

COMPASS

CrOss-cultural Model for Postdischarge Assistance and Sustainable digital Solutions in cardiac rehabilitation, through multidimensional validation approach

ABSTRACT

Ischemic heart disease remains the leading cause of morbidity and mortality across Europe, significantly straining healthcare systems. The European Alliance for Cardiovascular Health (EACH) has advocated for a comprehensive EU policy to enhance the cardiovascular health of Europeans. Essential to this approach are horizontal, cross-cutting actions such as fostering an incubator for digital transformation in cardiovascular health. Meanwhile, critical vertical actions include advancements in prevention, ensuring equal access to high-quality, patient-centered healthcare, increasing the uptake of rehabilitation services, and emphasizing the quality of life and psychosocial outcomes for those with cardiovascular diseases. Leveraging technology to ensure continuity of care could enhance healthcare 2

services, aligning the real needs of patients with the available healthcare workforce, and managing supply and demand effectively. The COMPASS program intends to fill this gap: the implementation of patients' stratification and cardiac rehabilitation pathways according to well-defined guidelines, but with a transcultural approach provided with a co-design and co-creation methodology by a leading group in the European preventive and rehabilitation strategies could have a huge impact on the European health care systems. The multidimensional evaluation will provide the validation of the cross-cultural adaptation across the involved countries (Italy, Portugal and Switzerland). The project will particularly focus also on comparing different healthcare systems to thoroughly examine economic and reimbursement aspects, aiming for a broader applicability. The adoption of new digital solutions is often validated and regulated within narrow local or regional frameworks, lacking a broader global policy generalization or evaluation. European nations must collaborate to implement common clinical guidelines, cross-cultural validation of non-clinical aspects, and reimbursement strategies, enabling digital solutions that improve access to healthcare services without necessitating additional resource investments.

Aligned with the EACH initiative, our proposal is dedicated to advancing cross-cultural adaptation processes for digital transformation in tertiary prevention of cardiac disease. This includes the implementation of rehabilitation programs and the national optimization of reimbursement strategies, in line with European Regulation 2021/2282. Our goal is to facilitate a digital shift, enhancing patient outcomes and system efficiency.

KEYWORDS

- Rehabilitation
- Digital tools
- Cultural adaptation
- Sustainability
- Heart disease
- Tele-rehabilitation

DURATION

36 months

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