
Heart

5.11 'Raffaello Project': Application of the 'Disease and Care Management' Approach in Cardiovascular Disease Prevention

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Introduction. The 'Raffaello Project' is aimed to evaluate the efficacy of an innovative model of healthcare management within the primary care setting in the prevention of cardiovascular diseases. The research project, co-funded by the Ministry of Health and Pfizer Italy, has been started in 2007 by the Regional Health Agencies of Regione Marche and Abruzzo.

Methods. Study intervention disease management model based on the 'Care Management Team' made of the General Practitioner (GP), the Nurse acting as Care Manager, the Patient and any Specialist needed, all working to elaborate and implement a personalized health plan, according to the best evidence-based guidelines on cardiovascular prevention. Study design cluster randomized trial. Within the Primary Care Groups of Regione Marche and Regione Abruzzo, 8 of them have been randomized to act as study group implementing the disease management model and 8 of them will act as control group carrying on with usual practice. Study intervention will last 12 months. Patients to be enrolled 900 patients between 35 and 80 years old will be enrolled if having at least one of the following risk factors out of control: hypertension, diabetes, smoking, dyslipidaemia, obesity. Primary outcome will be the proportion of patients meeting clinical goals in at least one of the risk factors present at enrolment, without worsening of the rest of them.

Discussion. The main innovative role of the Disease Management model being implemented within this research project is by any doubt represented by the participation of the patient in the definition of his health plan, by the teamwork synergy realized by the 'Healthcare Management Team' and by the introduction of the care manager, providing a real coaching activity to the patient, based upon motivation, information, support and educational material. Patient enrolment has started in March 2008 and so far there are about 450 patients enrolled.