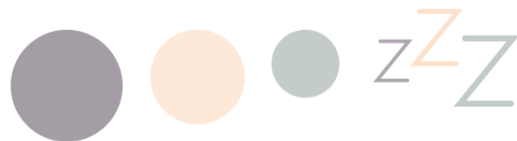




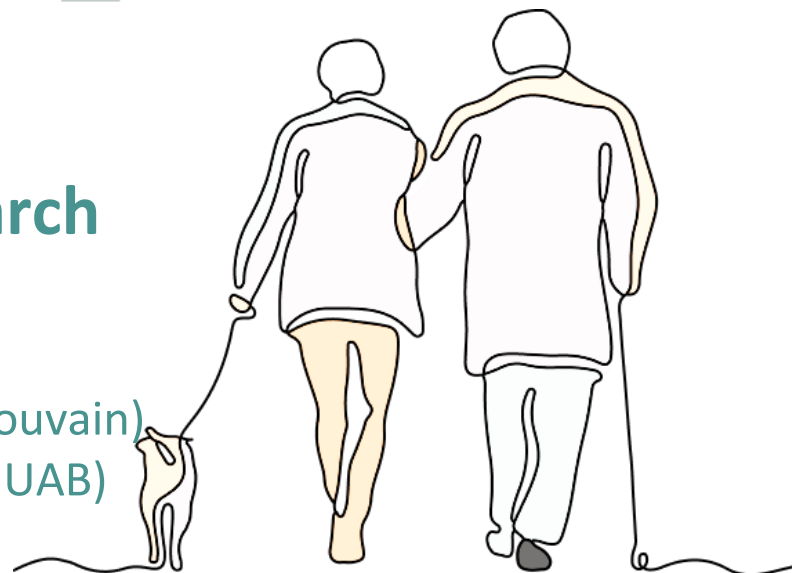
# BE-SAFE



## Patients Involvement in Quality and Safety Research

BE-SAFE Journey

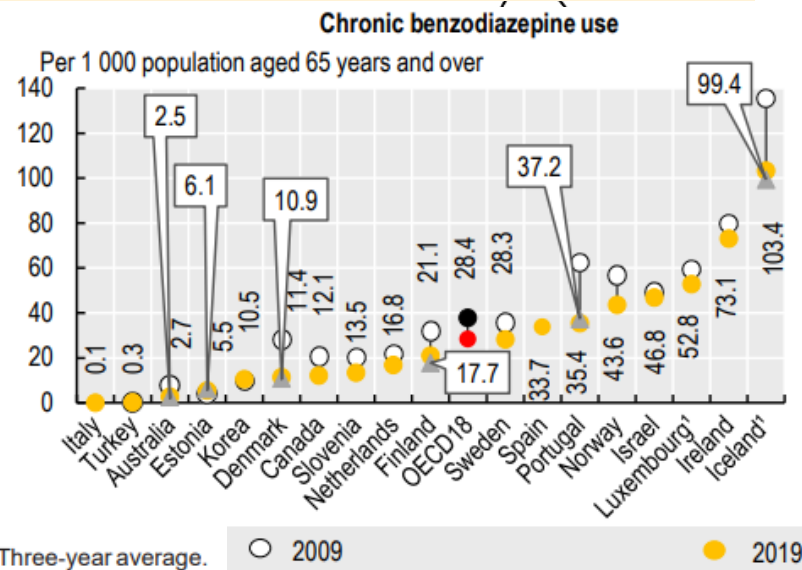
Prof. Anne Spinewine (Université Catholique Louvain)  
Laura Fernández (Fundació Salut i Envel·liment UAB)



# 1<sup>st</sup> The problem BE-SAFE Challenge Benefits

Benzodiazepines and sedatives hypnotics (BZD) are frequently used by older adults

- Widely prescribed for older adults for anxiety and sleep disorders; (too) long duration
- Potential risk of adverse events: fall and fracture, delirium, hospitalization, dependence, ...
- Gender component of the problem
- Overuse practice measured by OECD



Source: OECD Health Statistics 2021.

# 2<sup>nd</sup> The problem **BE-SAFE** Challenge Benefits

## WP7 Management and coordination

- Ethical and legal compliance: Data management plan
- Smooth project navigation; Knowledge integration and sharing

## WP1 Patient, caregiver & healthcare system perspectives

- Clinical pathways & healthcare system
- Barriers and facilitators to discontinue BSHs
- PREM to reduce harmful medication

## WP2 Clinical guidelines and implementation recommendations to reduce BSHs

- Guidelines to reduce BSHs
- Recommendations to implement BSH discontinuation

## WP3 Development of patient-centred materials and procedures to reduce BSHs

- Therapeutic protocol for BSH discontinuation
- Educational and information materials for patients and physicians

## WP4 Multicountry cluster RCT to reduce BSHs

- 470 patients included
- BSH discontinuation and sleep quality measured

## WP5 Case studies and clinical pathways

- Case studies to analyse why intervention worked, inclusive context specificities
- Adapted clinical pathways

BE-SAFE concept validated

- ## WP6 Patient Partnership Advisory Council Implementation and
- Patient Partnership Advisory Council; International networking
  - Comprehensive information and communication materials

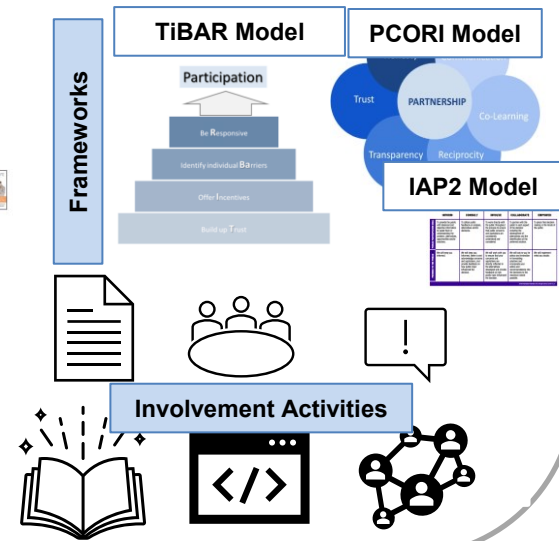
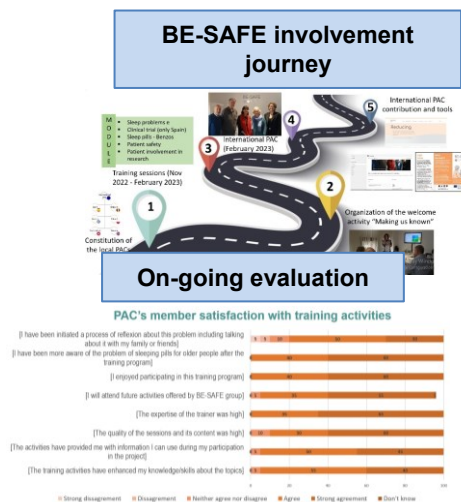


# 3<sup>rd</sup> The problem BE-SAFE **Challenge** Benefits

## Levels of engagement:

- Input from patients and families through advisory committees
- *Partnership* with the care&research team

Recruitment and Retention:	Diversity and Representation:	Ethical Considerations:
Communication and Accessibility:	Burden on Participants:	Power Dynamics
Data Quality	Resource Constraints	Sustainability
	Reporting and Dissemination	



# 4<sup>th</sup> The problem BE-SAFE Challenge Benefits

- Considerable benefits of patient involvement
- Need for increased policy attention and investment
- **“Research with”** rather than ‘research on’ patients an imperative – patients –ultimate beneficiaries

*Source : ‘What research means to patients, and the importance of partnership with practitioners in research’ Hazel Thornton - Department of Health Sciences, University of Leicester, Leicester, UK*





# BE-SAFE



BE-SAFE: Implementing a patient-centred and evidence-based intervention to reduce Benzodiazepine and sedative-hypnotic use to improve patient SAFETY and quality of care” is supported by the European Union's Horizon Europe research and innovation programme under the grant agreement No 101057123, and by the Swiss State Secretariat for Education, Research and Innovation (SERI) (contract No 22.00116).

## Thank you very much!

Follow us on social media



@BESAFE\_HORIZON

[www.besafe-horizon.eu](http://www.besafe-horizon.eu)

