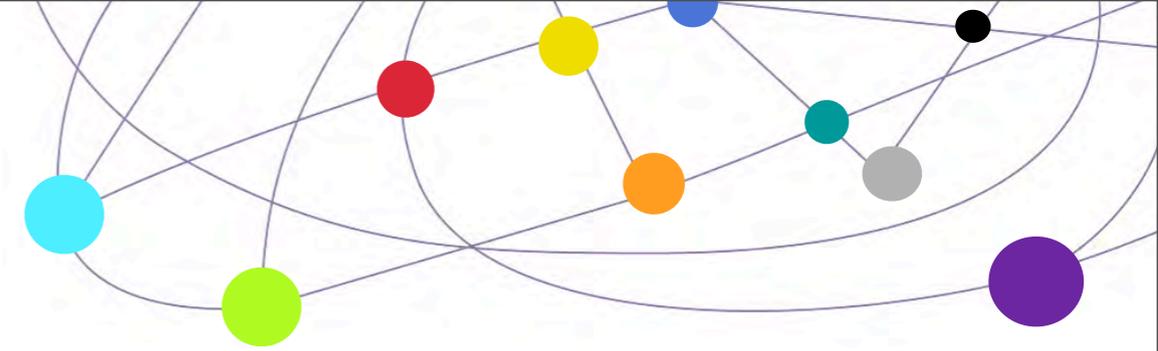
heading projects that inspire others to collaborate online,
and to project, globally, the output of their efforts.



04 Contents

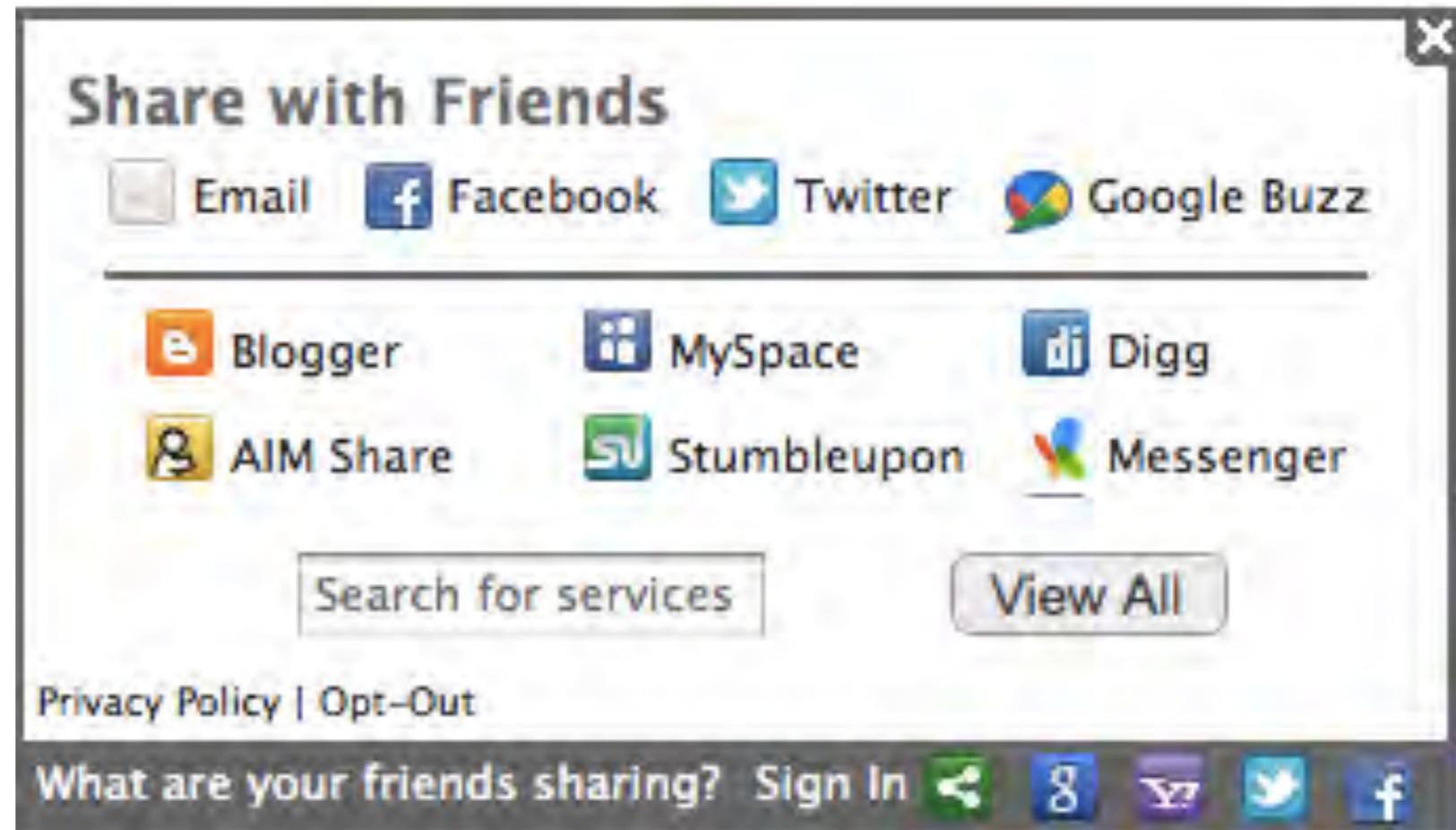
OPIMEC has now identified more than 170 practices around the world and 1300 other knowledge resources related to chronic disease management, represented by documents in multiple formats and media, which are available to health professionals, researchers, policy makers, patients and their caregivers





04 Contents

The files available on the OPIMEC platform can be linked to each other and to other online social media, enabling users to share knowledge and experiences easily



04 Contents

Anyone with interesting
material to share, can do it
on OPIMEC, simply,
with a click!

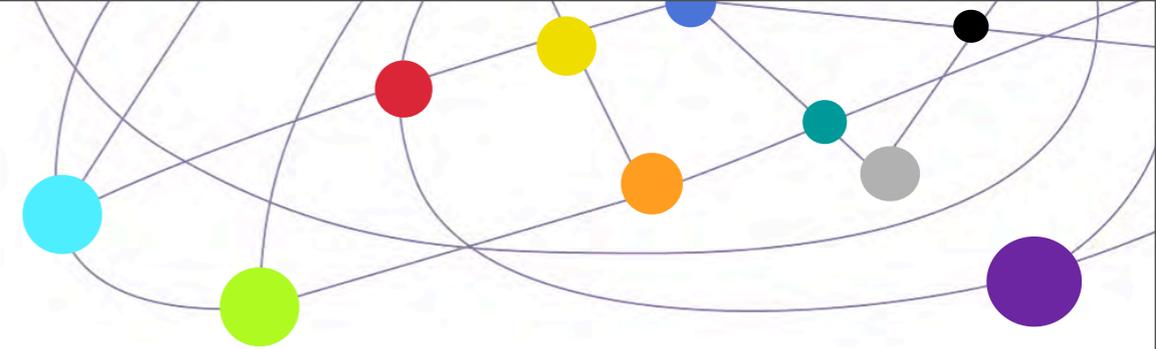


04 Contents

Personal workspace

Users can manage content of interest in a personal workspace which is created for them at the time of registration on OPIMEC.

Through this workspace, user can edit their profile, access to his or her contents easily, send and receive messages and invite other people to join their own personal network so as to follow their activities on OPIMEC.

A screenshot of the OPIMEC website. The top left shows the OPIMEC logo and navigation links. The main content area displays the profile of Andrés Cabrera León, including a photo, a bio, and various details like center, academic field, professional field, address, zip code, city, state/province/territory, region, country, and location. A map of Granada is shown at the bottom right.

OPIMEC
Observatory of Innovative Practices for
Complex Chronic Disease Management

home > people > andrescabrera
Andrés Cabrera León

Profile Contents Teams Documents

People List

About me

I have a lovely daughter who is three years old and a beautiful wife, with whom I share each second of my life... I studied statistics and now I train health professionals at the Andalusian School of Public Health in Granada, Spain. I have worked mainly in developing, managing and analyzing health surveys of the general population, hospitals and schools. Recently I have worked in the amazing world of knowledge management and information technologies; firstly in the Andalusian Childhood Observatory and now in OPIMEC. A recent publication in which 2.0 Web tools and the OPIMEC Community were used, is the collaborative edition of the book called 'When people live with multiple chronic diseases: a collaborative approach to an emerging global challenge'. I hope and believe that OPIMEC, through examples like the previously mentioned publication, will help to improve the quality of care of people with multiple chronic diseases.

Center Escuela Andaluza de Salud Pública (EASP), Consejería de Salud, Junta de Andalucía

Academic field Epidemiología | Prevención y promoción de la salud | Genómica, robótica, informática y nanotecnologías (GRIN)

Professional field Estadístico

Address Cuesta del Observatorio, 4

Zip code 18080

City Granada

State/Province/Territory Granada

Region Andalucía

Country SPAIN

Location

Alquerías del Fargu

Universidad de Granada

Granada

POWERED BY Google

Datos de mapa ©2011 Tele Atlas - Términos de uso

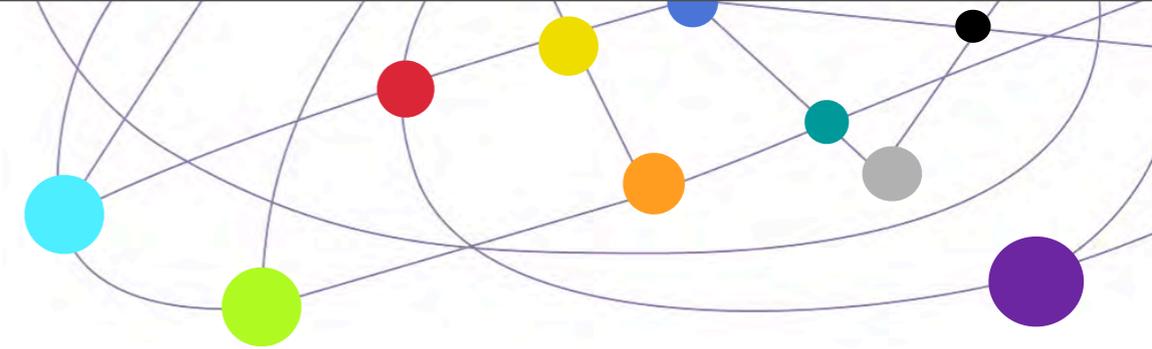
People Map

04 Contents

Team workspace

Members can also create or participate in groups focused on a specific area and that need to exchange material privately, or to develop knowledge collaboratively. This includes research proposals, articles, reports, declarations, guides, books or strategic plans, among others.

The screenshot displays the OPIMEC website interface. At the top left, there is a login section for 'JURIA DE ESPECIALISTA' with fields for 'User' and 'Password', and a 'login' button. Below this is a search bar. The main header features the OPIMEC logo and navigation links for 'home', 'teams', and 'epidemiology'. The page title is 'Epidemiology'. The main content area includes a description of the collaborative book project, a 'Recent activity' section with two entries by Begoña Isac Martínez, and a 'Comments' section with one comment from Margarita G. Zárate. On the right side, there are sidebars for 'Epidemiology' (Team Menu, Members Menu, Team members) and 'Other OPIMEC related contents' (Chapter 1, Creación de un instrumento de evaluación psicológica, Las enfermedades crónicas, Raising the priority of preventing chronic diseases). At the bottom, there is a 'Add your comment here:' form with fields for Name, Email address, and a rich text editor for the comment. The footer contains copyright information for 'Consejería de Salud' and a Creative Commons license.



04 Contents

Workteams

OPIMEC supports several important teams, including:

The Scientific Committee of the Spanish Conference on Chronic Diseases: This is a team led by two Spanish Scientific Societies that are working on a Declaration to improve the quality of care for people with chronic diseases living in Spain

The screenshot displays the OPIMEC website interface. At the top left, the OPIMEC logo and name are visible. Below it, a navigation menu lists various sections: Administration, What is OPIMEC, Community, Teams, Contents, Members, Practices, Organizations, People, News, Events, Documents, Web Resources, and Patients and caregivers. A search bar and a user profile for Begoña are also present. The main content area features the title "Scientific Committee National Conference on Chronic diseases" and a description of the team's activities, including collaborative document creation, forum discussions, and file sharing. A "Recent activity" section shows updates from team members like Begoña Isac Martínez and Antonio Contreras. A "Comments" section at the bottom shows a comment from Mercedes dated Feb 2011. On the right side, there are sidebars for "Team Menu" (Collaborative documents, Meetings, Files and links, Forum, Related Content), "Members Menu", and "Team members" listing various team members with their profiles.

04 Contents

Workteams

A team developing the
Strategic Plan for the
management of chronic
diseases in Andalusia, Spain

OPIMEC
Observatory of Innovative Practices for
Complex Chronic Disease Management

Español English

home > teams > strategic plan for caring people with ...

Edit

Strategic Plan for Caring People with Chronic Diseases in Andalusia (PIAPEC)

This team comes to develop the **Strategic Plan for caring people with chronic diseases in Andalusia**.

As a member of this team you can do, through the right menu, among other activities:

- create and participate in **collaborative document**
- discuss through **forum** current issues
- add and view **files or Web links**
- contact members of the team through **internal mail** or email

For more information please go to **User Manual** or contact us at info@opimec.org

Join your team and share knowledge, **PARTICIPATE!**

Recent activity

No items published in this workteam.

Other OPIMEC related contents

- [Declaración de Sevilla. Atención al Paciente con Enfermedades Crónicas](#)
- [Plan de Calidad del Sistema Sanitario Público de Andalucía 2010-2014](#)
- [Estrategia para afrontar el reto de la cronicidad en Euskadi](#)
- [Predictive risk and health care: an overview](#)
- [When people live with multiple chronic diseases: a collaborative approach ...](#)

Team Menu

- Collaborative documents
- Meetings
- Files and links
- Forum
- Related Content

Members Menu

Team members

- [Andrés Cabrera León](#) (Creator)
- [Begoña Isac Martínez](#)
- [Diana Gosálvez Prados](#)
- [Manuel Ollero](#)
- [Margarita Álvarez Tello](#)
- [Bosco Baron](#)
- [miguel melguizo jimenez](#)
- [Julio Rojas](#)

04 Contents

Workteams

URSA-MAYOR: an international team developing a joint pan-European report and consultation on migration and healthy ageing



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Complex Chronic Disease Management

Español English Home Settings Help ?

home > teams > ursa-major

Edit Translate

URSA-MAJOR

Workspace team developing the international research project in Andalusia on active aging in a foreign country: Andalusian migrants, returnees and foreigners age in Andalusia.

Dr. Alexandre Kalache full screen video
Director, Ageing and Life Course Programme (ALC), WHO.

Recent activity

No items published in this workteam.

Other OPIMEC related contents

El centro de salud La Marina celebra las I Jornadas ...

URSA-MAJOR

Team Menu

- Collaborative documents
- Meetings
- Files and links
- Forum
- Related Content

Members Menu

Team members

- Diana Gosalvez Prados (Creator)
- juan manuel espinosa almendro
- Alexandre (Alex) Kalache
- Rafael Muriel Fernandez
- Sandra Pinzón Pulido
- Bibiana Navarro
- Jose A. López Castellanos
- salomé valencia

04 Contents

Workteams

A network of ten teams who are co-creating knowledge on polypathology. This community was responsible for the first book on polypathology launched in 2010, which continues to evolve online

OPIMEC
Observatory of Innovative Practices for
Complex Chronic Disease Management

Español English Home Settings Help ?

home > teams > when people live with multiple chronic ...

Edit Translate

When people live with multiple chronic diseases: a collaborative approach to an emerging global challenge

This is a live interactive document that seeks to facilitate a global collaborative effort to distill the best available knowledge on how to meet the challenges faced by people living with multiple chronic diseases.

Please make as many contributions as you consider appropriate by clicking on the comments bubble that appears at the top right corner of each section.

Responsibility for the content rests with the contributors and does not necessarily represent the views of Junta de Andalucía or any other organization participating in this effort. Those individuals who make substantive additions will be invited to join the book as named contributors.

Foreword
Editors and Technical support team
Contributors
Acknowledgments

1. Why Multiple Chronic Diseases? Why now? What is going on around the world?
2. The language of polypathology
3. Prevention and health promotion
4. Management models
5. Patient education and self-management
6. Primary care, institutional services and integrated management processes
7. Supportive care and palliative care
8. Integrative medicine
9. Socioeconomic implications
10. The promise of Genomics, Robotics, Informatics/eHealth and Nanotechnologies
11. Dealing with challenges of polypathology, together: What's next

To access the full version of the book, please [click here](#).

Reference: Jadad AR, Cabrera A, Martos F, Smith R, Lyons RF. When people live with multiple chronic diseases: a collaborative approach to an emerging global challenge. Granada: Andalusian School of Public Health; 2010. Available at: <http://www.opimec.org/equipos/when-people-live-with-multiple-chronic-diseases>

Team Menu

- Collaborative documents
- Meetings
- Files and links
- Forum
- Related Content

Members Menu

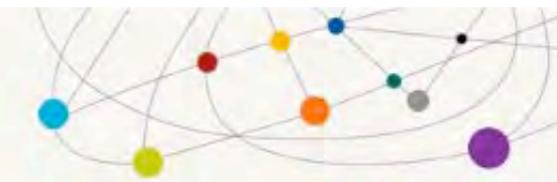
Team members

- Equipo editorial (creator)
- Alejandro (Alex) Jadad
- Andrés Cabrera León
- Manuel Ollero
- Máximo Bernabeu Wittel
- Bob Bernstein
- Ross Upshur
- Shawn Tracy
- Francisco Martos Pérez
- Rafael Bengoa

04 Contents

Workteams

OPIMEC is an open network,
where anyone can create and
publish
interesting material, making it
accessible to others, including
those who are not formally
registered



Español English

home > teams > when people live with multiple chronic ...

[Edit](#) [Translate](#)

When people live with multiple chronic diseases: a collaborative approach to an emerging global challenge



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When people live with multiple chronic ...

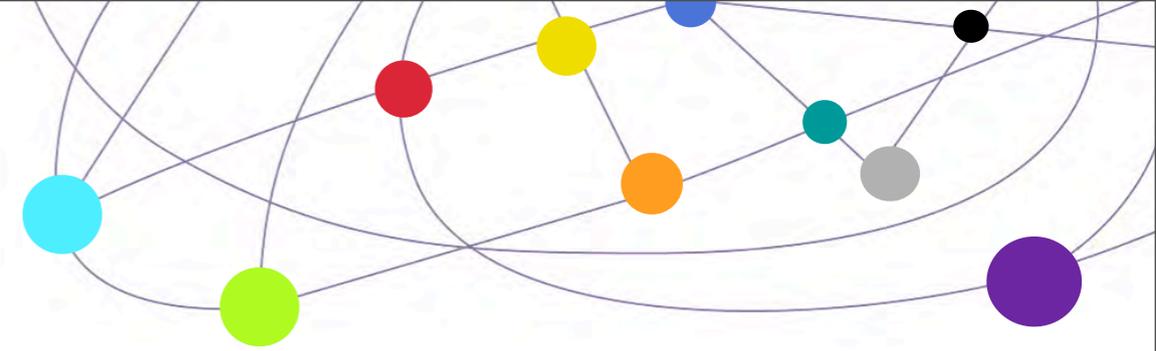
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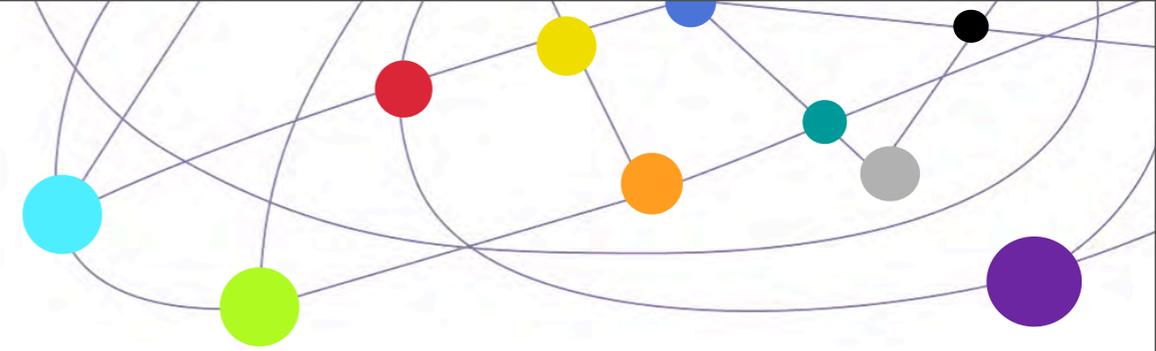
05 No SPAM

OPIMEC:

- Doesn't have commercial interests.
- Is protected by powerful anti-spam software.
- Has an editorial team which identifies, selects, reviews and verifies material of interest.
- Has external certification for the quality of its processes.



This site complies with the HONcode standard for trustworthy health information: [verify here.](#)

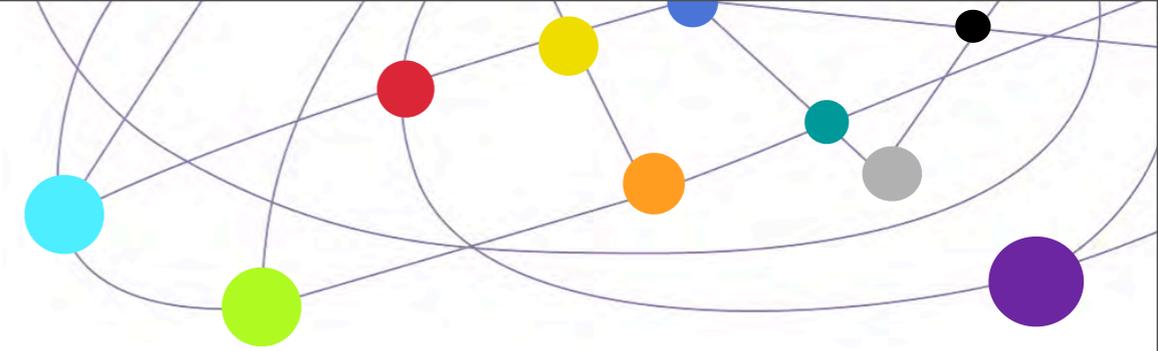


06 User-friendliness

OPIMEC is becoming easier to use, thanks to intuitive, accessible tools that are constantly evaluated by its members.

The platform usability is constantly improving to match the evolution of social media resources.





07 Innovation

OPIMEC is powered by LiveDok (Live Document for Knowledge co-creation), an open source technology that enables users to develop a document in two languages, and to improve it in response to comments from peers.

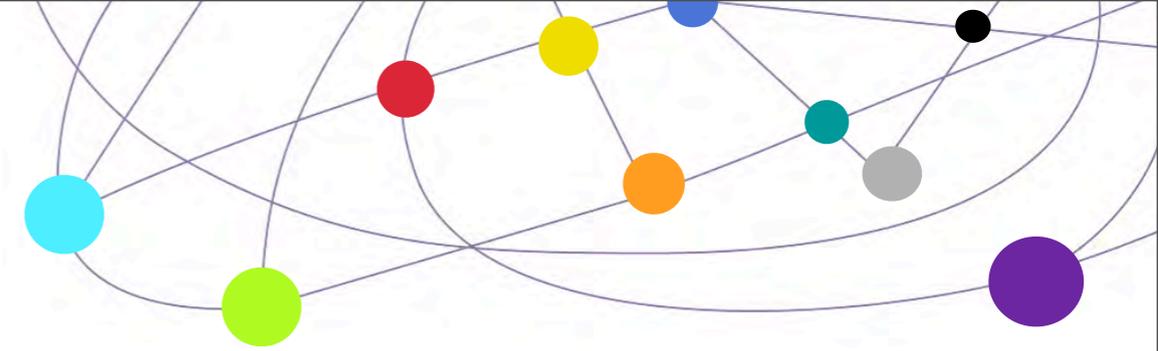


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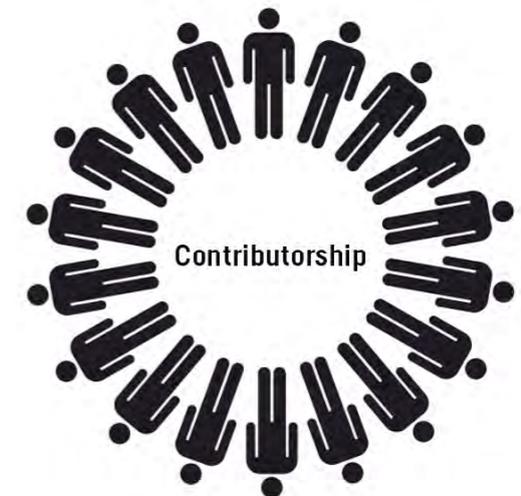
Co-creation of Knowledge

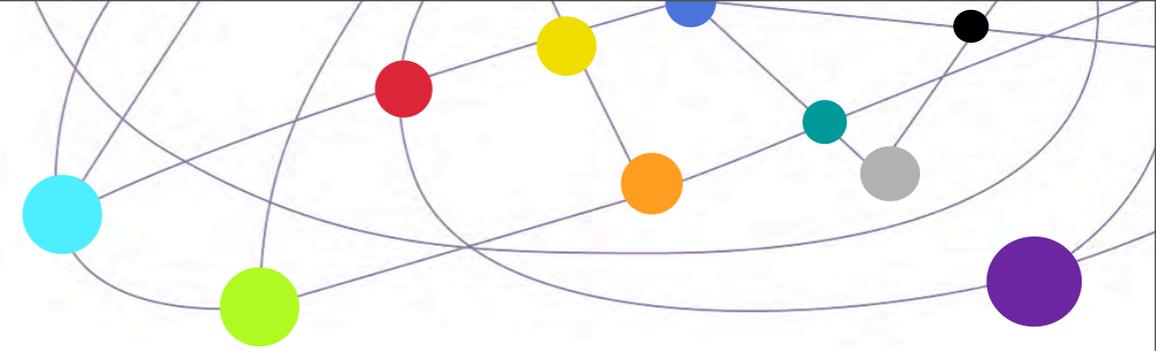




07 Innovation

The platform also follows Copyleft and Contributorship approaches to content management. Copyleft promotes the exchange of work without restriction and Contributorship acknowledges the work of all members of collaborative groups.

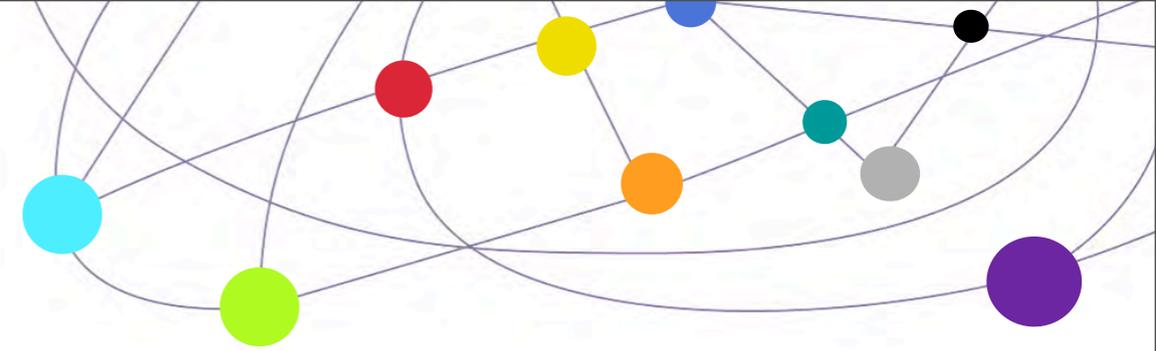




08 Connection



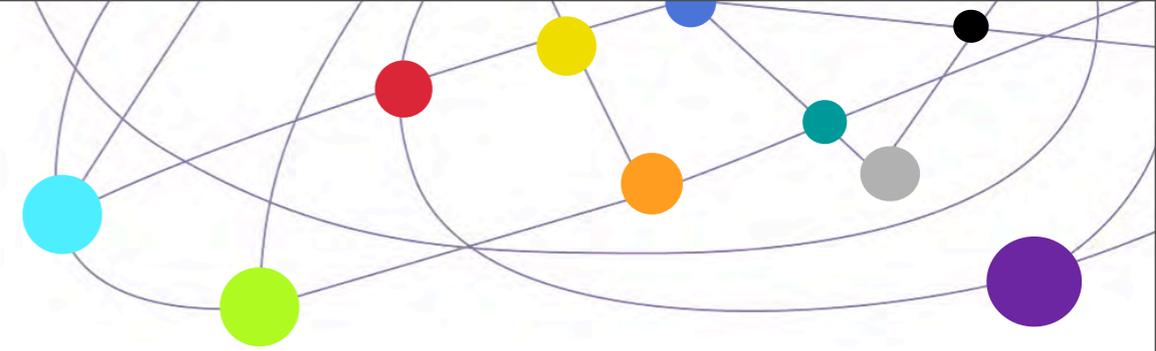
Taking full advantage of all of the technology, methodology and concepts available on the platform, members only need a good Internet connection, open web access, and basic knowledge of online social media.



09 Acknowledgement

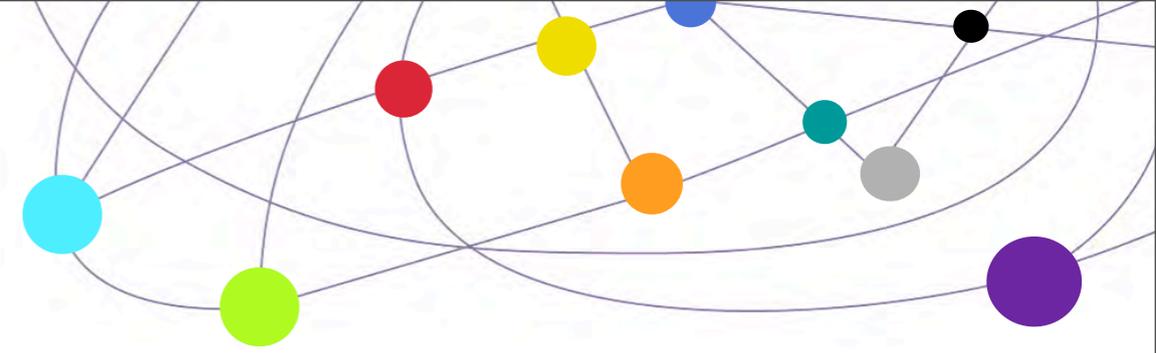


The platform also uses social media to promote recognition of individuals and organizations for their contributions.



10 Participation

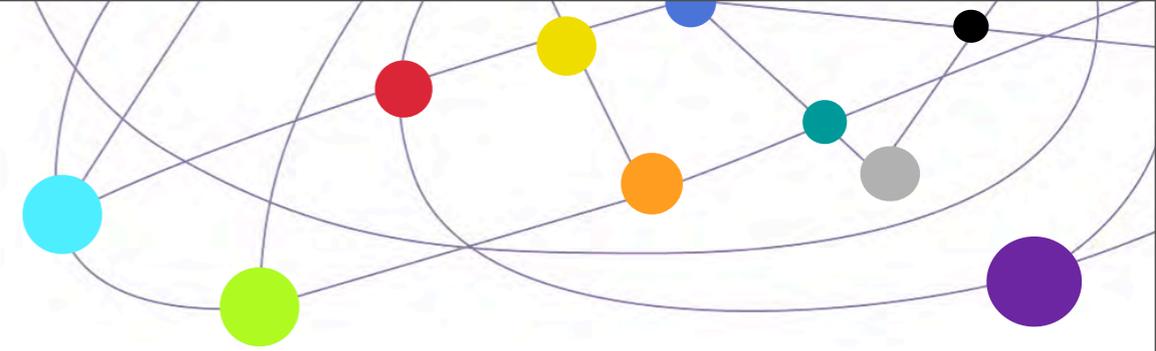
Gaining full benefit from OPIMEC only requires three simple steps:



10 Participation



First, to register as a formal member

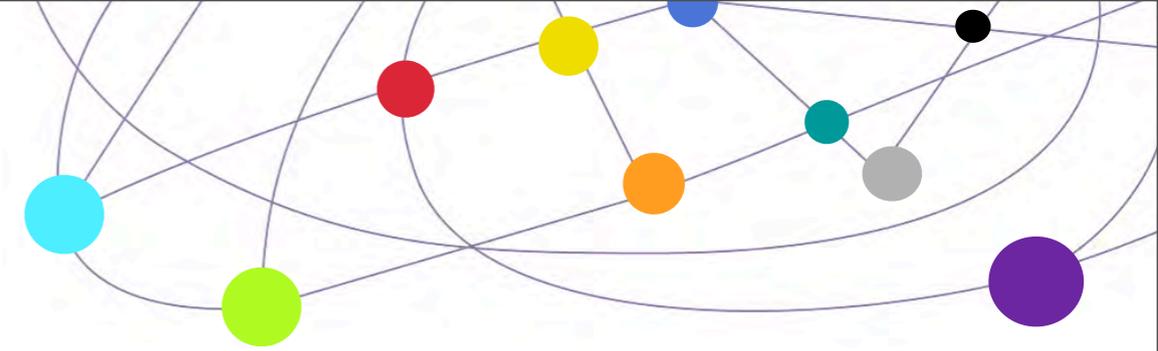


10 Participation



Share

Second, to be willing to share experiences, materials and knowledge

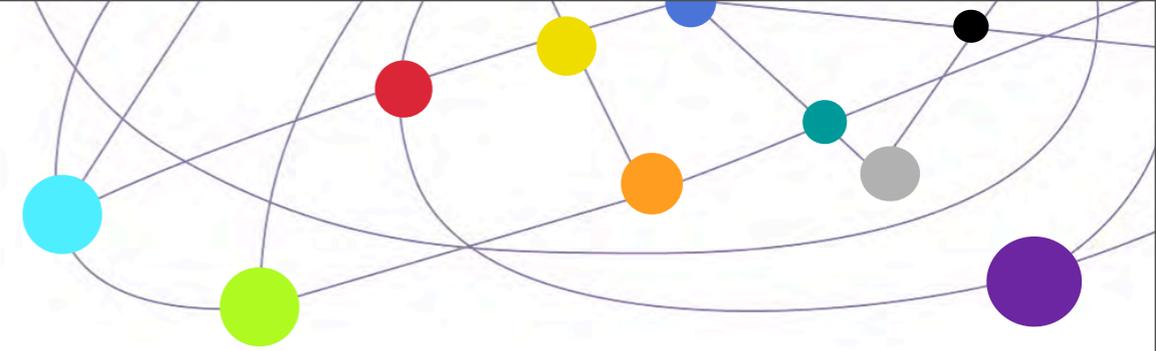


10 Participation

Co-create



Third, to start co-creating knowledge with colleagues from the rest of the world!



10 Participation

Co-create

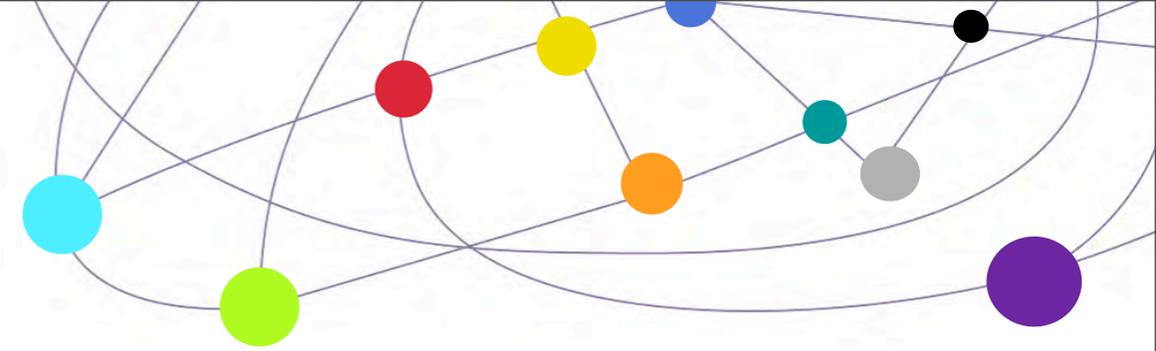
This is how the OPIMEC community succeeded in creating an entire book in less than a year, from scratch and with no in-person meetings.

Volunteers contributed from all over the world, simultaneously, in English and Spanish, by using OPIMEC with no financial incentives.

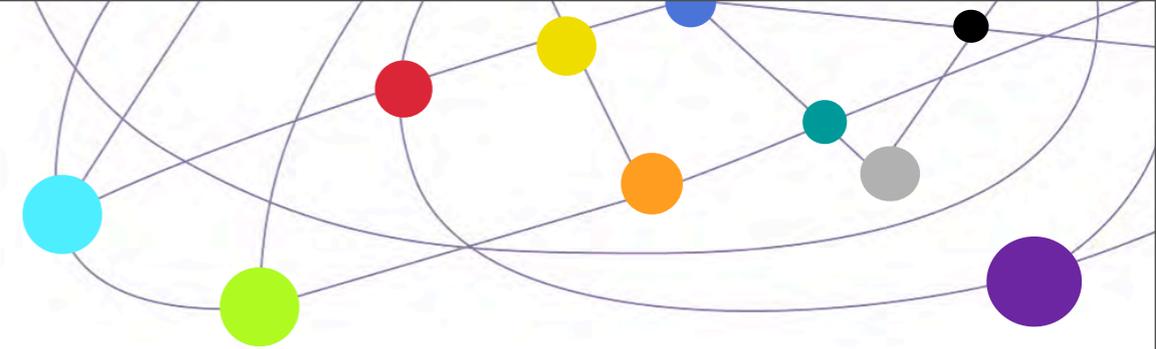
To the best of our knowledge, this was the first attempt to co-create knowledge, globally around a health issue, using Web 2.0 and social networking tools and following the principles of contributorship and copyleft.

It was an exciting adventure!



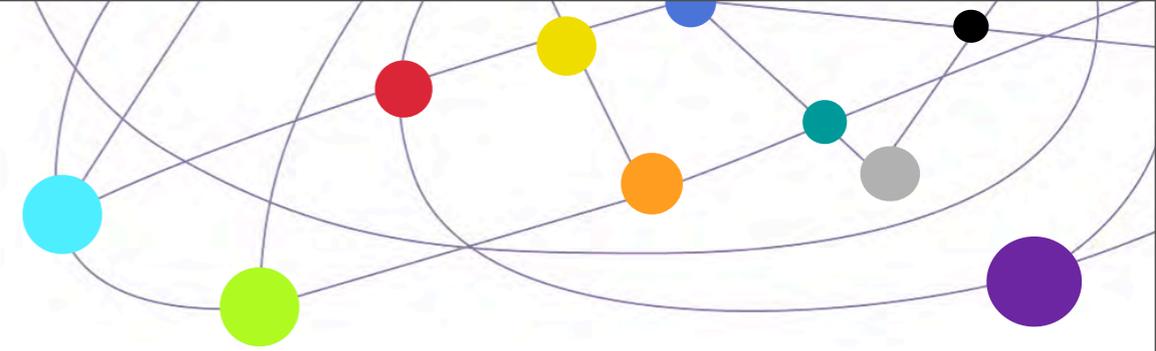


The lead contributors collected state-of-the-art information on the following ten different aspects of polypathology, synthesizing the best available knowledge, identifying gaps and eliciting ideas on innovative strategies to address them

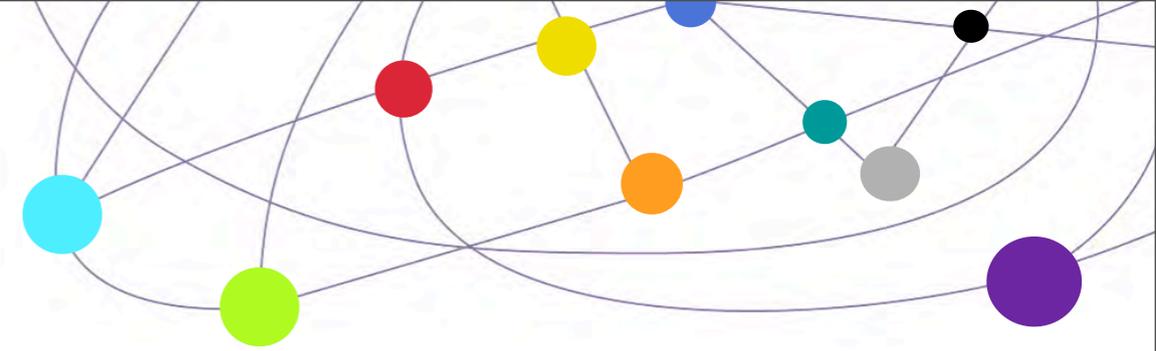


Knowledge areas-Workteams

1. **Why** Multiple Chronic Diseases? Why now? What is going on around the world? **AR. Jadad**
2. The **language** of polypathology. **M. Ollero, M. Bernabéu and M. Rincón**
3. **Prevention** and health promotion. **R. Smith, C. Rabadán-Diehl, A. Cravioto and A. Wall-Medrano**
4. **Management** models. **R. Bengoa, F. Martos and R. Nuño**
5. Patient **education** and self-management support. **P. McGowan P, K. Lorig, AR. Jadad**
6. Primary **Care**. **M. Ollero, JM de la Higuera, M. Bernabeu and MA Ortiz**
7. Supportive care and **palliative** care. **A. Lee and O. Yew Jin**
8. **Integrative** medicine. **C Tamayo, A Arreaza and C Almonte**
9. **Socioeconomic** implications. **F. Martos and E. Herrera**
10. Genomics, Robotics, Informatics/eHealth and Nanotechnologies (**GRIN**). **J.Lorca**
11. Dealing with the challenges of polypathology, together: **What's next?** **A. Cabrera, AR. Jadad**



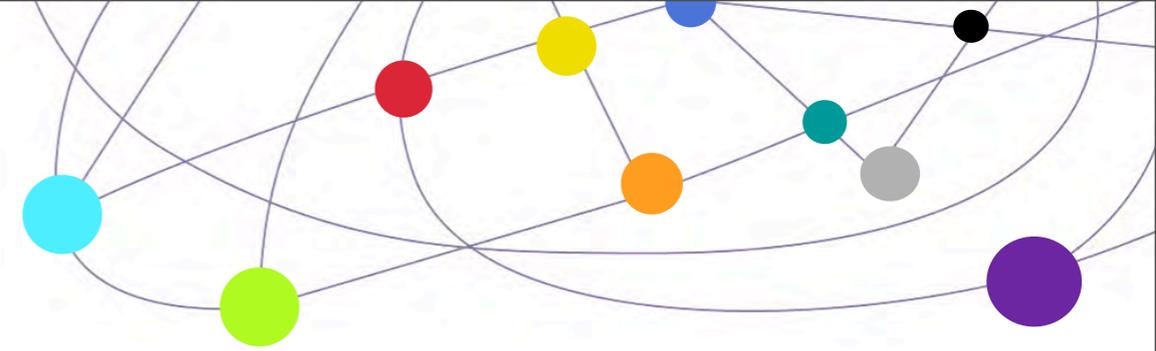
**This effort set an example of
global knowledge co-creation, in record time,
around major health challenges, transcending
traditional boundaries**



What did we learn during the process?

- It is essential to have a clear common goal, a diverse editorial group, and institutional support
- Matching versions of the same document in multiple languages is difficult
- Firm deadlines for contributions must be set and enforced
- Technological glitches are unavoidable
- Copyleft and contributorship are viable options

These are some key lessons we learned during
the process of knowledge co-creation

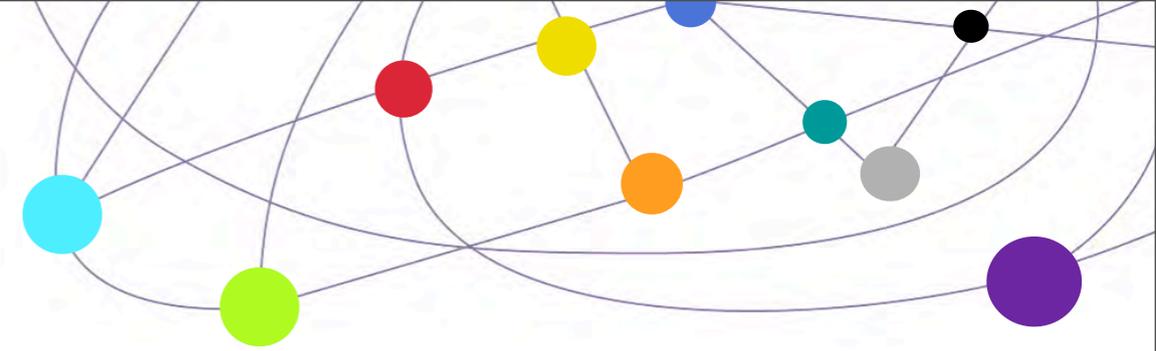


More ongoing co-creation projects emerged

REPORT



The report of a consultation by the European Commission on
Active and Healthy Ageing



More ongoing co-creation projects emerged

DECLARATION →



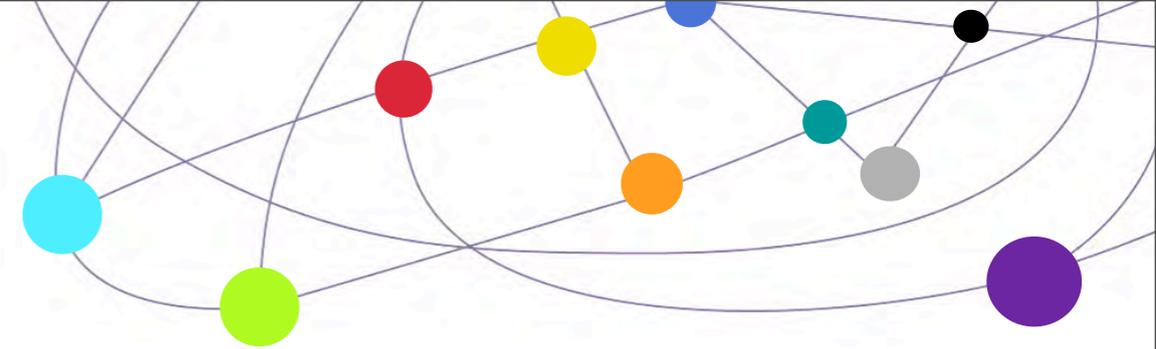
CONFERENCIA NACIONAL
PARA LA ATENCIÓN AL PACIENTE
CON ENFERMEDADES CRÓNICAS

Sevilla, 20 de enero de 2011

DECLARACIÓN DE SEVILLA



A declaration for improving the care quality of people with chronic diseases
which is driven by Spanish scientific societies.
Its first version was presented in January in Seville.

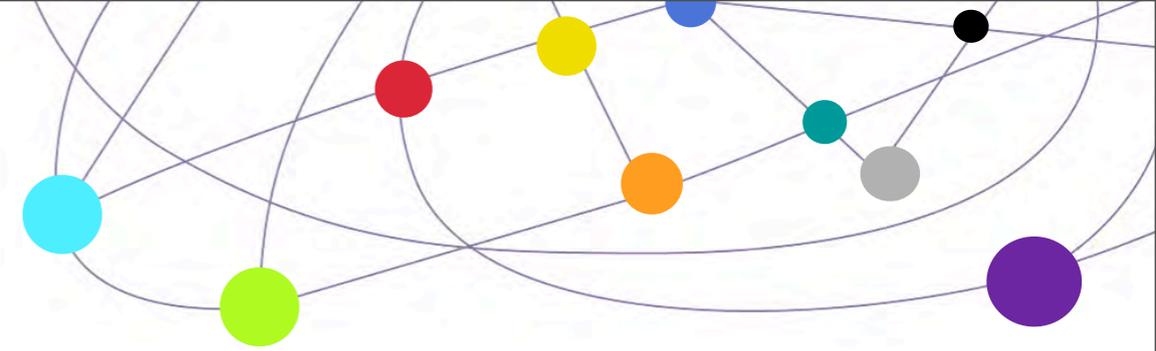


More ongoing co-creation projects emerged

Strategic Plan



The Strategic Andalusian Plan on caring for people with chronic diseases. It will be launched at the Care Quality Forum that will be celebrated in October of 2011 in Granada, Andalusia, Spain



More ongoing co-creation projects emerged

RESEARCH AGENDA

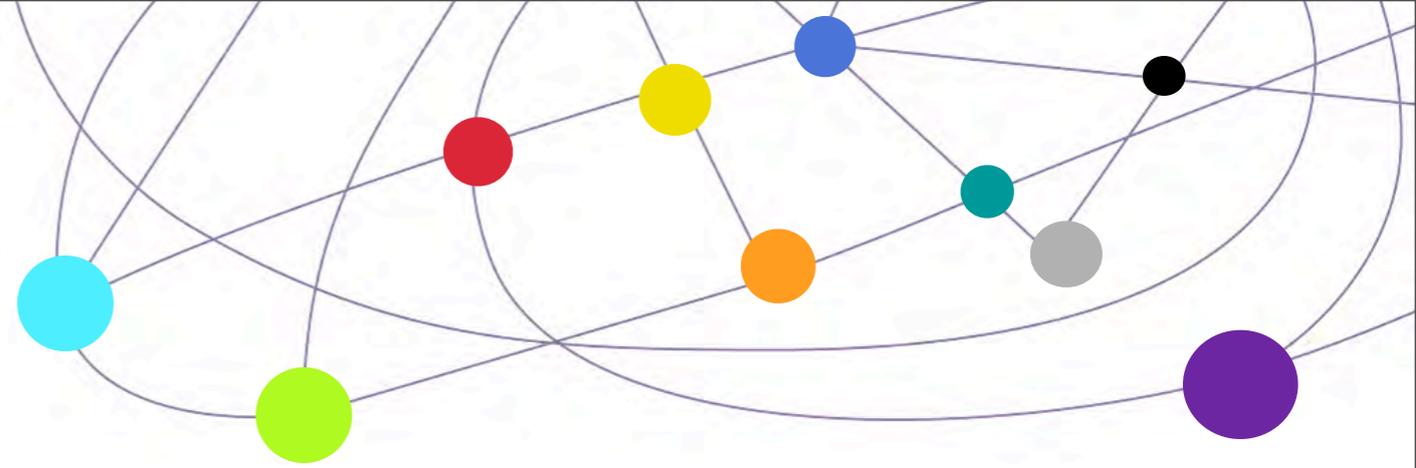


**Generating Innovative Strategies for Care of the Elderly with Complex Needs:
A Dialogue with Thought Leaders from Ontario and Europe**

The European Grant Planning Committee meeting to define a research agenda around the integrated systems of health and social services that are required to meet the needs of elderly individuals with complex chronic conditions.

OPIMEC

Observatory of Innovative Practices for
Complex Chronic Disease Management



**You are welcome to participate in these projects.
OPIMEC will also support any other initiative of interest to you.**



The Andalusian team: **Andrés Cabrera**, **Diana Gosálvez**, **Alejandro López**, **Begoña Isac**, **Antonio Contreras**

Please, contact us at info@opimec.org



Escuela Andaluza de Salud Pública
CONSEJERÍA DE SALUD