



C3-Cloud

“A Federated Collaborative Care Cloud Architecture for Addressing the Needs of Multi-morbidity and Managing Poly-pharmacy”

PRIORITY Objective H2020-PHC-25-2015 - Advanced ICT systems and services for integrated care

D5.1 - Self-Management Training Materials for Increasing Patient Adherence to Care Plans

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1. Executive Summary

Deliverable 5.1 describes the work that was carried out in Task 5.1 to deliver:-

*‘Self-Management Training Materials for Increasing Patient Adherence to Care Plans.
Static and dynamic self-management training materials for the patients and their informal
care givers to increase patient’s adherence and confidence in their care management’*

Self-management or self-efficacy is central to the management of chronic disease and multi-morbidity. The education of patients, and their informal care givers, is instrumental in empowering patients to give them the knowledge and confidence to effectively and proactively manage their conditions day to day, in conjunction with their health and care professionals. This in turn will work towards addressing the problem of lack of adherence to treatment regimes and care plans.

C3-CLOUD will provide this education through a variety of means, to ensure that patients and their informal care givers have an enhanced understanding of their conditions and how they affect each other, what treatments are available and how to maximise them, and where lifestyle changes would be beneficial. It will also suggest areas where patients can help themselves through the provision of information and through setting goals and activities in their care plan.

The task has met its objectives through the delivery of 5 core outputs, as outlined below, which have been heavily influenced by the principles and practices of the Stanford self-management methodology (now known as the Self-Management Resource Centre)*.

Firstly, it will provide a wide range of validated and tested core materials from established sources in each pilot site which will link to the care plan, particularly the goals and activities. The materials, which take the form of web pages, PDFs, videos, audio files, diagrams etc., will be assigned to the patient, and their informal care givers (where appropriate) by their health and care professionals, on a semi-automated basis within the Patient Empowerment Platform (PEP). This will be achieved by categorising the materials in a standardised and consistent way so that they can be presented to the health and care providers on the basis of the patient’s care plan, goals & activities, health concerns or specific interests at that given time. This will ensure that the right materials are selected at the right time to provide patients with a structured and well timed education.

Secondly, the task has developed a video which outlines the complexities of chronic disease and multi-morbidity but also introduces the concept of self-management theory and presents some of the things which patients might do to help themselves. The video is approximately 9 minutes long and patients and their informal care givers will be encouraged to watch it at the start of the trial but also at any other time during the trial. The purpose of this video is to provide patients with a basic grounding in self-management theory, including its 3 tasks and 5 skills [3], and prepare them for the educational process that will follow during the trial.

Thirdly, during the trial, patients will be encouraged by their health and care professionals to participate (where applicable and available) in existing self-management training programs and to make the best use of available support groups and information resources. To this effect the pilot sites have made a list of such organisations and sources which will be included in the C3-CLOUD solution.

* It should be noted that during the course of the task, all Stanford programs have been transitioned to the Self-Management Resource Centre (SMRC). The SMRC stipulates that the term ‘Stanford’ should no longer be referred to. However, due to the stage of the development of this deliverable, and to ensure synchronicity with the DOA, it will continue to be referred to in D5.1 as the ‘Stanford Method’

The fourth and fifth outputs are not strictly training materials. The fourth output is a leaflet which explains to the patients and their care givers what educational materials might be made available to them during the trial, when to use them and how to report issues. Again, this leaflet reinforces the importance of understanding chronic disease and multi-morbidity and the resulting importance of self-management practices. The fifth output is a wallet sized card which provides very high level information about the project, including the URL for the system and who to contact in the event of problems and in emergencies.

In addition to the 5 key outputs, the Task 5.1 also initiated the planning of dependent activities that would be picked up in other tasks, including (i) how materials would be selected for, and presented to patients, (ii) how materials might be made more interactive in PEP, (iii) how materials will be evaluated during and after the trial, and (iv) how materials would be administered during the trial. Although the task has not covered these in detail, it has ensured that these activities have been planned for at the relevant time.

It should be noted that the training materials delivered in Task 5.1 will not work in isolation to achieve the objectives of the task, as they are just one of the elements which go together to support the more holistic education of the patient and in addressing the care plan adherence issue using C3-CLOUD during the trial. For example, patients will also be educated through (i) agreeing and managing their goals and activities in their care plan, (ii) by completing wellbeing and monitoring questionnaires, and (iii) through the more conventional consultations with their health and care professionals. However, the materials produced in Task 5.1 will compliment these approaches and assist health and care professionals with becoming patient educators.

This deliverable will provide more detailed information about the materials described above, including the methodologies that were applied. It will also identify any issues that were encountered and make recommendations for how the use of training materials might be developed further both during and after the project.

Task 5.1 has adopted a pragmatic solution to providing patients and their informal care givers with education in self-management and with helping them to better understand their conditions, which maximises the functionality of the technology that is under evaluation. Furthermore, to some extent, Task 5.1 will provide a test bed to assess what educational materials are beneficial to patients in adopting self-management, and what is the best way of presenting them.

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4. Definitions & Acronyms

Abbreviation/Acronym	Definition
DOA	Description of Action
PEP	Patient Empowerment Platform
PMB	C3-CLOUD Project Management Board
RJH	Region Jamtland Harjedalen
SMRC	Self-Management Resource Centre
Stanford Method/CDSPM	Chronic Disease Self Management Program run by Stanford University
STMB	C3-CLOUD Scientific and Technical Management Board
SWFT	South Warwickshire NHS Foundation Trust

5. Introduction

5.1 Description & Purpose of Deliverable 5.1

Deliverable 5.1 is defined in the Description of Action (DOA) as follows:-

‘Self-Management Training Materials for Increasing Patient Adherence to Care Plans. Static and dynamic self-management training materials for the patients and their informal care givers to increase patient’s adherence and confidence in their care management’

The work which supports the production of D5.1 was completed within Task 5.1 (described in section 5.2 below) and therefore this deliverable will:-

- outline the objectives and scope of Task 5.1
- describe the methodology that was applied, and the activities that were undertaken
- describe the outputs (materials) that were produced
- identify any issues that were encountered
- report on the key findings and make recommendations for future work

5.2 Overview of Task 5.1

The aim of Task 5.1 was to *‘to provide self-management training to patients and their informal care givers to increase patient’s motivation and confidence to manage his chronic conditions. Training materials about the chronic conditions, medications, their benefits, side-effect management, duration of therapy, and what a patient can expect will be developed as both static (videos, written guidelines) and dynamic (interactive demos) content. The Chronic Disease Self-Management Program introduced by Stanford will be followed.’*

Task 5.1 also supports Research Pillar 4 in the DOA, as follows:-

‘We will provide self-management training to patients and their informal care givers, such as family members. We will follow the guidelines provided by the Chronic Disease Self-Management Program introduced by Stanford, and which has been successfully adopted in many different countries including England, Austria, Switzerland, and Germany. Training materials about the chronic conditions, medication, its benefits, side-effect management, duration of therapy, and what a patient can expect will be provided. The purpose of such an educational intervention is to increase patient’s ability to think critically and act autonomously as a part of patient empowerment process. In this way, the patient’s knowledge and beliefs about his illness will be enhanced; patient’s motivation to manage it and confidence (self-efficacy) in their ability to engage in illness management behaviours will be increased.’

Ultimately, the role of Task 5.1 has been to identify, assess, provide, and where necessary, produce a range of information and training materials to support the trial patients (and their informal carers), in better understanding their conditions, and thus encouraging and motivating them to adhere more closely to their care plan and for taking more control of the day to day management of their diseases (self-management).

As a result of the outputs of Task 5.1, patients and their informal care givers will be given access to educational materials at the relevant points in their care plan to support and educate them at the appropriate time. For example, they might be provided with information about their disease(s) and who to talk to after diagnosis. Then once they have a better understanding of their illness, or have

come to terms with it, they may be provided with information about their treatment options, and about beneficial lifestyle changes, coping techniques and activities to improve their long term outcomes and to prevent or slow down disease progression. The outputs/materials that will achieve this are shown in the table below.

Output No	Description of Output
1	<i>Core educational materials</i> provided via C3-CLOUD that will complement an individual care plan, and provide information on a range of general and disease specific topics, e.g. information about the disease, medications including side effects, treatment options & approaches, lifestyle and behaviours etc. These consist largely of web pages and PDFs from recognized and validated sources that can be made available to the patient (and their informal care givers) in PEP at the discretion of the healthcare provider, in line with their disease, their state of well-being, their treatment status and the stage in their care plan, and any goals and activities that have been set. These materials are analysed in detail in section 8.
2	<i>Introductory training video</i> on the impact and complexity of long term disease and multi-morbidity and stressing the importance of self-management and treatment compliance. It will also suggest some key things that patients can do to help themselves.
3	<i>Identification of existing training programmes, patient support groups and information sources</i> which patients can be introduced to via C3-CLOUD by their health and care professionals, or even at the patient's own discretion.
4	<i>Leaflet</i> which provides an overview of the training materials that will be available in C3-CLOUD, the purpose of these materials and how they can be used. The leaflet also reinforces the importance of self-management.
5	<i>Wallet sized project card</i> which provides basic information about the project, including the location of the system (URL) and where to get help if needed.

The materials above are described in more detail, including their methodology, in section 7.

In addition to the outputs above, consideration was also given to any dependent work that will need to be undertaken in other tasks to support the training materials produced, either during or after Task 5.1. In particular, Task 5.1 has started the planning process in relation to the following:-

1. How the materials will be selected for, and presented to, the patients and their care givers in PEP, including the selection criteria to be applied and the technical mechanisms for applying them. This also includes categorising the materials in a standardized and consistent way
2. How the 'interactivity' of the selected core materials could be enhanced
3. How the materials will be evaluated both during and after the trial
4. Ensuring that arrangements are in place for administering and supporting the materials during the trial

These dependencies are discussed in more detail in section 9.

5.3 Task 5.1 in the Context of the Wider Project

It should be noted that the training materials delivered in Task 5.1 will not work in isolation to achieve the objectives in section 5.2 above, as they are just one of the elements which go together to support the more holistic education of the patient and in addressing the care plan adherence issue using C3-CLOUD during the trial.

In particular, care plans will provide the patient with more ‘personalised’ guidance but the training materials produced by Task 5.1 will be generic, i.e. not individual patient specific, although, the materials presented to the patient will be relevant to the specific conditions, and the management stage, of the patient.

The following are other examples of educational materials and tools provided by other areas of the project which work with the outputs of Task 5.1 to complete the picture:-

- Patients and their informal care givers will jointly develop their care plan with their health and care professionals, and will be able to provide feedback on the activities and goals in their care plan through PEP, e.g. uploading readings such as blood pressure and details of dietary intake etc. These will provide the truly ‘interactive’ materials which will help to train patients in their ability to engage further illness management behaviours, but will be supported by the related training materials from Task 5.1.
- During the trial, patients, and possibly their informal care givers will be invited through PEP to complete validated well-being and monitoring questionnaires in PEP which have been selected by the pilot sites. The questionnaires are still in the process of being selected but, for example, in SWFT, patients will most likely be offered (amongst others) questionnaires relating to their medication compliance, exercise and social behaviours and how they interact with their health and care providers. Health and care professionals will be able to use the results from the questionnaires to address any management concerns through setting goals and activities, supported by educational materials from Task 5.1.
- Patients and their informal care givers will continue to get direct guidance & training from their health and care professionals during the pilot both through the agreement and management of their care plan and through other more conventional methods, e.g. during face to face consultations. Health and care professionals involved in the trial will encourage patients to self-manage, and the easily accessible training materials within C3-CLOUD will assist health care professions with becoming patient ‘educators’.

Therefore, the training materials in Task 5.1 have been designed to complement and supplement the above and provide education on specific topics related to the 4 target conditions, e.g. symptoms, risk factors, tests, treatments, symptoms, but also on more generic aspects such as emotional management, smoking cessation etc.

Given the context above, it was important to avoid overlaps in Task 5.1 and to ensure that the scope remained achievable within the time and resource available. Therefore, the scope of the training materials produced was to ‘plug the gap’ in, or help to inform, the goals and activities in the care plans.

6. Background to the Task

6.1 Self-Management Concepts and the Role of Training Materials & Education

C3-Cloud will develop training materials to facilitate patient self-management aiming to improve treatment compliance and adherence. Such self-management programmes are necessary as chronic diseases have no cure but require continuous treatment and management. The idea of self-management is to engage people/patients in health promotion activities such as exercise and being responsible for day-to-day management of living with a chronic disease.

People are always managing their health whether in a positive or negative way and self-management programmes can support people in managing health more positively. These programmes aim at helping patients to maintain a positive psychological wellness [1] with three sets of tasks [2]: (i) medical management – medication adherence, diet etc., (ii) maintaining, changing or developing meaningful ways of life, and (iii) dealing with emotions. To achieve these tasks, five skills are essential: problem solving, decision making, resource utilization, forming of a patient/health care provider partnership, and taking action [3].

The outcomes of self-management programmes can be explained by the underlying mechanisms of self-efficacy theory [4]: increasing the patient's self-efficacy, i.e. the patient's belief in oneself, the patient's confidence, can alter behaviour. In this case, improving the patient's self-efficacy will improve health outcomes.

The enhancement of self-efficacy must be a key component of successful self-management programs. Developing self-efficacy must include four ingredients of efficacy enhancement [5]:-

Performance mastery: getting people involved actively: develop and evaluate action plans

Modeling: materials (written and audio) should reflect the targeted population. People act as (role) models for others.

Interpretation of symptoms: help patients form alternative explanations for symptoms to help them better manage their disease.

Social persuasion: people are highly influenced by their surrounding people, thus creating a social situation where all members of a group experience positive effects it will increase the individual's self-efficacy.

Patient self-management is therefore key to effective and efficient care of chronic disease patients, bridging issues in existing health systems designed for acute disease health care, bringing together patients, health professionals and caregivers, and empowering patients to better understand and handle their disease(s) [6].

The concepts of treatment compliance and adherence are specifically crucial for patients with chronic diseases as they are required to strictly follow their prescribed treatments and adhere to their drug regimen to prevent complications and disease progression or exacerbation [7]. In an assessment of self-management, compliance and adherence for chronic kidney disease patients, Costantini [8] states that a shift from a provider-patient or provider-provider communication [9] towards the patients' perspective could make compliance and adherence concepts obsolete. The patients' perspective includes means of self-management and patient empowerment. It gives patients greater control over their drug regimen and allows individuals to actively utilize their chronic illness expertise and build one's confidence in the ability to manage their health and maintain active and fulfilling lives.

One major factor in regard to medication adherence appears to be education and knowledge. Results from a 2017 study on the assessment of medication adherence among type 2 diabetic patients [10] indicate that diabetes related knowledge plays a significant role in improving medication adherence, hence measures to increase disease related knowledge, such as nursing, training materials, or lectures can improve patient education and thus adherence. As Costantini suggests:

“A self-management program could consist of a booklet containing information on recommended guidelines with a variety of strategies for the clients to select from enhancing their autonomy. The booklet would also contain information on symptoms and methods of managing each symptom. Self-management encourages clients to maintain ownership over their illness while integrating health care knowledge taught by nurses into their preferred lifestyles.”

One of the concerns with compliance is that some patients see the value of compliant behaviour while others do not [11]. Health professionals need to systematically examine self-efficacy education, which includes performance mastery, interpretation of symptoms, and verbal persuasion, in order to substantiate its impact on the health behaviours of chronic disease patients. Moreover, self-management is not set to replace patient compliance but to support it. After all, compliance and adherence are paramount to chronic disease management the diseases impose severe restriction, which, if ignored, detrimentally alter disease trajectory [12].

One of the most prominent programmes is the Chronic Disease Self-Management Program (CDSMP) (see part 6.2 below) developed by Stanford University’s Patient Education Research Center. The program is an educational program in self-care that helps chronic patients or caregivers to acquire knowledge and skills related to the disease and its management. The goal is to provide information to better understand the disease, to increase patients’ self-responsibility, to train skills in self-care and disease management and to promote changes towards healthier lifestyles. The programme applies the underlying mechanisms of self-efficacy to increase the patients’ psychological well-being. The exact method will be outlined in a following chapter.

Accompanying studies show that when patients are more involved with their own chronic illness management: health outcomes improve; groups receiving self-management education spent less time hospitalized due to illness-related complications [13]; the study participants were not significantly different in the number of physician visits possibly indicating that chronic illness patients require regular medical monitoring [14],[15]. On a different note, self-management programmes also have economic effects: reductions in emergency room visits and hospitalization frequency [16]; in a 12 month study by Ahn et al. [16], patient hospitalization showed a statistically significant reduction in emergency room visits of 5% as well as a 3% reduction in hospitalization after six months. This translates into net savings of \$364 per participant and a national savings of \$3.3 billion if 5% of adults with one or more chronic conditions.

The results of the CDSMP mail tool kit (as explained in Section 6.2.2) indicate that the triple aim of healthcare [17] was significantly improved: (1) improved care (communication with health care providers and medication adherence); (2) improved health (lessening of symptoms, fewer unhealthy days, and for people with diabetes: lessening symptoms of hypoglycemia and improved A1C [glycated hemoglobin]); and (3) less health care utilization.

Adoptions of the CDSMP, such as the Spanish Diabetes Self-Management Program have been successfully implemented and evaluated for the C3-Cloud pilot region Basque Country [18],[19] [29],[30].

One study among asthma patients [20] indicates that a self-management program with written guidelines and course instructions can have little effect on compliance to self-management and medication adherence. The factors can be manifold: the quality of the education material and courses, medical literacy of the patients, or severity of the disease. Therefore, it is crucial when designing self-management and training materials to take into account such aspects. For education material, it is

recommended that information be delivered at the 6th grade reading level [21]. It is important to note that this reading level should be the point of reference in order to reach every participant equally and provide the highest grade of understanding. In an assessment of education material for patients with psoriasis, twenty years ago, Feldman et al. [22] demonstrated that all printed training materials were delivered at higher reading levels than 6th grade, thus written inefficiently. In a more recent work, Smith[23] re-assessed the development of (online) training material. His findings illustrate that all material readability has improved over the course of twenty years, however, they still fail to meet the desired 6th grade reading level.

In summary, simply providing information is not sufficient for behaviour change and people may struggle to integrate this advice into their lives [24]. Self-management programs and respective training materials also need to take into account health literacy [25], computer skills (where appropriate) and the patient perspective [26]. However, if these criteria are met, self-management programs can have beneficial impact on health care, health improvement, reductions in physician visits [27], and on economic factors [28].

6.2 The Stanford Methodology

It was documented in the DOA that the development of the training materials in Task 5.1 would follow the Stanford Method. Therefore, this section provides a summary of the main characteristics of the method and then section 7.2 explains how its principles and approaches have been incorporated into the Task 5.1 methodology and how they can be emulated through the C3-CLOUD technology.

6.2.1 Overview

The Stanford Patient Education Research Center was part of the Department of Medicine at the Stanford University School of Medicine in California, U.S.A, and its work spans back to 1978. It has recently (2017) been officially re-launched as the Self-Management Resource Center (SMRC), including a new website - <https://www.selfmanagementresource.com/>. All work will now be carried on through this new organisation*.

** Please note that although the new organisation requests that the term ‘Stanford’ is no longer referred to, the Stanford Method will still be referred to in D5.1 due to the late stage of the change and to ensure synchronicity with the terminology in the DOA.*

The SMRC describes its purpose and programmes on their new website as follows:-

‘A Better Way to Manage Chronic Disease - Our self-management programs help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives.....Our programs, including the renown Chronic Disease Self-Management Program (CDSMP), have enhanced the lives of hundreds of thousands of people around the world, and will continue to do so via the Self-Management Resource Center. Our small group workshops, for people with chronic disease and their caregivers, are offered in community settings and online. The programs are facilitated by leaders with their own health challenges. Our programs are highly interactive, focusing on building skills, sharing experiences, and support. Our staff of professional health educators have worked together for thirty years, and are all highly respected in the field of health education and nursing. Our published books, consumer articles and peer-reviewed journal articles are extensive. We have served as technical consultants both nationally and internationally’.

In summary, the Stanford Method is an evidence-based educational programme (usually tested for effectiveness with randomised controlled trials) which aims to facilitate ‘self-management’ and helps chronic patients and caregivers to acquire knowledge and skills related to their disease and its management.

‘Self-Management’, which is one of the main lynchpins of the C3-CLOUD project, and the main driver for including the training materials in Task 5.1, is a process whereby the patient is an active participant in their treatment and the day to day management of their chronic conditions.

All Stanford programmes ‘rest conceptually on Albert Bandura’s *Social Learning Theory*, most particularly in the *self-efficacy construct* [31]’, which proposes that new behaviors can be acquired by observing and imitating others. Stanford programs are aligned with principles of self-management, community-based health education, community health workers and an empowerment philosophy’.

The method ‘places a strong emphasis on proactive tools to achieve healthier lifestyles, e.g. diet, exercise, management of emotions, and correct use of medication etc. Patients are also trained to set their own targets and to solve problems related to their condition, helping them to play a more active role in the management of their disease’. The method facilitates peer interaction and provides supporting documentation.

Lorig et al. [4] stated that training programmes should focus on supporting chronic disease sufferers with undertaking 3 specific tasks, and helping them to acquire 5 specific skills, as outlined in the table below.

Tasks	Skills
1. Medical management	1. Problem solving
2. Role management	2. Decision making
3. Emotional management	3. Resource utilisation
	4. Formation of patient-provider partnership
	5. Taking action

These skills and tasks, and how they are addressed in Task 5.1, are discussed in more detail in Section 7.2.

6.2.2 Stanford Courses

Stanford offer the following training courses to support patients in the development of their self-management capabilities:-

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Tomando)
- Chronic Pain Self-Management Program (CPSMP)
- Cancer: Thriving and Surviving (CTS)
- Diabetes Self-Management Program (DSMP)
- Programa de Manejo Personal de la Diabetes (Manejo)
- Arthritis Self-Management Program (ASMP)
- Positive Self-Management (PSMP)

The programmes which are most relevant in the context of the C3-CLOUD project are (i) the Chronic Disease Self-Management Program (CDSMP), and (ii) the Diabetes Self-Management Program (DSMP), both of which can be delivered using the following mechanisms:-

Face to Face Workshops

Self-management workshops are led by two facilitators, at least one of which must be a patient that has one or more of the chronic conditions themselves, and the other could be another patient or a health and care professional. Both trainers must have been trained by Stanford certified Master Trainers.

The workshops are face to face with approximately 12-16 participants (optimum 12), are 2.5 hours long and run every week for 6 weeks. They are held in community settings and are highly interactive, focusing on building skills, sharing experiences, and providing support.

As per the website, the subjects taught include:-

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining & improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision making
- How to evaluate new treatments

Participants make weekly action plans, share experiences, and help each other to solve problems they encounter in creating and carrying out their self-management program.

On-Line Workshops

Better Choices, Better Health™, previously named Self-Management @ Stanford Healthier Living with Ongoing Health Problems, is the online version of these courses and is delivered entirely on the Internet through Canary Health - <https://www.canaryhealth.com/>. Groups of about 25 people with a variety of ongoing health conditions participate together. Workshops are facilitated by two trained facilitators, one or both of whom are peers with a chronic health condition themselves.

Sessions are highly participative through internal messaging and online discussion boards, where mutual support and success builds the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Each workshop is 6 weeks with new lessons each week. Participants are asked to log on at their convenience 2-3 times each week for a total of about 2 hours/week.

Mail Program

A toolkit is also available which is mailed to participants who do not wish to participate in the face to face or on-line training programmes.

In support of the above, Stanford have developed a range of educational materials which can be purchased for use by both patients, informal care givers and health professionals. Most of these are to be used as part of the course, particularly the following:-

- Living a Healthy Life With Chronic Conditions
- Audio relaxation CD, Relaxation for Mind and Body

A full list of program material can be seen at -

<https://www.selfmanagementresource.com/resources/program-materials/>

6.2.3 Training Organisations to Deliver Stanford Programmes

Before Stanford programmes can be offered to patients and care givers by health and care organisations, and before training of leaders can take place, a Stanford licence must be purchased. Licencing details can be found at – <https://www.selfmanagementresource.com/licensing/>.

Representatives from the providing organisations must then be trained in the method. Training consists of 4½ days face to face training for both healthcare professionals and suitable lay persons with chronic disease. This can be delivered at the SMRC in the San Francisco Bay Area or with Stanford trainers travelling to local organisations. With the latter, up to 24 individuals can be trained by 2 master trainers on site. Each trainee also receives a detailed Leader's Manual, a copy of the workshop's textbook and audio CDs (if applicable).

On completion of the training, health care organizations are equipped for implementing and running Stanford style workshops and for cascading the method to other staff in, and other areas of, their organisation.

7. Task Methodology

This section explains the process that the Task 5.1 team went through to scope, define and deliver the training materials, including how the Stanford Method was applied.

7.1 Delivery of the Training Materials

7.1.1 Core (Existing) Training Materials

The core educational materials provided via C3-CLOUD will complement an individual's care plan and provide information on a range of general and disease specific topics, e.g. information about the disease, types and details of medications including side effects, treatment options & approaches, lifestyle and behaviours, etc. These consist largely of web pages, PDFs, videos and diagrams from recognized and validated sources that can be made available to the patient (and their informal care givers) in PEP at the discretion of the healthcare provider, in line with their disease, their state of well-being, their treatment status and the stage in their care plan.

The key objective of Output 1 is to ensure that trial participants and their informal care givers have access to 'contextual' resources which support them in the understanding and management of their conditions and in the adherence to their Care Plan. It will give them much of the information they need to incrementally develop their knowledge and understanding of their disease, and in theory, motivate them, and given them the confidence, to adopt a higher degree of self-management.

Principally, patients will be directed through PEP to documents or information sites/sources by their health and care professionals in the 3 pilot sites at the appropriate time in the care plan or according to the patient's status or learning requirements at the given time. For example, the patient may be given information about the disease itself when they are first diagnosed with it and then may be assigned more specific resources about treatment options and prognosis etc. when they are prepared to receive this information.

Where possible, the task has maximized the use of educational materials that are already freely available from established, validated sources in each pilot region. This decision was taken for the following reasons:-

- It is important that materials used have been clinically validated and adequately tested by patients and other end users to ensure that they are understandable by a wide range of learning abilities. The materials should also form part of tried and tested existing practice, and meet the local information standards, of the pilot sites.

In particular, Basque Country will be able to use materials from their own Stanford inspired programme, the Active Patient Program. Unfortunately, use of these same materials in RJH and SWFT pilot sites was not feasible as there would be a requirement to translate them into Swedish and English and then validate their use in the other 2 pilot sites. Furthermore, the Stanford materials themselves were not used due to the costs of purchasing them for the number of patients involved. Costs can be seen on the SMRC website - <https://www.selfmanagementresource.com/resources/program-materials/>. However, some of the free evaluation tools on the SMRC website have been utilized as outlined in 7.2.

- It was felt that it was necessary to provide a wide range of materials to cover the relevant topics and the various goals and activities in the care plan. However, the project was not resourced to develop, translate and maintain new materials in such large volumes, or to go through the lengthy evaluation/accreditation process that would be required. For instance, the 3 pilot sites have identified a total of 529 materials in their catalogues.
- It could be argued that it is not the role of the project to be an expert in developing new materials but rather to evaluate how authoritative and validated materials can be used to motivate and support the patient, alongside an IT solution. However, the project will use the trial as an opportunity to evaluate what materials are needed to better support patients with fostering self-management and achieving treatment adherence, particularly focusing on multi-morbidity, and make recommendations accordingly.

It was also not mandated that pilot sites should use the same materials, thus allowing different working practices, health concerns and language barriers to be reflected and time consuming translation processes avoided. However, to ensure a high degree of consistency of materials across pilot sites, and to control the scope, a checklist was produced and approved by the partners (Appendix 1). This checklist summarises the high level material selection criteria, including the conditions to be covered, who the materials should be provided for and the kinds of topics which should be covered etc.

The work to actually identify the materials to be used in each pilot site was relatively straightforward, although time consuming, as outlined below.

Pilot sites documented the materials they intend to use in a structured data collection template which included the following key pieces of information about the materials:-

- Disease(s) the material relates to
- Category
- Mapping label
- Short title
- Content Description
- Format
- Approval to Use/Copyright/Owner
- Link to, or copy of, the material

These templates came to be known during the task as the training materials ‘catalogues’. An extract from one of the pilot site catalogues is shown in Figure 1 below but the full catalogues for each pilot site can be seen at Appendix 2.

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hypertension	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format e.g. webpage, video, PDF	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/Location Details/Document
X						DM_RJH_2	Symptoms	Diabetes type 2 - symptoms	Diabetes type 2 - symptoms	Diabetes type 2 - symptoms	webpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-1
X						DM_RJH_3	General information	Diabetes type 2 - When to seek care	Diabetes type 2 - When to seek care	Diabetes type 2 - When to seek care	webpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-2
X						DM_RJH_4	Investigations, Blood Sampling, Measurement	Diabetes type 2 - investigations and blood sampling	Diabetes type 2 - investigations and blood sampling	Diabetes type 2 - investigations and blood sampling	webpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-3
X						DM_RJH_5	Self-care	Diabetes type 2 - self-care	What can you do yourself if you have diabetes type 2	What you can do yourself, life style, diet, smoking, eye check-ups, dental care, podiatric care	webpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-4
X						DM_RJH_6	General information	General information about treatment of diabetes type 2	General information about treatment of diabetes type 2	General information about treatment of diabetes type 2	webpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-5
X						DM_RJH_7	Physiology	Physiology in diabetes type 2	What happens in your body if you have Diabetes type 2	Physiology in diabetes type 2	webpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-6

Figure 1 – Example of Training Material Catalogue from RJH

Once first draft training materials catalogues were completed by each pilot site, a completeness or ‘gap’ analysis was carried out to ensure that all major topics were covered. This was achieved by listing the main goals and activities for each of the 4 conditions from the NICE guidelines flowcharts in Deliverable 7.1 on an agreed template, and then cross-checking to ensure that materials were available in each of the pilot site catalogues to support them (see example screenshots in Figure 2 below). This was done for each of the 4 diseases. Please note that it was done this way as a full list of goals and activities in the C3-CLOUD care plan had not been finalized at that point.

Table 1 - Renal Failure 'Goals & Activities' from NICE Guidelines CG182 & D7.1 - Cross-Matched Against Task 5.1 Training Materials									
ID	D7.1 FLOWCHARTS SECTION NO	D7.1 FLOWCHART SECTION NAME	GUIDELINE (CG182)	GOALS	ACTIVITIES	TYPE OF GOAL/ACTIVITY	Pilot sites to confirm here whether they have included materials in their catalogues which match the identified goals & activities		
							Materials Provided for this Goal/Activity in Pilot Site Catalogue (Yes/No)?	If 'No', why? <i>e.g. no suitable materials available, not appropriate to provide materials for the particular goal/activity, not relevant to pilot site practice or covered elsewhere in CS etc</i>	Material References / Notes <i>Please include references to the materials themselves or any other supporting information</i>
2	5.4.3	5.4.3. Self-management	p30		Inform people of their diagnosis	Encounter	Yes		RF_BC_1; RF_BC_2; G_BC_10
3					Enable people to share decision making	Supply?/Procedure?	Yes		G_BC_1; G_BC_10; G_BC_11; G_BC_13
6	5.4.4	5.4.4. Lifestyle and Dietary Advice	p29-30		Encourage people to take exercise, healthy weight and stop smoking	Procedure	Yes		G_BC_8; G_BC_9; G_BC_13
7					Dietary advice	Diet	Yes		RF_BC_3; RF_BC_4; G_BC_13
8					Detailed dietary assessment and supervision	Observation	Yes		RF_BC_4; G_BC_8; G_BC_9; G_BC_10; G_BC_13

Table 1 - Heart Failure 'Goals & Activities' from NICE Guidelines CG108 & D7.1 - Cross-Matched Against Task 5.1 Training Materials									
ID	D7.1 FLOWCHARTS SECTION NO	D7.1 FLOWCHART SECTION NAME	GUIDELINE (CG108)	GOALS	ACTIVITIES	TYPE OF GOAL/ACTIVITY	Pilot sites to confirm here whether they have included materials in their catalogues which match the identified goals & activities		
							Materials Provided for this Goal/Activity in Pilot Site Catalogue (Yes/No)?	If 'No', why? <i>e.g. no suitable materials available, not appropriate to provide materials for the particular goal/activity, not relevant to pilot site practice or covered elsewhere in CS etc</i>	Material References / Notes <i>Please include references to the materials themselves or any other supporting information</i>
18	5.3.2 5.3.3 5.3.4	CHF Mgt Summary CHF & Fluid Overload Stable CHF	Full Guideline CG108 - 5.4 [57, p153] NICE CHF Guideline CG108 - C1.2.2.17 (58,p20) NICE CHF Guideline CG108 - C1.3.1.1	Treat/Manage heart failure in fluid overload		Safety	Yes		HF_RJH_6
19					Prescribe Beta blocker	Drug	Yes		HF_RJH_14
20					Prescribe Ace inhibitor	Drug	Yes		HF_RJH_12
21					Prescribe ARB	Drug	Yes		HF_RJH_13
22					Prescribe Aldosterone agonist	Drug	Yes		HF_RJH_16
23					Prescribe hydralazine	Drug	Yes partly		HF_RJH_11
24					Prescribe Nitrates	Drug	Yes partly		HF_RJH_11
25					Prescribe Digoxin	Drug	Yes		HF_RJH_17
26					Prescribe Spironolactone	Drug	Yes		HF_RJH_16
28					Prescribe Diuretics	Drug	yes		HF_RJH_15
29					Refer cardiac rehab/education programme	Procedure	NO	More for the GP	
30					Refer for specialist advice/cardiologist	Encounter	NO	More for the GP	

Figure 2 – Examples of Gap Analyses Spreadsheets

Where materials were not available for the activities and goals from D7.1, this was usually because it was not appropriate to provide materials or they relate to activities which are more relevant to health and care professionals, as in the example in Figure 3 below from the Basque diabetes gap analysis.

Table 1 - Diabetes 'Goals & Activities' from NICE Guidelines NG28 & D7.1- Cross-Matched Against Task 5.1 Training Materials								
ID	D7.1 FLOWCHARTS SECTION NO	D7.1 FLOWCHART SECTION NAME	GUIDELINE (NG28)	GOALS	ACTIVITIES	TYPE OF GOAL / ACTIVITY	Pilot sites to confirm here whether they have included materials in their catalogues which	
							Materials Provided for this Goal/Activity in Pilot Site Catalogue (Yes/No)?	If 'No', why? <i>e.g. no suitable materials available, not appropriate to provide materials for the particular goal/activity, not relevant to pilot site practice or covered elsewhere in C3 etc</i>
100	5.2.19	Eye disease in diabetes type 2	1.7.17-1.7.25 [48, pp. 28–29].		Perform first screening photo no later than 3 months after diagnosis	safety	no	Not applicable for patients. This activity is defined by health professionals
101					If no pathologic findings - annual check-up	Safety	no	Not applicable for patients. This activity is defined by health professionals
102					If pathologic findings earlier review or if needed referral to specialist		no	Not applicable for patients. This activity is defined by health professionals

Figure 3 – Examples of where materials were not required to support Goals & Activities

Following the gap analysis, although some minor gaps were acknowledged (and addressed where possible), it was felt that the key topics were covered and that there was sufficient information in each of the catalogues to support the patients' education in each pilot site. Therefore, the training material catalogues were finalized and can be seen at Appendix 2, with a more detailed analysis in Part 8.

7.1.2 Introductory Multi-Morbidity & Self-Management Training Video

A training video introducing the impact and complexity of long term disease and multi-morbidity, and the importance of self-management and treatment compliance, has been developed and will be provided to patients and their informal care givers at the start of the trial, although it will be available via PEP at any other stage during the trial.

The video, which was inspired by an existing animated video which is used in Basque Country, stresses the importance of self-management and of complying with care plans/treatment regimes, and it also outlines what patients can do to help themselves. The video indirectly introduces the 3 tasks and 5 skills associated with the Stanford Method and also introduces the training materials that are available and the possibility of attending support groups.

The main objectives of this output are to:-

- help to prepare & empower patients for their educational journey as part of the C3-CLOUD trial, by giving them a basic grounding in multi-morbidity & self-management
- help patients to better appreciate the complexity of co-morbidity and chronic disease
- explain the purpose of the training materials, what is available & the education they will receive

In order to confirm the structure and content of the video, an initial specification for the video was developed. A storyboard was then created in English, an extract from which is shown in Figure 4 below.




Display Main Title of Video: 'Working together for your health: a strategy for success.'	
<p>"Before watching the video, please note the following"</p> <p>"the term 'health and care professional' is used in this video to describe those who may be involved in treating you and developing your care plan with you, e.g. doctors, nurses, physiotherapists, social workers etc."</p> <p>"you will also hear the term 'Care Plan'. This is an agreement between you (the patient) and your health and care professionals which is created to help manage your health concerns, to plan your treatment, to detail your goals and to monitor your progress."</p>	
Title: Long Term Illness & 'Multi-Morbidity'	
<p>"An increasing number of people find themselves managing more than one long term health problem or disease at the same time. Patients who have two or more long term health problems are referred to by health and care professionals as patients with 'multi-morbidity'"</p>	
<p>"Living with a long term condition can not only make you feel unwell but can also create feelings of inability to cope, loss of control, or low mood".</p>	

Figure 4 – Screenshot from Video Storyboard

Once completed, the storyboard was submitted to a professional audio-visual (AV) company which was recommended by the Basque Country – 'Old Port Films'.

The AV company produced the video in English which was reviewed at the plenary meeting in Belgium in September 2017 and any required amendments documented. Any changes required were submitted to the audio-visual company so that the video could be updated and a cycle of review continued until the final version was completed.

The video, which is approximately 9 minutes in duration, can be seen at the following link – <https://youtu.be/DE-GbYqXDSc>

Once voiceovers have been provided in Swedish and Spanish, the final version of the video will be tested by a small number of patients in each pilot site for understandability & usefulness at a later stage, alongside the leaflet and wallet card. Any required changes will then be made.

7.1.3 Patients Training Programmes, Support Groups & Information Sources

A key aspect of the Stanford Method is to provide peer support to patients and their caregivers through workshops. So, this output will aim to emulate this by actively encouraging patients (where appropriate) to utilize similar existing services in their region using C3-CLOUD. Examples of such programmes include the Active Patient Programme in Basque Country, DESMOND for diabetes in SWFT and the "Education for persons with type 2 diabetes" in RJH.

This output is also about providing patients and care givers with access to additional information sources, e.g. patient organisations, charities, websites etc., thus addressing the 'resource utilisation' skills advocated by self-management research.

Therefore, any existing patient training programmes, support groups, forums and information sources have been identified by the pilot sites (Appendix 3), the details of which will be made available in C3-CLOUD so that patients and care givers can be directed to them at the discretion of their health and care professionals and if they are interested in doing so.

7.1.4 Training Materials Guidance Leaflet

A leaflet has been produced which provides patients and their informal care givers with an overview of the training materials that will be available in C3-CLOUD, their purpose and how they can be used. This is not strictly an educational material but will encourage and allow patients to use the training materials more effectively. Therefore, this output is also about providing patients and care givers with the ‘resource utilisation’ skills advocated by self-management research.

Trial patients will be given a printed version of the leaflet during enrolment but will also be directed to an electronic version of the leaflet in PEP for use at any other stage in the trial.

The leaflet was developed iteratively in English in conjunction with the Task 5.1 team and the current version is shown in English at Appendix 4, plus an extract from the leaflet in Figure 5 below.



Figure 5 – Screenshot from Training Materials Information Leaflet

It should be noted that Task 5.1 has focused on delivering the first part of the leaflet and a plan has been agreed with Task 9.4 (Exploratory Trial Preparation - User Training) to get it updated once the system is in a sufficiently developed state, as follows:-

- adding instructions to patients and care givers on how to physically access the materials within PEP when the system is sufficiently developed and screenshots can be taken
- ensuring that the completed leaflet is translated into Swedish and Spanish by the pilot sites once finalized
- ensuring that the completed leaflet is tested with a small cross-section of patients in each pilot site
- agreeing the technical mechanism for presenting the leaflet in C3-CLOUD

7.1.5 Wallet Sized Project Card

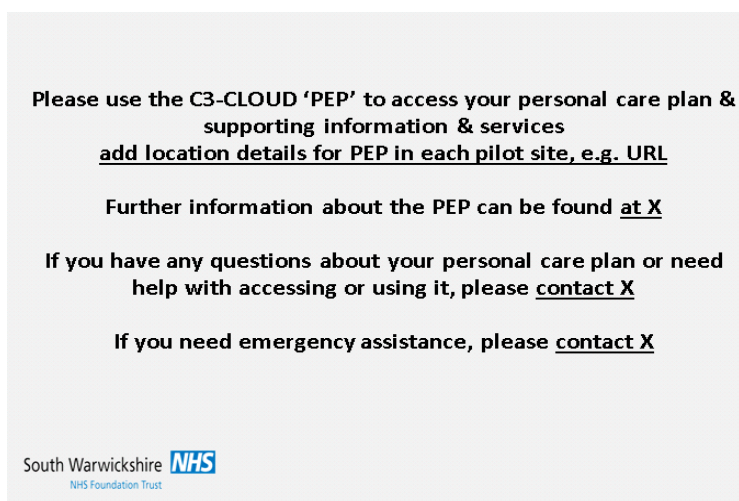
Inspired by another project in Basque Country, a wallet sized card has been produced which provides basic details of the project, e.g. the C3-CLOUD logo, title of the trial, how to find the system (PEP URL), contact details for the trial and for emergencies etc. A screenshot of both sides of the card is included in Figure 6 below.

The card will be given to the patients during enrolment to carry in their wallet, and has been created to encourage and support the patients in their use of C3-CLOUD during the trial. It is hoped that it will provide an ongoing reminder of their involvement in the study, to ensure that they have details of how to access the system to hand at all times, and know who to contact for further information or for assistance with emergency medical situations.

To ensure consistency, the structure and content of the cards was defined collectively by the Task 5.1 team. An initial version was developed in English and circulated to the 5.1 Task team. This was followed by an iterative cycle of review and final approval by PMB/STMB.



Front of card



Back of Card

Figure 6 – Wallet Card Template (Example with SWFT Logo)

The image chosen for the front of the card has been selected as it represents the age of the population targeted by the study and also depicts patients, or a patient and their partner/informal carer, using IT together.

Although Task 5.1 has taken the card to a good level of completion, it will need to be finalised after the end of Task 5.1 once the necessary information (shown with underlining in Figure 5 above) is available. For example, pilot sites will need to confirm who their trial and emergency contacts will be and the URL for PEP in each pilot site will need to be added once confirmed.

The card will also need to be translated into Swedish and Spanish respectively once finalized and will need to be formatted for printing by the pilot's sites company of choice.

7.2 Application of the Stanford Method in Task 5.1

By providing a firm grounding for the education of patients on their journey towards self-management, the Stanford Method would obviously be an excellent accompaniment to the C3-CLOUD trial, and hence, its principles and topics, including the 3 tasks and 5 skills, will be firmly embodied in the methodology and materials of Task 5.1.

In the sections below, a number of key principles or activities that can be associated with the Stanford Method are identified in ***bold italics***, with an explanation of how Task 5.1 and the wider project will pragmatically address them.

Patients are trained in 'Self-management' & encouraged to play a more active role in the management of their disease

The co-morbidity video which will be watched at the start of the trial, will aim to provide trial participants with a firm grounding in the importance of self-management and will also prepare them for the educational process that will follow during the trial. Task 5.1 has also provided a set of materials and tools which collectively educate the patient in their diseases and help them on their journey to self-management. Materials include information sheets, self-help guides, tips and checklists.

Patients will continue to be encouraged to adopt a higher level of self-management in face to face interactions with the health and care providers that are involved in the trial and through the care plan goals and activities that are agreed between them. Where applicable, they will also be directed to appropriate educational programmes and support groups through C3-CLOUD.

The method is highly interactive & 'places a strong emphasis on proactive tools to achieve healthier lifestyles, e.g. diet, exercise, management of emotions, & correct use of medication etc'

Patients will actively contribute to goal setting in collaboration with health professionals and be trained to update the progress of their goals and activities and solve problems related to their condition as part of their care plan using C3-CLOUD. This will include well-being and monitoring questionnaires (developed in cooperation of work packages 7 and 5) and uploading readings such as blood pressure in PEP. The core materials in output 1 have been designed to support this.

In some cases, goal and activity sheets will be issued via C3-CLOUD in the same way that they would be issued during Stanford workshops. For example, Basque country have provided their Stanford influenced food and exercise diary (Appendix 5) which aims to identify the

eating and exercise habits of the patients so that issues can be identified and addressed. Patients are asked to choose one week day and one weekend day, and on those days record what exercise they do and what food they eat at different times of day.

Some of the questionnaires and tools have also been used from the Stanford (now SMRC) website - <https://www.selfmanagementresource.com/resources/evaluation-tools/english-evaluation-tools>

The method facilitates ‘Peer interaction’ and values the sharing of experiences

Healthcare professionals in all 3 pilot sites will actively encourage patients to make use of existing programmes (where available) which have a similar aim to the Stanford workshops, e.g. the Active Patient Programme in Basque, DESMOND for diabetes in the UK and Education for Persons with Type 2 Diabetes in RJH, as in Appendix 3.

Details of these training programmes and peer support groups will be included in C3-CLOUD. Patients and their care givers will be introduced to this concept in the video and will be directed to any suitable programmes at the discretion of their health and care professionals.

‘It is also very important to involve informal care givers, especially family members, in the information exchange loop with professionals’

All of the materials included in C3-CLOUD will theoretically be accessible to informal care givers through PEP as well as patients. All pilot sites have included materials which are actually targeted at informal care givers to support them in their caring roles. Informal care givers will also have access to the PEP, including the care plan and monitoring tools, with the permission of the patient.

Lorig [4] (p3) – ‘research shows that education must be tailored to the patient’s readiness to learn, health belief etc.’

Although trial patients will have differing levels of knowledge, understanding and experience with their disease, and are likely to be at different stages with their disease(s), it is assumed that the learning of the patients on the trial will need to be incremental.

Therefore, the video which will be shown at the start of the patient’s journey is basic and provides a high level overview of key concepts in disease management. The core materials will continue to enhance the patient’s educational development and follow this up to provide more detail on specific subjects at the appropriate time. The materials will be prompted according to the specific health conditions of the patient and based on the activity or issue at the time to avoid overloading them. Patients will be provided with only the educational materials that are relevant to their needs.

Ideally, instead of providing all the information at once, the relevant information could be pushed to patients in smaller portions over a longer time period. However, given the resource constraints of the project and the limitations of the source materials, it was agreed that this option would not be pursued during the project but would be a recommendation for future developments.

Task – Medical Management - e.g. taking medication, adhering to special diet etc.

The health and care providers and the care plan will explain the medical treatments that are planned for the patients, and the Task 5.1 materials will help to reinforce how patients can fulfil their role in the medical management of their conditions. For example, the video reinforces the importance of taking and reviewing medications, particularly after a hospital

admission, and in SWFT, a questionnaire will also be issued to patients to assess how well they take their medication. Core materials on specific topics such as prescribed medications, including how they should be taken, side effects etc., dietary changes, or ensuring that patients get vaccinated, will then be issued at the appropriate time.

Task – Role Management - maintaining, changing & creating new & meaningful behaviours or life roles

The core materials in output 1 will provide patients with guidance on how they might do things differently to avoid strain and to improve their quality of life and outcomes. For example, some of the materials relate to working and driving safely, and of how they can still maintain an active social life.

Task – emotional management - dealing effectively with chronic disease from an emotional level, e.g. depression, anger, frustration, so that they can deal with their disease more positively

The video and the core materials in output 1 will provide patients with guidance on the importance of taking care of their emotional wellbeing and telling their doctor if they are not coping. It will also offer materials on relaxation methods and stress management etc., and charts & questionnaires which assess and monitor their mood.

Skill – problem solving - basic problem solving skills including problem definition, generating solutions, solution implementation & evaluation of results

The core materials again will cover a number of relevant topics. For example, some of the materials cover how to enjoy overseas travel when they feel they are unable to fly.

Skill – decision making - having enough information to make decisions on changes to their conditions, e.g. identifying red flags for when they need to seek help or when they could self manage

The core materials and video will provide self-help materials on a variety of topics and will provide guidance on spotting ‘red flags’ and what to do in certain circumstances. The wallet card will remind them of who to contact if they have concerns or in emergencies.

Skill – taking actions

Goals and activities will be set as part of the care plan which will be supported by the core materials. For example, if the goal is to walk 2 miles per week then the core materials will provide information on the importance of exercise and not doing too much.

Skill – resource utilization - teaching patients and carers where to find and use information

PEP will introduce patients and their informal caregivers to a range of information sources as well as providing information directly. For example, it will direct them to key information sites and support groups (as appropriate). Output 4 (the leaflet) also supports this by explaining what information is available in C3-CLOUD and Output 5 (wallet card) with how to get to PEP.

Skill - formation of patient-provider partnership. Empowering patients to accurately report the status of their condition to their healthcare provider, and agreeing how they want to manage it, thus forming a disease management partnership

Patients will be encouraged to work closely with formal care givers through the video. Interactivity will also be encouraged directly by the healthcare professionals and patients will be involved in the care process via PEP when developing and managing their care plans. Some materials will be provided about what to ask during consultations/encounters or to challenge how they interact with health and care professionals. For example, a questionnaire from Stanford covers ‘Communication with Physicians’.

It should be noted that the Stanford Method will not be implemented as a formal educational programme in the pilot sites during the project, i.e. the formal workshops will not be run. The main reasons for this approach are as follows:-

1. Workshops could be considered a separate intervention from the C3-CLOUD solution which could have implications for the evaluation. In particular, the research question for the project below clearly states that the evaluation is focused on the acceptability of the technology:-

"Is the use of a personalised ICT tool that facilitates coordinated care planning, treatment optimisation and patient self-management acceptable to patients with multiple long term conditions and their team of health"

2. The workshops would duplicate established programmes that are already in place in the pilot sites (Appendix 3), particularly in the Basque Country who already run their own Stanford inspired programme, which is described below.

The Active Patient Programme is an educational programme in self-care that helps chronic patients or caregivers to acquire knowledge and skills related to the disease and its management (<http://www.osakidetza.euskadi.eus/pacienteactivo/>). It is part of “Health School” (Osasun Eskola in basque language). The goal is to provide information to a better understand of disease, to train skills in self-care and disease management and to promote changes towards healthier lifestyles.

The programme is based on the Stanford Methodology, which provides workshops in self-management of the disease. It is led by patients who suffer from the same disease and care professionals (GP and primary care nurse) and The training consists of sessions once a week for seven-eight weeks. Each group is supervised by two leaders previously trained; one of them is a patient or caregiver and the other a healthcare professional. Each session enables participants to acquire knowledge and skills related to the disease and its management. Emphasis is placed on tools for enhancing proactive self-care. They are also trained to set their own targets and solve problems related to their condition, helping them to play a more active role in the managements of their disease. All the sessions are supported by educational materials developed specifically.

Currently in the Basque Country, there are several programmes addressing different health problems: “Actively taking care of my health”, “Taking care of my diabetes”, “Taking care of my health after cancer”, “Taking care of gipsy community health”.

3. It could also be argued that it should not be within the remit of an IT project to introduce new training programmes. This should continue to fall within the domain of the local healthcare providers and the system should work with whatever programmes are advocated locally which is the approach that has been taken in Task 5.1. However, the project may ultimately make recommendations for the implementation of local programmes which tackle multi-morbidity specifically.

4. There would be significant cost and logistical implications associated with implementing and running Stanford workshops, as follows:-

- Stanford licences (renewable every 3 years) cost between \$500 and \$1,500 depending on how many courses are offered and how many workshops will be run.
- The project would need to get representatives in the 3 pilot sites (clinicians and lay persons) trained at significant cost to enable them to arrange and facilitate locally run workshops. A rough estimation of the costs for just 2 trainees (as shown at Appendix 6) would be \$8,080 for training at the SMRC base in the US or £23,380 to train on site (requiring 4-6 months notice). These costs include course fees, travel, accommodation & subsistence and course materials etc. Consideration would also need to be given to the time that the clinicians would be taken out of their routine work plus the impact on the lay person's time and lives, and that the training of 2 individuals in each pilot site would not be sufficient to cover the number of workshops required.
- There would also be costs and logistical difficulties associated with running the workshops themselves, particularly due to the numbers of patients. Working on the basis of 12 trainees in each workshop, in SWFT for example, this would equate to approximately 8 workshops per week, meaning approximately 50 workshops over the 6 week period for 100 patients. This would be a significant resource strain for the local trainers. It would also be necessary to book and fund venues and potentially the payment of expenses to trainers and patients. The materials required must also be purchased and this would be expensive for the number of patients involved. The numbers of patients are obviously higher in Region Jamtland Harjeladen and the Basque Country so the impact would be even greater.

Unfortunately, the pilot sites are not resourced or funded for the above. The costs for the web based version of the programme would be similar, minus the workshop costs.

5. It is possible that patients may not be willing to commit to the workshops or formal on-line training programs which may impact their willingness to participate in the trial.

7.3 Application of Co-Production in Task 5.1

Although Task 5.1 does not form part of the formal co-production plan in Task 3.4, co-production methods have been applied within the task. For example, co-production was applied by clinical, research and technical partners working together on a number of key activities, including the design of the checklists and templates for capturing the core materials, planning how to present and manage the materials at a technical level, and for specifying the content and structure of the video. Patients will also be involved in the evaluation of the video, leaflet and wallet card at a later stage. However, patients have not been asked to review the core materials (output 1) as they have already been subject to reviews and have been in regular use in the respective pilot sites.

8. Analysis of the Core Training Materials

As outlined above, the core educational materials that will be used by the 3 pilot sites during the trial are shown in their respective catalogues at Appendix 2. This section provides a summary of these materials in terms of sources, numbers, topics, formats etc.

8.1.1 Sources of the Materials

As described in Section 7.1.1, it was agreed that any educational materials offered to patients must be from tried and tested sources which have been appropriately clinically validated and assessed from a patient perspective. Therefore, the materials have been sourced from recognised professional or commercial organisations, e.g. as in SWFT & RJH, or materials which have been developed, and suitably validated, in their own region, as in the Basque Country.

Each of the pilot sites has provided a description of the sources of their materials below, including a description of the organisation(s) supplying the materials and (where available) the validation processes that they follow. A record of any permissions obtained to use the materials has been kept by each of the pilot sites. Figure 7 below shows an extract from SWFT's list of permissions.






SWFT				
Organisation	Company/Charitable Registration Details	Evidence of Permission	Date Permission Granted	Special Requirements
Patient.Info	Egton Medical Information Systems Limited. Registered in England. No 2117205 Registered Office: Rawdon House, Green Lane, Yeadon, Leeds LS19 7BY	 ID16388-Intellectual Property Licence Agreement  RE Signed agreement in place	17-05-17	Logo must appear  Notes From Patient.Info Agreement
NHS Choices		Not applicable – NHS organisation	N/A	
Northumberland, Tyne & Wear NHS Foundation Trust	Northumberland, Tyne & Wear NHS Foundation Trust. St Nicholas Hospital, Jubilee Road, Gosforth, Newcastle upon Tyne, NE3 3XT	 NTW Booklets - Signed Form.pdf  RE Use of Self-Help Guides for European I Signed form sent to Northumberland Trust 25-05 for using their booklets.	25-05-17	

Figure 7 – Record of Permissions to Use Materials in SWFT

SWFT

SWFT have used a range of sources of training materials, but SWFT's primary source is **Patient.Info** - <https://patient.info/>. Patient is the web's leading independent health platform, established for 20 years. With more than 18 million visits a month, it is a trusted source of information for both patients and health professionals across the globe. It is owned by Egton Medical Information Systems (EMIS) who supply SWFT's primary care system.

The site contains over 4,000 health information leaflets and thousands of discussion forums. It is accredited by The Information Standard, NHS England's quality mark and was listed as 'The top health website you can't live without' by The Times newspaper (Jan 2013).

The editorial team are employed to create accurate and up-to-date content reflecting reliable research evidence, guidance and best clinical practice. They are free from any commercial conflicts of interest.

Materials are available in a large range of languages, as per the screenshot below:-



The screenshot shows a web browser window with the URL <https://patient.info/health/dealing-with-hyperglycaemia-high-blood-sugar/#>. Below the address bar, there is a section titled "Select Language" followed by a grid of 40 languages arranged in 8 rows and 5 columns. The languages include: Bulgarian, Esperanto, Haitian Creole, Italian, Latvian, Myanmar (Burmese), Scots Gaelic, Swahili, Welsh, Afrikaans, Catalan, Estonian, Hausa, Japanese, Lithuanian, Nepali, Serbian, Swedish, Xhosa, Albanian, Cebuano, Filipino, Hawaiian, Javanese, Luxembourgish, Norwegian, Sesotho, Tajik, Yiddish, Amharic, Chichewa, Finnish, Hebrew, Kannada, Macedonian, Pashto, Shona, Tamil, Yoruba, Arabic, Chinese (Simplified), French, Hindi, Kazakh, Malagasy, Persian, Sindhi, Telugu, Zulu, Armenian, Chinese (Traditional), Frisian, Hmong, Khmer, Malay, Polish, Sinhala, Thai, Azerbaijani, Corsican, Galician, Hungarian, Korean, Malayalam, Portuguese, Slovak, Turkish, Basque, Croatian, Georgian, Icelandic, Kurdish (Kurmanji), Maltese, Punjabi, Slovenian, Ukrainian, Belarusian, Czech, German, Igbo, Kyrgyz, Maori, Romanian, Somali, Urdu, Bengali, Danish, Greek, Indonesian, Lao, Marathi, Russian, Spanish, Uzbek, Bosnian, Dutch, Gujarati, Irish, Latin, Mongolian, Samoan, Sundanese, Vietnamese.

Select Language	Bulgarian	Esperanto	Haitian Creole	Italian	Latvian	Myanmar (Burmese)	Scots Gaelic	Swahili	Welsh
Afrikaans	Catalan	Estonian	Hausa	Japanese	Lithuanian	Nepali	Serbian	Swedish	Xhosa
Albanian	Cebuano	Filipino	Hawaiian	Javanese	Luxembourgish	Norwegian	Sesotho	Tajik	Yiddish
Amharic	Chichewa	Finnish	Hebrew	Kannada	Macedonian	Pashto	Shona	Tamil	Yoruba
Arabic	Chinese (Simplified)	French	Hindi	Kazakh	Malagasy	Persian	Sindhi	Telugu	Zulu
Armenian	Chinese (Traditional)	Frisian	Hmong	Khmer	Malay	Polish	Sinhala	Thai	
Azerbaijani	Corsican	Galician	Hungarian	Korean	Malayalam	Portuguese	Slovak	Turkish	
Basque	Croatian	Georgian	Icelandic	Kurdish (Kurmanji)	Maltese	Punjabi	Slovenian	Ukrainian	
Belarusian	Czech	German	Igbo	Kyrgyz	Maori	Romanian	Somali	Urdu	
Bengali	Danish	Greek	Indonesian	Lao	Marathi	Russian	Spanish	Uzbek	
Bosnian	Dutch	Gujarati	Irish	Latin	Mongolian	Samoan	Sundanese	Vietnamese	

Figure 8 – List of Available Languages at Patient.Info

SWFT have also utilised materials from the following secondary sources:-

Northumberland, Tyne & Wear NHS Foundation Trust - <http://www.ntw.nhs.uk/pic/selfhelp/>

These are more generic help guides rather than specific to the 4 main conditions and tend to focus on psycho-social well-being.

This organisation was certified in 2011 as a producer of reliable health and social care information. The Information Standard is a certification scheme for all organisations producing evidence-based health and care information for the public. Any organisation achieving The Information Standard has undergone a rigorous assessment to check that the information they produce is clear, accurate, balanced, evidence-based and up-to-date.

The self-help guides listed are available to download in several formats including A4, A5, large print, easy read and a small text version for GPs. They are also available as audio files. Translated versions of the guides and sign language videos of the guides are available.

Their self-help booklets have been written by clinical psychologists with contributions from service users and healthcare staff from Northumberland.

Diabetes UK - <https://www.diabetes.org.uk/>

Diabetes UK is a leading UK charity for people affected by diabetes. They provide information, advice and support to help people with diabetes manage the condition well, and bring people together for support when it's needed most.

British Heart Foundation - <https://www.bhf.org.uk/>

BHF is the nation's heart charity and the largest independent funder of cardiovascular research. They help millions of people every year with our up to date information about heart disease so the UK public are better informed. Their publications offer vital information for heart patients and they also have resources for healthcare professionals.

Kidney Research UK - <https://www.kidneyresearchuk.org/>

Kidney Research UK is the leading charity dedicated to research into kidney disease in the UK. They rely almost wholly on the generous donations of the UK public and believe that everybody deserves a life free of kidney disease. They aim to find better treatments, and ultimately cures for

kidney diseases. Kidney health information is a free web-based information service for kidney patients, their families and carers, as well as medical professionals and researchers.

Mind - <https://www.mind.org.uk/>

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Mind is a charity and relies on donations. Their mental health information has been certified as trustworthy and reliable by The Information Standard. Their information resources are aimed at adults living in England or Wales who have direct experience of mental health problems. They cover mental health conditions, treatments, recovery, staying well and legal issues relating to mental health.

Diabetes.co.uk

Diabetes.co.uk is a community website focusing on providing a comprehensive, supportive and independent experience for our visitors from across the world. It has developed into Europe's largest community of people with diabetes and people without diabetes alike and is a health platform and patient-support network all to do with diabetes. They publish daily news and information guides on diabetes management, research and living with diabetes. They also publish cookbooks, both online and offline.

NHS Choices

NHS Choices (www.nhs.uk) is the official website of the National Health Service in England. With over 48 million visits per month, they have become the UK's biggest health website accounting for a quarter of all health-related web traffic. NHS Choices provides an award-winning, comprehensive health information service with thousands of articles, videos and tools, helping patients to make the best choices about their health and lifestyle, but also about making the most of NHS and social care services in England.

Royal College of General Practitioner (RCGP)

RCGP are the professional membership body and guardian of standards for family doctors in the UK, working to promote excellence in primary healthcare. Their Living Better patient information leaflets offer advice for patients with long-term conditions on coping with low mood, depression and anxiety.

Royal College of Psychiatrists

The Royal College of Psychiatrists is the professional medical body responsible for supporting psychiatrists throughout their careers, from training through to retirement, and in setting and raising standards of psychiatry in the United Kingdom. They collaborate with key players in the mental health field and are champions for improvements in the quality of mental healthcare throughout all sectors of society. Public education is at the heart of their activities and is an essential component of their website.

Gov.uk

This site has been used only to provide material on driving with heart disease.

RJH

RJH have used materials almost exclusively from 1177 Vardguiden - www.1177.se. This is a national website for patients to contact their caregiver and to access information about a large number of diseases, medical conditions, treatment etc.

The website is jointly owned by the Swedish Association of Local Authorities and Regions (SALAR), i.e. also by RJH. Therefore, no specific permission is needed to link to the material in C3-Cloud.

This has been supplemented with materials from Njrdagboken (the Kidney Diary) - www.njurdagboken.se. This is a website owned by the patient organisation The Swedish Kidney Association with nothing but medical information to patients with chronic kidney disease. The website has a team of professionals responsible for the facts presented.

Basque Country

This section outlines the sources of training materials in Basque Country.

Primary Source – *Osakidetza.euskadi.eus*. The Basque Health Service, Osakidetza, is a public entity assigned the Health Department of the Basque Country Government. www.osakidetza.euskadi.eus is its official website.

This communication tool is aimed at the citizens, their health professionals and suppliers. For this reason, the home page is organized in a simple view, so that the user can easily identify its section or area and surf through its contents. The structure of the website was created and launched in 2008; but previously, and since 1998, there was another communicative project. Hence, it can be said that the first Health System website was launched in 1998.

Since the beginning, its objective has been to collect and offer the information that is produced related to health and pathologies and adapt to the new situations that arise in this sector. And so, gradually, there have been added into the digital portal different tools developed by the IT and Information Systems Osakidetza aimed to improve the health and quality of life to the citizens and clinicians, such as (about 40,000 people in staff): Health Folder, Appointments, Health Advice Service (“Consejo Sanitario”), Mobile APPs, Employee Portal, Virtual Training Campus “Jakinsarea” and other information systems.

Therefore, this website does not only offer educative materials through content with advice, reports related to prevention and health care for patients, it is also a useful and functional platform where the user can sign up for a Public Job Offer, request an appointment, or even receive Health Advice.

The data of the website in the last year (31/08/2016-01/09/2017 period) was as follows:-

- 11,820,000 pages visited
- 9,047,000 visits
- 5,442 contents available.

The site construction and editorial team for www.osakidetza.euskadi.eus are wholly funded by Osakidetza, the Public Health System, and the Basque Health Department. This team is composed by different health professionals, nurses, psychologists etc. The website is available in two official languages, Spanish and Basque, so the contents are developed and launched in those languages.

Osasun eskola Osasun Eskola section in [osakidetza.euskadi.eus](http://www.osakidetza.euskadi.eus) - Osakidetza offers the section School of Patients, “Osasun Eskola”, where health information is collected through its website (<http://www.osakidetza.euskadi.eus/osasuneskola/es/>). It facilitates and provides on-line information and training not only to patients and caregivers but also to citizens, aimed at

maintaining and promoting population health and health performance by making responsible disease-related decisions.

Osasun Eskola is also working in design training programs for professionals to acquire educator competences, both face-to-face and virtually, to reinforce self-care for patients and caregivers, develop programs of health education for healthy people and chronic patients, train caregivers of dependent patients, and advice patient associations. Some of the initiatives are: *Community activities*, *Prescribe information Campaign*, *Active patient Program* (explained above in section 7.3.), *Training to professionals in empowerment tools*, *Support to caregiver* and *KronikON* for multimorbid.

i-botika section in osakidetza.euskadi.eus. It collects materials to inform and educate the *citizenship on issues such as efficacy, safety, dosage, etc. of drug therapies, including those related to chronic diseases and aging-related entities* (<http://www.osakidetza.euskadi.eus/ibotika/>). It is led by a specialized and skilled group comprising health professionals (2 pharmacists, 2 primary care physicians and nursing staff of the e-health call center), a journalist and a patient, who develop, prepare and upload materials to the site. The website provides: (i) Links to other websites related to drugs, which have been reviewed by the Department of Pharmacy of the Ministry of Health and other information available on the Internet; (ii) i-botika fact sheets with relevant information about drugs; (iii) i-botika self-produced videos supporting the fact sheets or providing new content and (iv) i-botika dictionary, that includes the most frequently used pharmaceutical terms and their easily understandable definitions. Moreover, an on-line form for requests aiming information/documentation/suggestions is also at disposal of users.

8.1.2 Number of Materials

The total number of materials included in each of the pilot sites catalogues is broken down by the 4 diseases (plus hypertension & hyperlipdemia) in the table below. The total number of materials for all pilot sites is 529. The numbers have been calculated on the basis of the primary category assigned to the materials, as some materials are valid for more than one category.

Disease	Total Materials by Pilot Site		
	SWFT	RJH	Basque
Type 2 Diabetes	44	61	14
DM - General	-	24	-
DM - Hypertension	-	17	-
DM - Hyperlipidemia	-	20	-
Renal Failure	19	73	5
Heart Failure	70	18	63
Depression	43	36	7
General	33	3	17
Hypertension	4	-	19
Total	213	191	125

There is a wide variance in the number of materials provided by the pilot sites, especially by disease. The volume of materials was left to the discretion of the respective pilot sites.

8.1.3 Topics Covered

For each pilot site, the high level topics covered by the materials are as shown in the table below. Firstly, there is a separate table for each of the 4 main diseases, plus a 'general' information table. Within each of the disease tables, the materials have been further broken by topics using the categories assigned by the pilot sites in their catalogues.

NB: the categories applied to the materials are only preliminary and will be re-categorised at a later stage to ensure greater consistency and easy mapping to the care plan once the goals and activities have been formally defined.

Diabetes			
Topic <i>(inc hypertension & hyperlipidaemia)</i>	SWFT	RJH	Basque
General	1	6	2
Causative Factors		3	
Symptoms		3	1
Physiology		1	
Investigations, Blood Sampling, Measurement		5	
Complications / Multi-morbidity	10	2	
Treatment/Intervention/Monitoring	1	33	5
Medications	22		1
Diet		1	
Related Diseases/Conditions			4
Guidelines		2	
Self-Care		3	
Lifestyle/Wellbeing	6		
Psycho-social	3		
When to seek care	1	2	
Recommendations			1
Total	44	61	14

Renal Failure			
Topic	SWFT	RJH	Basque
General	6	3	1
Diagnosis/Monitoring			
Complications/Multi-morbidity/Related Conditions	2		
Symptoms		5	1
When to Seek Care		1	
Causative Factors		1	
Treatment/Monitoring	5	44	1
Medication	1		1
Physiology		2	
Prevention		1	
QOL		1	
Patient Organisation		1	
Investigations/Blood Sampling/Measurement	1	6	
Etiology		1	
Pathophysiology		1	
Classification		1	
Self-Care		3	
Caring			
Lifestyle/Wellbeing	3		
Psycho-social	1		

Renal Failure			
Topic	SWFT	RJH	Basque
Advice		2	
Recommendations			1
Total	19	73	5

Heart Failure			
Topic	SWFT	RJH	Basque
General	7	3	15
Complications/Multi-morbidity	5		
Symptoms		1	13
Self-Care		1	
Investigations	2	1	
Medication	43		6
Treatment	3	9	13
Lifestyle/Wellbeing	8		
Psycho-social	1		
Etiology		1	
Physiology		1	
Guidelines		1	
Recommendations			16
Caring	1		
Total	70	18	63

Depression			
Topic	SWFT	RJH	Basque
General	9	2	1
Symptoms		4	1
When to seek Care		1	
Investigations		1	
Treatment/Monitoring	2	25	4
Medication	28		
Self-Care / Self-Help	1	1	
Causative Factors		1	
Support to Relatives/Carers	3	1	
Recommendations			1
Total	43	36	7

General			
Topic	SWFT	RJH	Basque
General		2	3
Treatment	2		4
Medication			2
Caregivers/Caring	1		1
Recommendations			7
Physical activity		1	
Multimorbidity/Chronic Disease/Related Conditions	2		
Hypertension	4		19
Psycho-social	8		
Lifestyle/Wellbeing	19		

General			
Topic	SWFT	RJH	Basque
Risk Assessment	1		
Total	37	3	36

It can be seen that the materials selected by the pilot sites cover a broad array of topics which will give the health and care professional a great deal of options for broadening the knowledge of their patients and care givers, and to ensure that the goals and activities in the care plan can be covered. However, it should be noted that there may be some local leaflets, e.g. hospital discharge information or details of local palliative care teams etc. that will continue to be given to patients which will not be issued via C3-CLOUD. It is not possible within the scope of the pilot to identify all of these diverse and widely distributed materials.

8.1.4 Material Formats

This section outlines the formats that the materials in the catalogues are presented in and the table below summarises the distribution of the material formats by disease (or general) and by pilot site. It should be noted that some materials are available in more than one format, hence the variance in numbers between the totals for this and in Section 8.1.2.

	SWFT				RJH				Basque			
Disease	Web Page	PDF	Video	Total Formats	Web Page	PDF	Video	Total Formats	Web Page	PDF	Video	Total Formats
Diabetes	42	40	2	84	61			61	14	1	1	16
Heart Failure	58	57	3	118	18			18	47	16	1	64
Renal Failure	17	6	1	24	73			73	5		1	6
Depression	40	41	4	85	36			36	7			7
Hypertension	2	3	1	6					19		1	20
General	31	30	13	74	3			3	12	3	3	18
Total Formats	190	177	24	391	191	0	0	191	104	20	7	131

The task has aimed to provide a range of material formats. The main format is PDF leaflets and web pages but there are also some video and audio files.

In the Basque region, materials are provided mainly as web pages, but videos can be found in some of the pages which makes them more user-friendly. Moreover, in order to offer easy reading web pages, some of the pages are organized and showed with different topics, questions and answers. Basque region also makes more use of PDFs files so as to give the chance to users to download it and check it when they have the necessity and videos for giving more interactive and attractive materials.

In SWFT, Patient.Info provide information as both web pages which can be opened up as PDFs if required. Some materials include diagrams. For example, in SWFT some of the Patient.Info pages show diagrams such as the organs associated with insulin and glucose for diabetics, diagrams of the eye for diabetic retinopathy, of the renal tract for kidney disease and heart diagrams for heart failure. The Northumberland materials also offer audio files.

In RJH all materials are presented as web pages.

It should be noted that efforts will be made to make a small proportion of the core materials more interactive and dynamic in PEP. This is likely to be done after the end of Task 5.1 when additional functionality becomes available in PEP (see Section 9.3).

8.1.5 Target Audience

The majority of the materials are targeted mainly at patients but there is no reason why they could not also be relevant to informal caregivers as ideally they need to understand the disease and its management to the same level as the patients they are caring for. However, there are some materials in each catalogue which actually target the carers, some focusing on the importance of them taking care of themselves as well in their carer's role. For example, in SWFT, there are materials giving advice to those caring for sufferers of heart disease and depression but also a more general practical guide to being a carer. These materials tend to give practical advice but also stress the importance of carers also taking care of themselves.

When it comes to the Basque region, all the educational materials are focused and targeted to patients; however they can be useful also for the caregivers, so as to go in depth of the diseases and know better how to take care of their patients. There is also a guide for caregivers, with practical advice of how to be a caregiver, which things they must consider when they are looking after and how to tackle their situation.

9. Management of Dependent Tasks & Activities

There are a number of tasks and activities which relate to the materials provided by Task 5.1 which are out of the scope of Task 5.1 but will need to be planned for and accommodated in other tasks. These relate mainly to activities that will 'build' the materials into the solution, or which relate to the evaluation or management the materials during or after the trial. For example, the following work packages and tasks have involvement with the outputs of Task 5.1:-

- WP5 (Task 5.3) will create the capabilities to deploy assets, either as links to external sources, as documents like pdf, or as embedded html assets (which may allow interactive materials to be piloted). Task 5.3 will create the means to configure access to the guidance assets and adding/upload of relevant content
- WP7 – will provide the capability to map content to the care plan
- WP8 (Task 8.3) will be the context to deploy the actual training material catalogues at each pilot site
- WP9 - will plan and carry out the evaluation of the training materials and will also finalise the wallet card and leaflet

It should be noted that Task 5.1 will merely ensure that the relevant tasks and partners are aware of, and prepare for these activities. This deliverable will not actually specify how the activities will be performed as this will be done in the relevant tasks at a later stage. However, it will document any current thinking or understanding around these areas.

9.1 Confirm how materials will be *presented* to Patients

Training materials will be presented electronically through PEP as follows:-

- Access to training materials will be available via PEP (primarily as assigned in the care plan; additionally may include general assets available to everyone).
- For training material assets listed to the patient, PEP will display the configured title, description and link to the actual training material asset.
- For external content, PEP provides a link to the material and it is presented in the external site.
- For pdf assets the material is presented as pdf documents uploaded via configuration.
- For html assets the asset presentation uses the styles and look of PEP but actual content is defined by the html uploaded into PEP via configuration.

The mechanisms for how the above will be done will be addressed in Task 8.3, with each pilot site being given the capability to configure and manage its own assets.

Patients will be given the option of printing guidance themselves if required at their own cost and using their own equipment (assuming the facility is built into the source material).

9.2 Confirm how materials will be *selected* for patients

The options below were identified for how materials would be *selected* for patients, i.e. setting the conditions for how the materials will be identified as relevant to the patients. The intention is to tailor issuance of the materials as closely as possible to the patient's conditions, care plan and health status.

Option No	Summary	Description
Option 1 (Minimum)	Full list of materials available to patient – patient decides	Traditionally, patients have access to a wide range of information, e.g. paper leaflets, internet etc., and makes a judgement on what is relevant to them. This option would follow that model and provide patients with a full list of the materials that are available in C3-CLOUD to choose from. This is not sufficiently tailored to the needs of the patient and relies on the patients having the knowledge to determine what is relevant to them.
Option 2 (Enhanced)	Semi-automated - Clinician assigns content	With this option, training materials would be categorized and labelled, allowing materials that are relevant to the patient and their health and care plan status at the given time, to be presented to the healthcare professional. For example, if the patient is asked to lose weight, PEP would present materials relating to e.g. exercise and diet. The healthcare professional would then manually assign relevant content to the patient as part of their care plan.
Option 3	Rules Based Assignment of Content	Relevant educational materials are automatically proposed on the PEP side according to its care plan definition, i.e. diagnosis, health concerns, goals, activities etc

Option 3 would have been a good option as it automatically personalizes which materials are viewed (as per the pilot application requirements PAR-52 & PAR-53 in D8.1 below).

Requirement ID	Pilot Application Scenario Requirements	Mapping to Pilot Scenarios	Mapping to High Level components
PAR-52	As a Patient, I want to have automatic coaching regarding life style, blood pressure and blood glucose measurements.	Basque Scenario- Encounter A RJH Scenario- Encounter B	Patient Empowerment Platform
PAR-53	As a Patient I want to have personalized guidance/information from the Patient Empowerment Platform based on my most recent context (answers given on questionnaires and on data from the EHR (diagnoses, medication, lab) but also based on data from devices)	Basque Scenario- Encounter A- C RJH Scenario- Encounter B, H	Patient Empowerment Platform Clinical Decision Support Modules Remote Monitoring Systems Local Care Systems Technical Interoperability Suite Semantic Interoperability Suite

However, option 2 has been selected as option 3 is not likely to be achievable within the scope of the project and also does not give the clinician the opportunity to check that the right materials have been offered up to the patient based on their needs at the time.

To achieve option 2, the core materials in output 1 will have appropriate categories and labels assigned, and will be mapped to the care plan to produce the ‘eligibility’ criteria. This has already been done to some extent in the training material catalogues but re-classification and re-categorization will be required to achieve greater consistency. This will be done jointly by the clinical sites and the technical teams.

Option 3 will still be demonstrated, at least in a few cases; e.g. when the decision tree of a Clinical Decision Support Module (CDSM) is able to suggest a training material according to the context of the patient.

9.3 Investigate how the interactivity of the materials could be optimized?

The Stanford Method focuses heavily on ‘patient interactivity’ through its face to face workshops and on-line courses. The majority of the material interactivity in the project will come through the care plan itself, e.g. through the lifestyle and well-being questionnaires; and the patients’ ability to contribute to, and feedback on their progress against, their care plan. However, the project is keen for some of the Task 5.1 materials to be made more interactive materials. The main motivations for pursuing interactivity may be described as follows:-

1. To check whether the patient has understood the material that is presented to them. This would generally involve presenting the patient with a choice and then displaying different content depending on that choice. In particular, this could be applied to test whether the patient has understood previous content, i.e. if the patient makes wrong choice, you can tell the patient to revisit a previous text/section.
2. To hide optional information initially. The core information would be displayed to every reader and then would allow the reader to open up additional, optional information inline. Here it is important that the optional information is really optional, because some readers may choose not to open it. This would make it easier/quicker to read the core information but at the same time make it easy to read the additional info that feels relevant to self.

3. Breaking up long texts into shorter texts. Displaying long texts in parts, i.e. paging content. This would help make long texts that may be overwhelming easier to digest but could lead to patients not reading all pages (and miss out on information), so this should be used with caution.

The potential to build interactivity into the Task 5.1 training materials is restricted due to the use of existing materials, i.e. links to web pages/PDFs. However it may be possible to change some of the core materials into interactive materials in PEP if the required functionality is available in time. In preparation, each pilot site has identified a small sub-set of materials from their catalogues that might be amenable to this. Some examples of these are shown at (Appendix 7). These will be evaluated at a later point in the project.

It is felt that it would be beneficial to target interactivity at the more generic (disease agnostic) materials for this as the project has focused heavily on materials to support patients from the perspective of the 4 diseases. For example, Basque Country have proposed materials here which cover general problem solving & relaxation techniques and how to interact with health and care professionals.

9.4 Research Evaluation of the Training Materials

Although the evaluation of the training materials is not within the scope of Task 5.1, it has been identified as a dependency. Therefore, the purpose of this activity was to:-

- define the high level objectives of the evaluation
- establish in outline how the training materials will be evaluated as part of the research study
- ensure that arrangements are put in place in Work Package 9 to plan and carry out the necessary evaluation activities

The training materials will be evaluated with trial patients and their informal care givers to see if they found them useful and informative, whether they were easy to understand, whether it helped them to increase their understanding of their disease and its management, and also whether it encouraged them to adopt a higher degree of self-management.

The evaluation of patient training material will be based on short questionnaires, planned in T9.1 and reported in detail in D9.2, which will be carried out in T9.3. A brief summary of the activities is given in the table below.

Output/ Type of Material	When are the Materials Issued to the Trial Participants?	When to Evaluate	Evaluation Method
Output 1 - Core Materials (existing leaflets, web pages etc.)	At various points throughout the trial, e.g. information about the disease at diagnosis, dietary info when the goal is to lose weight etc.	At the end of the trial - approx. Dec 19 – Jan 20	Specific questions about these training materials will be included in the structured interviews with the trial participants.

Output/ Type of Material	When are the Materials Issued to the Trial Participants?	When to Evaluate	Evaluation Method
Output 3 – Peer support groups/info sources	Offered to trial participants at the discretion of the HC professional at appropriate stages in their care plan		Please note that the materials will not be reviewed by trial participants as they are used during the trial so no feedback mechanisms need to be built into PEP for this
Output 2 – Video	It should be mandatory for trial participants to watch the video at the start of the trial (after enrolment). It can also be watched at any other time during the trial at the patient's discretion	Late October / Early November 2018	Short, structured, paper based questionnaire handed out to trial participants by research nurses (or suitable alternative) at each site.
Output 4 – Information leaflet about the training materials	Leaflet will be given out during enrolment and will also be available electronically in PEP		Please note that the questionnaire will not be issued via the PEP, as this may introduce bias in the case that patients are unable, or not as confident in, using the PEP itself
Output 5 – Wallet card	To be given out during enrolment		

In addition to the above, the following evaluation activities will be undertaken:-

- Records of digitally accessed material can be generated by the systems and will be assessed for frequency of usage (where applicable)
- Suggestions/recommendations for future enhancements to the training materials, or for the inclusion of new materials, will be addressed with trial participants as an open question in the questionnaire/interviews

9.5 Administration of the Materials during the Trial

This activity will ensure that arrangements have been put in place by the relevant tasks to support the training materials provided by Task 5.1, and to respond to any issues that arise with them, during the trial.

No new materials will be added to the C3-CLOUD solution once the pilot has commenced. However, changes may need to be made to existing materials where errors need to be corrected or 3rd parties update/remove their materials.

Task 8.3 will ensure that the necessary support mechanisms and procedures are put in place. However, the approach is likely to be as follows. A feedback mechanism to report non-clinical issues can be activated. The feedback mechanism when active will deliver the feedback message by email to the address defined by each pilot site and can from that be handled according the support procedures that will be agreed for the pilots (with the development partners providing 3rd level support if issues with the software components). Any issues with 3rd party sites/links will need to be reported by the pilot site to the provider.

10. Conclusions & Recommendations

This section will outline some of the main observations and issues from Task 5.1, and will also make some initial recommendations for further work based on the consortium's experience with Task 5.1.

Task 5.1 has adopted a pragmatic solution to providing patients and their informal care givers with education in self management and with helping them to better understand their conditions, which maximises the functionality of the technology that is under evaluation. This approach does not compromise the fundamental research question, i.e. it retains the focus of the trial on evaluating the usefulness and acceptability of the *technology* to patients and their informal care givers.

The task has applied the established principles of the Stanford Method, has drawn on the expertise of the pilot sites, capitalised on existing information sources, and added new materials where beneficial and feasible, e.g. the self-management and co-morbidity video.

Running the full Stanford programme, i.e. including the workshops, is likely to have been a good addition to the project which could dramatically enhance the learning potential of patients and their informal care givers. However, Basque Country already have their Stanford inspired programs, and it would have been costly and time consuming to implement them for a 15 month trial in RJH & SWFT. Furthermore, the focus of the research is on the technology and the approach taken in Task 5.1 allows the training materials to be delivered using the PEP functionality without introducing a new variable. However, a recommendation of the project might be that IT solutions should work hand in hand with established self-management training programmes to maximise the effect of the technology.

It is therefore believed that Task 5.1 demonstrates an innovative approach to ensuring that training materials are presented to patients alongside their care plan, and as needed, through PEP in an integrated way. However, this section will now discuss, firstly, some of the issues with the materials themselves, and secondly, some of the issues or limitations that were encountered during the task.

Task 5.1 has identified the materials that the pilot sites and clinical experts believe from experience, and from reference to the Stanford Method, are necessary for educating patients in their disease and self-management. However, some of the issues with these materials include the following:-

1. There is limited inclusion of material in the catalogues covering multi-morbidity. However, some of the materials selected do deal with more than one disease, e.g. heart failure and depression, and renal failure and diabetes in SWFT. Basque Region also has specific materials (web pages, pdf and a video) for patients with more than one disease. These materials, which are available in Osakidetza official webpage (<https://www.osakidetza.euskadi.eus/r85-chpapp00/es/>), are part of a specific program to empower multimorbid patients. They have been developed in the framework of EU project Carewell. Currently, Osakidetza is working on the implementation for its use in the clinical practice of all the Integrated Healthcare Organizations of the Region. Furthermore, the video introduces some of the complexities around managing multiple chronic conditions and the increased importance of pro-active self-management.

As a result of the widely recognised lack of existing multi-morbidity specific materials, this task has focused more on providing materials that help patients to manage their individual conditions in context, rather than providing materials which cover co-morbidity specifically in the combinations that the patients may have. Using this approach, it will be the role of the health and care professionals, supported by the C3-CLOUD functionality, to manage the multi-morbidity aspects of the patient's diseases.

That said, in order to start addressing the dearth of materials in this area, it is recommended (time and resourcing permitting) that the guideline reconciliation work that is being completed in Task

7.2 is used to identify areas where multi-morbidity materials could be developed for use in the project, or even after its closure.

2. The project is only providing materials for the 4 target conditions (plus related hyperlipidaemia and hypertension) which means that information cannot be provided to patients where they have other chronic conditions, e.g. rheumatoid arthritis, cancer etc. It is likely that patients will have other conditions which fall out of scope. However, this is the case for the management of the patients overall in C3-CLOUD, not just for the training materials and is an accepted restriction.
3. Some of the core materials that have been included cover the more severe cases of the 4 diseases (which are strictly speaking outside of the scope of the project) but these have still been included as the patients' conditions could progress during the trial and these patients will not be removed from the trial.
4. Task 5.1 has pragmatically assumed a high degree of parity amongst trial patients, which may not be reflective of the 'real world' situation.

Firstly, the education standards of the patients may be variable and could potentially affect their understanding of the materials. However, this should not present too much of a problem in the trial as the selection criteria support a certain level of education, and SWFT for example, are targeting patients largely in the Stratford-upon-Avon area which is generally a more affluent and educated area where the capacity for learning is probably greater. This could be very different if SWFT had been targeting a deprived inner city area where the materials may have needed to be radically simplified. That said, the materials used are designed to cater for all levels of education and intellect and have been tested with a wide range of patients.

Secondly, patients on the trial will be at different stages of their disease. For example, some will have been newly diagnosed and some will have been sufferers for a long time. They may also have a different level of understanding of, and experience with, their disease and may apply differing levels of self-management, when joining the trial. The materials should in theory cater for all options but equally there is no reason why established, more knowledgeable and proactive sufferers shouldn't benefit from a re-education process as they may have had the disease for many years but not really understood, or taken control, of it. It will be the role of the health and care professionals to gauge the maturity of their knowledge and degree of self-management etc and allocate the materials accordingly.

The reality is that even in this limited trial, the aspects above are likely to vary widely within and across the patient groups. In a 'real world' implementation the difference would be even greater and this needs to be taken into account.

5. Not all materials are available in all of the languages which patients in the 3 regions might speak. They tend to cover the core language of the region. This is the case for the video and in Basque all webpages and PDFs are only available in the official languages (Basque and Spanish), except videos that are only available in Spanish. However, in RJH, 1177 covers a range of languages and in SWFT, Patient.Info covers a large range of languages allowing pages to be easily translated.

That said, language is not actually an issue for the trial as the exclusion criteria states that patients can be excluded if 'they do not speak the regional language: English for SWFT; Spanish for the Basque country; Swedish for RJH'. However, language and the wider issue of accessibility, e.g., for blind people or those with learning difficulties, etc., would need to be addressed for any full scale implementation where training materials are an integral part.

6. The effectiveness of the materials relies on the patients and care givers reading/using them as recommended and on the health and care providers actually issuing materials to the patients. As a

reinforcement, the C3-CLOUD solution will prompt for materials to be issued and used, and will record levels of usage so this can be checked as part of the evaluation.

The timing of the task created some difficulties and, with hindsight, it may have been preferable to delay this task until the work in other areas of the project was more complete.

1. Firstly, the goals and activities to be included in PEP were still being defined during the task, which meant that they were not available to inform the selection of the core materials, resulting in the requirement to carry out a speculative gap analysis of the core materials against NICE guidelines. This also means that materials in the catalogues will need to be re-categorised at a later stage in the project as the categories were interpreted slightly differently between the pilot sites and may not match the care plan goals and activities once defined. Furthermore, there may be a requirement to provide or develop additional materials to support patients in understanding and adhering to their goals and activities.
2. Secondly, the guideline reconciliation work was not complete during the task. As stated above, this information was not available to help define requirements for the development of multi-morbidity materials.
3. Thirdly, the Stanford programmes were transitioned to SMRC during the task, including the launch of a new website etc. In theory, the term ‘Stanford’ should not be referred to but continued to be used in D5.1 to remain consistent with the DOA. This was unexpected but did not cause significant problems in the task as it does not yet appear to have introduced or changed the programs or principles. However, some information is no longer accessible via the website, e.g. certain questionnaires, licencing costs etc.
4. Finally, it is felt that there are a number of ways in which the effectiveness of training materials in C3-CLOUD could potentially be optimised. For example, some of the options which have been discussed include making materials more interactive and pushing information to patients in smaller portions over time, setting up a forum on C3-Cloud which allows trial patients to share ideas and problems. There was not enough time during the task to achieve all of this but some of these may be tackled at a later stage, time, resource and technology permitting.

One final remark would be that it is not yet known how intensive the management and administration of the training materials will be. The trial preparation and the trial itself will demonstrate this to inform a full implementation, i.e. if the system is adopted and made commercially available. Procedures would need to be put in place monitor changes to existing materials, to identify and utilise new materials and new guidelines etc. and identify when new materials need to be developed.

It would be fair to say that the project should be viewed as a test bed to see what training materials are useful and how it is best to provide them. The evaluation should allow gaps and areas for improvement to be identified by both patients, informal care givers and MDT members. It should also help to assess the issues raised above and make recommendations on how they could be tackled as part of a full ‘real world’ deployment.

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Appendix 1 – Training Materials Checklist

Pilot sites were asked to ensure that the training materials that they have listed in their catalogues address as many of the aspects as possible in the table below.

Have materials for all relevant conditions been included?	<ul style="list-style-type: none"> • Diabetes Type 2 • Heart Failure • Renal Failure • Depression Plus Hypertension & Hyperlipemia in relation to the conditions above NB: materials relating to ‘other’ conditions can be included if deemed to be important by the pilot sites but it is not mandatory.																				
Are all Relevant Topics Covered?	<p>Are materials included which cover all, or at least the majority, of the topics, below</p> <table border="1"> <thead> <tr> <th>Topics</th><th>Notes</th></tr> </thead> <tbody> <tr> <td>General information about the condition</td><td> Examples include:- Signs, symptoms and risk factors <ul style="list-style-type: none"> • Causes of the disease • Effects of the disease & disease progression • General treatment approaches • Goals & Action Plans • Related conditions & impairments </td></tr> <tr> <td>Tests & investigations</td><td>e.g. labs, ekg etc</td></tr> <tr> <td>Drug Treatment</td><td>What meds, why they are used and how they help, duration of therapy, side-effects, how to use etc</td></tr> <tr> <td>Other Treatment</td><td>Other treatments & interventions, e.g. pain management, surgery, complimentary therapy etc</td></tr> <tr> <td>Monitoring conditions at home</td><td>Inc symptoms, BP & weight measurements etc</td></tr> <tr> <td>Lifestyle factors</td><td>Adopting healthier lifestyle, e.g. diet, exercise, smoking, alcohol, hygiene etc</td></tr> <tr> <td>Psychosocial & emotional factors</td><td> e.g. be social, feeling down, stress, have fun, travel etc It is felt that this information should be fairly generic for each condition as the health status of individual patients can be very different </td></tr> <tr> <td>Encounters</td><td>Descriptions of follow-up at care location. Why, how often, what is done</td></tr> <tr> <td>Other Topics</td><td>For any material that doesn't fit the other categories above</td></tr> </tbody> </table>	Topics	Notes	General information about the condition	Examples include:- Signs, symptoms and risk factors <ul style="list-style-type: none"> • Causes of the disease • Effects of the disease & disease progression • General treatment approaches • Goals & Action Plans • Related conditions & impairments 	Tests & investigations	e.g. labs, ekg etc	Drug Treatment	What meds, why they are used and how they help, duration of therapy, side-effects, how to use etc	Other Treatment	Other treatments & interventions, e.g. pain management, surgery, complimentary therapy etc	Monitoring conditions at home	Inc symptoms, BP & weight measurements etc	Lifestyle factors	Adopting healthier lifestyle, e.g. diet, exercise, smoking, alcohol, hygiene etc	Psychosocial & emotional factors	e.g. be social, feeling down, stress, have fun, travel etc It is felt that this information should be fairly generic for each condition as the health status of individual patients can be very different	Encounters	Descriptions of follow-up at care location. Why, how often, what is done	Other Topics	For any material that doesn't fit the other categories above
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Are we complying with the Stanford Method?	<p>Training materials directly or indirectly educate patients in the 3 Stanford's self-management <i>tasks</i> and the 6 self-management skills, as follows:-</p> <p>3 self-management <i>tasks</i>:-</p> <ol style="list-style-type: none"> 1. Medical management, e.g. taking medication, adhering to special diet, using inhaler etc 2. Role management – maintaining, changing and creating new meaningful behaviours or life roles, e.g. people with back pain change the way they do gardening 3. Emotional management – dealing with chronic disease from an emotional level, e.g. depression, anger, frustration, so that they can deal with their disease more positively <p>6 self-management <i>skills</i>:-</p> <ol style="list-style-type: none"> 1. Problem solving – participants are taught basic problem solving skills including problem definition, generating solutions, solution implementation & evaluation 2. Decision making – patients need to have enough information to make decisions on changes to their conditions, e.g. identifying red flags for when they need to seek help 3. Resource utilization – teaching patients and carers where to find and use information 4. Formation of patient-provider partnership – empowering patient to accurately report the status of their condition to their healthcare provider, and agree how they want to manage it, thus forming a disease management partnership 5. Action planning, e.g. planning to walk x miles in the next 2 weeks. 6. Self-tailoring – patients understand self-management principles and tailor the management of their condition to suit their particular situation
Do materials address 'multi-morbidity'	Materials should cover general aspects of multi-morbidity where possible, e.g. the effects that having multiple conditions can have on patients
Do materials cover care givers as well as patient?	The materials should provide support & training to informal carer givers as well as patients where possible

Appendix 2 – Final Catalogues of Core Training Materials

This appendix consists of three parts, one for each pilot site as follows:-

Appendix 2a – Core Patient Training Materials Catalogue - Basque Country

Appendix 2b – Core Patient Training Materials Catalogue - RJH

Appendix 2c – Core Patient Training Materials Catalogue - SWFT

Appendix 2a – Core Patient Training Materials Catalogue - Basque Country

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
Put a cross (x) in the box(es) of the condition(s) that the material relates to. Select one or more, as appropriate						The code of each material to include it in the Analysis Gap	Record the high level category that the material relates to e.g. medication, tests, diet, lifestyle, etc	Propose suitable 'label(s)' to describe the material, e.g. blood glucose management, lipid lowering, foot care in diabetes etc. This label will be used to map the materials to the relevant conditions, care plan items etc in C3. A re-coding exercise may need to be done once each pilot site has completed this table	State the short title for the material, e.g. 'food aspect in diabetes'. This is likely to be the title of the actual material and is different to, & more specific than, the 'Mapping Label' in the previous column	Provide a short summary of what the material covers	Record the format of the material, e.g. PDF, webpage, video etc. NB: there is no requirement to present materials in a particular format or to change existing formats. There are also no restrictions on how many formats materials can be presented in	Confirm that approval to use the material in C3 Cloud has been received from the relevant organization/ the owner	Include the material copyright and details of the author/owner here. If there are any outstanding issues with using the materials, or issues with validation, which need to be addressed please state that here	Either provide a link to the material, confirm the location of the material or insert the file itself here

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
x						DM_BC_1	General Information	Diabete Type 2, What is, starting page	General information about Diabetes.	General information about the Diabetes Type 2 diseases in multi-morbid patients	Webpage and video	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-chpdpd00/es/
x						DM_BC_2	Symptoms	Diabete Type 2 - symptoms	Symptoms in Diabetes Type 2	Information about symptoms in Diabetes Type 2	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpdpd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/quees.html
x						DM_BC_3	Treatment & Interventions	Diabetes Type 2 - treatment & Interventions	Treatment in Diabetes Type 2 patients	Information about how patients with Diabetes Type 2 have to be care in relation to diet, exercise, alcohol, foot care and recommendations.	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpdpd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/como_cuidarme.html
x						DM_BC_4	Treatment & Interventions	Diabetes Type 2 - treatment & Interventions	Interventions in Diabetes Type 2	Information about when to go to the doctor	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpdpd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/cuando_llamar.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
x						DM_BC_5	Related Diseases / Conditions	Hypoglycemia & hyperglycemia	Diabetes Type 2 - hypoglycemia, & hyperglycemia	Information about symptoms in patients with hypoglycemia, & hyperglycemia	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpapd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/glucemia_quees.html
x						DM_BC_6	Related Diseases / Conditions	Treatment in patients with hypoglycemia, & hyperglycemia	Diabetes Type 2 - hypoglycemia, & hyperglycemia treatment	Information about treatment in patients with hypoglycemia, & hyperglycemia	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpapd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/glucemia_como_se_trata.html
x						DM_BC_7	Related Diseases / Conditions	Treatment in patients with hypoglycemia, & hyperglycemia	Diabetes Type 2 - hypoglycemia, & hyperglycemia treatment	Information about treatment in patients with hypoglycemia & hyperglycemia related to diet, exercise, medication,...	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpapd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/glucemia_que_hacer.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
x						DM_BC_8	Related Diseases / Conditions	Intervention in patients with hypoglycemia, & hyperglycemia	Diabetes Type 2 - hypoglycemia, & hyperglycemia	Information about interventions in patients with hypoglycemia & hyperglycemia related to when to go to the doctor, alarm signals,...	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jauriaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpdpd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/glucemia_cuando_llamar.html
x						DM_BC_9	Recommendations	Diabetes Type 2 recommendations	Diabetes Type 2 recommendations	Information about things that patients do not forget	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jauriaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpdpd01/es/contenidos/informacion/kronikon_diabetes/es_diabetes/no_olvidar.html
x						DM_BC_10	General Information	Diabetes Type 2, What is, starting page	General information about Diabetes.	General information about the Diabetes Type 2 diseases in multi-morbid patients	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	https://www.osakidetza.euskadi.eus/r85-ckpdpd04/es/contenidos/informacion/osapa_diab/es_adultos/enferm.html
x						DM_BC_11	Treatment Interventions &	Diabetes Type 2 - treatment & Interventions	Treatment in Diabetes Type 2 patients	Information about how patients with Diabetes Type 2 have to be care in relation to diet, exercise, blood pressure, insulin	webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	https://www.osakidetza.euskadi.eus/r85-ckpdpd04/es/contenidos/informacion/osapa_diab/es_adultos/tratam.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
x						DM_BC_12	Treatment Interventions &	Diabetes Type 2 - treatment & Interventions	Treatment in Diabetes Type 2 patients	Recommendations for Diabetes Type 2 patients	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	https://www.osakidetza.euskadi.eus/r85-ckpadb04/es/contenidos/informacion/osapa_diab/es_adultos/control.html
X						DM_BC_13	Medication	Medication Diabetes Type 2	Medication Diabetes Type 2	General information about type of medication for treatment the Diabetes Type 2	Webpage and PDF files	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/informacion/diabetes/r85-ckpaib02/es/
x						DM_B_14	Treatment Interventions &	Diabetes Type 2 - treatment & Interventions	Treatment in Diabetes Type 2 patients	Recommendations for Diabetes foot problems	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpadb05/es/contenidos/informacion/osapa_diab/es_explorac/pie.html
	x					HF_BC_1	General Information	Heart Failure, What is, starting page	General information about Heart Failure.	General information about the Heart Failure diseases in multi-morbid patients	Webpage and video	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-chpaic00/es/
	x					HF_BC_2	Symptoms	Heart Failure symptoms	Symptoms in Heart Failure	Information about symptoms in Heart Failure	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaic20/es/contenidos/informacion/kronikon_ic/es_ic/quees.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_3	Medication	Heart Failure - Medication	Medication in Heart Failure patients	Information about medication	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jauriaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaic20/es/contenidos/informacion/kronikon_ics_ic/como_se_trata.html
	x					HF_BC_4	Treatment & Interventions	Heart Failure - treatment & Interventions	Treatment in Heart & Failure	General information about how patients with Heart Failure have to be care and the diet that have to follow	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jauriaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaic20/es/contenidos/informacion/kronikon_ics_ic/como_cuidarme.html
	x					HF_BC_5	Treatment & Interventions	Heart Failure - treatment & Interventions	Interventions in & Heart Failure	General information about things that patients have to look after to take care.	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jauriaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaic20/es/contenidos/informacion/kronikon_ics_ic/cuando_llamar.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_6	Recommendations	Heart Failure recommendations	Heart Failure recommendations	Information about things that patients do not forgot	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jauriaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaco20/es/contenidos/informacion/kronikon_ic/es_ic/no_olvidar.html
	x					HF_BC_7	General Information	Heart Failure, What is, starting page	General information about Heart Failure.	General information about the Heart Failure diseases in multi-morbid patients	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_quees/index.html
	x					HF_BC_8	General information	Heart Failure specific information	Specific information about Heart Failure	More specific information for patients with Heart Failure in order to give the chance to go in depth with the disease.	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_sabermas/index.html
	x					HF_BC_9	Recommendations	Heart Failure recommendations, how to prevent the disease	Recommendations about Heart Failure	Recommendations and different aspects that patients with this disease have to take into account for having a better life and control the disease.	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_sabermas/prevencion.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_10	Symptoms	Heart Failure Symptoms	Heart Failure Symptoms	Information about risk factors and situations that patients have to take into account.	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_saber_mas/situaciones.html
	x					HF_BC_11	Symptoms	Heart Failure Symptoms	Heart Failure Symptoms	Information about alarm symptoms that patients have to take into account in order to control their disease and prevent alarm situations	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_saber_mas/prevenir.html
	x					HF_BC_12	Symptoms	Heart Failure Symptoms	Heart Failure Symptoms	How to act in alarm situations and with alarm symptoms.	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_saber_mas/actuacion.html
	x					HF_BC_13	Recommendations	Heart Failure - Recommendations	Recommendations in Heart Failure disease.	Information about how patients with Heart Failure disease have to be care in relation to exercise	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_saber_mas/ejercicios.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_14	Recommendations	Heart Failure - Recommendations	Recommendations in Heart Failure disease.	Information about how patients with Heart Failure disease have to be care in relation to vaccination, flu, hygiene	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_sabermas/gripe.html
	x					HF_BC_15	Recommendations	Heart Failure - Recommendations	Recommendations in Heart Failure disease.	Information about how patients with Heart Failure disease have to be care in relation to diet	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_sabermas/sinsal.html
	x					HF_BC_16	Recommendations	Heart Failure - Recommendations	Recommendations and advice in Heart Failure disease.	Advice for the Patient with Heart Failure	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_sabermas/consejos.html
	x					HF_BC_17	Medication	Heart Failure - Medication	Medication in Heart Failure patients	Information about medication	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/medicaciones.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_18	Medication	Heart Failure - Medication	Medication in Heart Failure patients	General recommendations about medication for Heart Failure patients	webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco01/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/recomendacion.es.html
	x					HF_BC_19	General information	Heart Failure General information	General information – Heart Failure -	General information – Heart Failure – Risk Factors and habits	webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco02/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/index.html
	x					HF_BC_20	General information	Heart Failure General information	General information – Heart Failure -	More specific information about the disease and how to prevent	webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco02/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/sabermas.html
	x					HF_BC_21	Recommendation	Heart Failure recommendations	Heart Failure recommendations	Information of how to reduce the risk of Heart Failure disease. Information about diet and exercise.	webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco02/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/reduccion.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_22	General information	Heart Failure General information	General information – Heart Failure -	Information about how to calculate the Heart Failure risk	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco03/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/calculo.html
	x					HF_BC_23	Recommendation	Heart Failure recommendations	Recommendations Heart Failure	Information about how to act in case the patient has high risk of having Heart Failure	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco03/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/elevado.html
	x					HF_BC_24	General Information	General Information investigations	General Information investigations	Information about which antecedent usually have these types of patients.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco03/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/antecedentes.html
	x					HF_BC_25	General information	General information Heart Failure	Heart Failure information	Information about blood pressure.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco03/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/tension.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_26	General information	General information Heart Failure	Heart Failure information	Information about metabolic syndrome in Heart Failure patients	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco03/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/metabolic.html
	x					HF_BC_27	Recommendations	Heart Failure recommendations	Heart Failure recommendations	Information about tobacco, how it affect in Heart Failure patients.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco03/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/tabaco.html
	x					HF_BC_28	Recommendations	Heart Failure recommendations	Heart Failure recommendations	Information about the obesity, how the obesity affects in Heart Failure patients	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco03/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_habitosc/obesidad.html
	x					HF_BC_29	General information	Heart Failure general information	Heart Failure General information	General information about syncope and cardiorespiratory arrest	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/sabermas.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_30	General information	Heart Failure General information	Heart Failure general information	Specific information about syncope and cardiorespiratory arrest	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/sabermas.html
	x					HF_BC_31	Recommendations	Heart Failure recommendations	Heart Failure recommendations	Recommendations and important points to take in to account in case cardiac arrest	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/rean.html
	x					HF_BC_32	Symptoms	Heart Failure Symptoms	Heart Failure symptoms	Information about symptoms in Heart Failure such as syncope	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/sinc.html
	x					HF_BC_33	Symptoms	Heart Failure Symptoms	Heart Failure symptoms	Information about symptoms in Heart Failure. What is a vasovagal syncope or fainting?	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/lipotim.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_34	Symptoms	Heart Failure Symptoms	Heart Failure symptoms	Information about symptoms in Heart Failure such as fainting	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/perdidas.html
	x					HF_BC_35	Symptoms	Heart Failure Symptoms	Heart Failure symptoms	Information about symptoms in Heart Failure such as how to prevent the fainting	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/prev.html
	x					HF_BC_36	Symptoms	Heart Failure Symptoms	Heart Failure symptoms	Information about symptoms in Heart Failure for example when patients feel dizzy	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/mareos.html
	x					HF_BC_37	Recommendations	Heart Failure recommendations	Heart Failure Recommendations	Recommendations of how to act when a person has a heart arrest	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/actuac.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_38	Recommendations	Heart Failure recommendations	Heart Failure Recommendations	Recommendations of how to act and make cardiopulmonary resuscitation	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/identif.html
	x					HF_BC_39	Treatment and interventions	Heart Failure Treatment and interventions	Heart Failure Treatment and interventions	General information about anticoagulant therapy	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/antic.html
	x					HF_BC_40	Medication	Heart Failure medication	Heart Failure medication	Information about cardiac pacemaker	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/marc.html
	x					HF_BC_41	Treatment Interventions &	Heart Failure Treatment & interventions	Heart Failure Treatment & Interventions	Information and explanation about the pacemaker for Heart Failure patients.	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco04/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/marc.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_42	Symptoms	Heart Failure Symptoms	Heart Failure Symptoms	Information and recommendations for patients that have surf a heart attack or heart tissue	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco06/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/recom.html
	x					HF_BC_43	Treatment & Interventions	Heart Failure Treatment & interventions	Heart Failure Treatment & Interventions	Information for patients with Heart Failure of how to use the nitroglycerin.	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco06/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/nitro.html
	X					HF_BC_44	Recommendations	Heart Failure recommendations	Heart Failure recommendations	The aim of this sheet is to explain to Heart Failure patients how they can eat without salt, how they can cook and some recommendations that they have to follow up. Take care of your heart: Advices for eating without salt.	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_insuficiencia_cardiaca/es_infolde/adjuntos/Consejos%20para%20comer%20sin%20sal.pdf

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_45	Medication	Heart Failure Medication	Heart Failure Medication	Guide of medications for patients with Heart Failure disease	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_insuficiencia_cardiaca/es_lectura/adjuntos/Guia%20de%20farmacos%20para%20pacientes%20con%20Insuficiencia%20Cardiaca%20.pdf
	x					HF_BC_46	Treatment & interventions	Heart Failure Treatment & interventions	Heart Failure Treatment & interventions	Guide of treatments and devices in patients with Heart Failure	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_insuficiencia_cardiaca/es_lectura/adjuntos/Guia%20de%20paciente%20portador%20de%20dispositivos%20de%20estimulacion%20cardiaca%20en%20seguimiento%20remoto.pdf

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_47	General Information	Heart Failure Investigations	Heart Failure Investigations	Guide for patients with Heart Failure	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_lecture/adjuntos/Guide%20para%20el%20paciente%20con%20Insuficiencia%20Cardiaca.pdf
	x					HF_BC_48	Medication	Heart Failure Investigations	Heart Failure Investigations	Guide of medication and how to avoid common errors in patients with Heart Failure	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_lecture/adjuntos/Recomendaciones%20para%20el%20Paciente%20-%20Evitar%20errores%20de%20medicacion%20B3n.pdf
	x					HF_BC_49	General Information	Heart Failure General Information	Heart Failure General Information	General information about Heart Failure disease. A summary in images.	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_informacion/adjuntos/Insuficiencia Cardiac en im%20C3%A1genes.pdf

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_50	General information	General information Heart Failure	General information Heart Failure	Guide of Heart Failure disease	PDF	Yes	Información legal © 2017 · Eusko Jaurlaritzza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Todo_lo_que_hay_que_saber_para_cuidar_tu_coraz%C3%B3n.pdf
	x					HF_BC_51	Treatment interventions &	Treatment & interventions Heart Failure	Treatment & interventions heart Failure	Sheet of treatment that patients have to complete for controlling their disease	PDF	Yes	Información legal © 2017 · Eusko Jaurlaritzza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Control%20de%20la%20Insuficiencia%20Cardiaca.pdf
	x					HF_BC_52	Treatment interventions &	Treatment & interventions Heart Failure	Treatment & interventions heart Failure	Heart Failure recommendations Information about type of exercise that is recommended to these type of patients	PDF	Yes	Información legal © 2017 · Eusko Jaurlaritzza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Ejercicio%20en%20la%20Insuficiencia%20Cardiaca.pdf

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_53	Symptoms	Symptoms Heart Failure	Symptoms Heart Failure	Alarm symptoms in Heart Failure	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/S%C3%ADntomas%20de%20Alarma.pdf
	x					HF_BC_54	Symptoms	Symptoms Heart Failure	Symptoms Heart Failure	How to act and react in situations of alarm symptoms of Heart Failure	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Actuacion%C3%B3n%20frente%20a%20los%20s%C3%ADntomas%20de%20alarma.pdf
	x					HF_BC_55	Symptoms	Symptoms Heart Failure	Symptoms Heart Failure	How affect the cold and flu to Heart Failure patients	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Gripe%20o%20catarro.pdf

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_56	General Information	Heart Failure General Information	Heart Failure General Information	Information about cardiovascular disease and how to prevent the cardiovascular	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Enfermedad%20cardiovascular%20y%20%20consejos%20para%20prevenir%20la%20arteriosclerosis.pdf
	x					HF_BC_57	Recommendations	Heart Failure recommendations	Heart Failure recommendations	How to act towards a Heart Attack situation	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Actuacion%20C3%B3n%20ante%20una%20parada%20cardiaca.pdf
	x					HF_BC_58	Recommendations	Heart Failure recommendations	Heart Failure recommendations	Recommendations for patients that has surf a Heart Attack.	PDF	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contentidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Recomendaciones%20post-infarto.%20Uso%20de%20la%20cafinitridina%20y%20nitroglicerina.pdf

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x					HF_BC_59	Treatments & Interventions	Treatments & Interventions Heart Failure	Treatments & Interventions Heart Failure	Information about anticoagulant treatment	PDF	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_insuficiencia_cardiaca/es_in_fode/adjuntos/Tratamiento%20anticoagulante.pdf
	x			x		HF_BC_60	Treatment Interventions &	Heart Failure and Hypertension Treatment Interventions	Heart Failure and Hypertension Treatment Interventions	In this section it is explained the electrocardiogram	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco07/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/elec.html
	x			x		HF_BC_61	Treatment Interventions &	Heart Failure and Hypertension Treatment Interventions	Heart Failure and Hypertension Treatment Interventions	In this section it is explained the echocardiogram	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco07/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/ecocardiograma.html
	x			x		HF_BC_62	Treatment Interventions &	Heart Failure and Hypertension Treatment Interventions	Heart Failure and Hypertension Treatment Interventions	In this section it is explained the Holter test	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r8-5-ckpaco07/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/holt.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
	x			x		HF_BC_63	Treatment & Interventions	Heart Failure and Hypertension Treatment & Interventions	Heart Failure and Hypertension Treatment & Interventions	In this section it is explained the Catheterization test: angioplasty and coronary stent test	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaco07/es/contenidos/informacion/osapa_insuficiencia_cardiaca/es_paradaca/angio.html
		x				RF_BC_1	General Information	Renal Failure, What is, starting page	General information about Renal Failure.	General information about the Renal Failure diseases in multi-morbid patients	Webpage and video	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-chpair00/es/
		x				RF_BC_2	Symptoms	Renal Failure symptoms	Symptoms in Renal Failure	Information about symptoms in Renal Failure	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpair01/es/contenidos/informacion/kronikon_ir/es_ir/queres.html
		x				RF_BC_3	Medication	Renal Failure Medication	Medication in Renal Failure patients	Information about medication	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpair01/es/contenidos/informacion/kronikon_ir/es_ir/como_se_trata.html
		x				RF_BC_4	Treatment & Interventions	Renal Failure treatment Interventions	Treatment in Renal Failure	General information about how patients with Renal Failure have to be care and the diet that have to follow	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpair01/es/contenidos/informacion/kronikon_ir/es_ir/como_cuidarme.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
		x				RF_BC_5	Recommendations	Renal Failure recommendations	Renal Failure recommendations	Information about things that patients do not forgot	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jauriaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpair01/es/contenidos/informacion/kronikon_ir/es_ir/nolvidar.html
			x			DP_BC_1	General Information	General Information Depression	General Information Depression	General Information about Depression disease, what is or type of depression	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpasm04/es/contenidos/informacion/osapa_salud_mental/es_depre/depression.html
			x			DP_BC_2	Treatment interventions &	Treatment interventions Depression	Treatment interventions Depression	Information about treatment, interventions and therapy in patients with depression	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpasm04/es/contenidos/informacion/osapa_salud_mental/es_depre/tratamiento.html
			x			DP_BC_3	Symptoms	Symptoms in Depression disease	Symptoms in Depression disease	Information about alarm signals in people with depression	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpasm04/es/contenidos/informacion/osapa_salud_mental/es_depre/senales_alarma.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
			x			DP_BC_4	Treatment interventions	& Treatment interventions Depression	& Treatment interventions Depression	& When to ask for help when the person has depression	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpasm04/es/contenidos/informacion/osapa_salud_mental/es_depre/ayuda_profesional.html
			x			DP_BC_5	Treatment interventions	& Treatment interventions Depression	& Treatment interventions Depression	& How to feel better while a person is with depression	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpasm04/es/contenidos/informacion/osapa_salud_mental/es_depre/mejorar.html
			x			DP_BC_6	Treatment interventions	& Treatment interventions Depression	& Treatment interventions Depression	& How to help people with depression	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpasm04/es/contenidos/informacion/osapa_salud_mental/es_depre/ayudar.html
			X			DP_BC_7	Recommendations	Recommendations about sleeping hygiene	Recommendations about sleeping hygiene	Recommendations about sleeping hygiene	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpasm05/es/contenidos/informacion/osapa_salud_mental/es_insomnio/higiene.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
				x		H_BC_1	General Information	Hypertension	General Information Hypertension	General information about Hypertension disease	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-chpaht00/es
				x		H_BC_2	General Information	Hypertension	General Information Hypertension	Explanation about what is the Hypertension disease	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht01/es/contenidos/informacion/osapa_hipertension/es_concepto/quees.html
				x		H_BC_3	Symptoms	Symptoms in Hypertension	Symptoms Hypertension	Causes and symptoms in Hypertension disease	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht01/es/contenidos/informacion/osapa_hipertension/es_concepto/causas.html
				x		H_BC_4	Treatments & Interventions	Treatments & Interventions Hypertension	Treatments & Interventions Hypertension	Consequences of not controlling the Hypertension	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht01/es/contenidos/informacion/osapa_hipertension/es_concepto/consiguencias.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
				x		H_BC_5	General Information	General Information Hypertension	General Information Hypertension	General information of how and why appears the Hypertension	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht01/es/contenidos/informacion/osapa_hipertension/es_concepto/hereditaria.html
				x		H_BC_6	Recommendations	Recommendations Hypertension	Recommendations General Hypertension	Recommendation of how to have a Healthy lifestyle with Hypertension disease	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht02/es/contenidos/informacion/osapa_hipertension/es_saludab/saludable.html
				x		H_BC_7	Medications	Medications Hypertension	Medication Hypertension	Explanation if it is necessary or not to take medication with Hypertension disease.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht03/es/contenidos/informacion/osapa_hipertension/es_medicam/todos.html
				x		H_BC_8	Medications	Medications Hypertension	Medication Hypertension	Information about the medication that these types of patients have to take to control their disease.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht03/es/contenidos/informacion/osapa_hipertension/es_medicam/medicamentos.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
				x		H_BC_9	General Information	General information Hypertension	General information Hypertension	General information about blood pressure and how to control it	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht04/es/contenidos/informacion/osapa_hipertension/es_variac/variaciones.html
				x		H_BC_10	Treatment and Interventions	Treatment and Interventions Hypertension	Treatment and Interventions Hypertension	Information to know how to control the blood pressure.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht05/es/contenidos/informacion/osapa_hipertension/es_medicion/medicion.html
				x		H_BC_11	Hypertension and Related Diseases/Conditions	Hypertension and Related Diseases/Conditions	Hypertension and Related Diseases/Conditions	Information about the hypertension in women	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht06/es/contenidos/informacion/osapa_hipertension/es_mujer/mujer.html
				x		H_BC_12	Hypertension and Related Diseases/Conditions	Hypertension and Related Diseases/Conditions	Hypertension and Related Diseases/Conditions	Information about the hypertension in people with Diabetes	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht07/es/contenidos/informacion/osapa_hipertension/es_diabetes/diabetes.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
				x		H_BC_13	Hypertension and Related Diseases/Conditions	Hypertension and Related Diseases/Conditions	Hypertension and Related Diseases/Conditions	Information about the hypertension in elderly people	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht08/es/contenidos/informacion/osapa_hipertension/es_anciano/anciano.html
				x		H_BC_14	Recommendations	Recommendations Hypertension	Recommendations General Hypertension	Recommendations and things that people with Hypertension disease have to take into account.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaht10/es/contenidos/informacion/osapa_hipertension/es_concepto/recuerde.html
				x		H_BC_15	General Information	Hypertension, What is, starting page	General information about Hypertension.	General information about the Hypertension diseases in multi-morbid patients	Webpage and video	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-chpaph00/es/
				x		H_BC_16	Symptoms	Hypertension symptoms	Symptoms in Hypertension	Information about symptoms in Hypertension	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaph01/es/contenidos/informacion/kronikon_hipertension/es_ht/quees.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
				x		H_BC_17	Medication	Hypertension Medication	- Medication in	Information about medication	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaph01/es/contenidos/informacion/kronikon_hipertension/es_ht/como_cuidarme.html
				x		H_BC_18	Treatment Interventions &	Hypertension treatment Interventions	- Treatment in	General information about how patients with Hypertension have to be care and the diet that have to follow	webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaph01/es/contenidos/informacion/kronikon_hipertension/es_ht/cuando_lamar.html
				x		H_BC_19	Recommendations	Hypertension recommendations	Hypertension recommendations	Information about things that patients do not forgot	Webpage	Yes	© 2015. Kronik ON Programa - Eusko Jaurlaritza. Todos los derechos reservados.	http://www.osakidetza.euskadi.eus/r85-ckpaph01/es/contenidos/informacion/kronikon_hipertension/es_ht/no_olvidar.html
X	x	x	x	x	x	G_BC_1	Treatment Intervention &	Treatment interventions different disease	& Treatment interventions different disease	Information about prescription sheet and how to read and understand it	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/ibotika_bideoak/es_def/adjuntos/HTA_ibotika_es.mp4

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
X	x	x	x	x	x	G_BC_2	Treatment Intervention	& Treatment interventions different disease	& Treatment interventions different disease	& General information about antibiotic, how to take them and why they are important.	webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/ibotika_bideoak/es_def/adjuntos/Antibioticos_ibotika_es.mp4
X	x	x	x	x	x	G_BC_3	Treatment Intervention	& Treatment interventions different disease	& Treatment interventions different disease	& General information about good use of antibiotics	PDF	Yes	ISSN: 2444-7099 • L.G.: VI 122-2015 Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/boletin_revista/ibotika_fichas/es_def/adjuntos/ibotika_28_Resistencia%20antibioticos.pdf
X	x	x	x	x	x	G_BC_4	Medications	Medications in different disease	Medications in different disease	Explanation about the Active Substance in all type of medications	Video	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/ibotika_bideoak/es_def/adjuntos/ibotika_principio activo_es.mp4
X	x	x	x	x	x	G_BC_5	Treatment Intervention	& Treatment interventions different disease	& Treatment interventions different disease	& Information and explanation about the Active Treatment sheet, how to understand what is written there.	Video	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/boletin_revista/ibotika_fichas/es_def/adjuntos/ibotika_17_HTA_bis.pdf

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
X	x	x	x	x	x	G_BC_6	Medication	Medications in different disease	Medications in different disease	Information about poly-medication, recommendations, what is poly-medication, adverse drug reactions	PDF	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/boletin_revista/ibotika_ficha/es_def/adjuntos/ibotika_f10_POLIME D_ES.pdf
X	X	X	X	X	x	G_BC_7	Caregivers	Caregivers	Caregivers	Basic Guide for caregiver's basic, explanations and recommendations of how to caring persons	PDF	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/contenidos/informacion/osapa_apoyo_cuidador/es_def/adjuntos/guia_basica_cuidados.pdf
x	x	x	x	x	x	G_BC_8	Recommendations – Phycho-Social	Recommendations – Phycho-Social different disease	Recommendations – Phycho-Social different disease	Information and recommendations of how to have and close a purpose.	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osapa_escuela_salud/es_proactiv/proposito.html
x	x	x	x	x	x	G_BC_9	Recommendations – Phycho-Social	Recommendations – Phycho-Social different disease	Recommendations – Phycho-Social different disease	Recommendations of how to solve problems.	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osapa_escuela_salud/es_proactiv/problemas.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
x	x	x	x	x	x	G_BC_10	Recommendations – Phycho-Social	Recommendations – Phycho-Social different disease	Recommendations – Phycho-Social different disease	Recommendations for improving the communication between the patient and the clinic professional.	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osapa_escuela_salud/es_proactiv/comunicacion.html
x	x	x	x	x	x	G_BC_11	Recommendations – Phycho-Social	Recommendations – Phycho-Social different disease	Recommendations – Phycho-Social different disease	Recommendations for thinking in positively.	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osapa_escuela_salud/es_proactiv/positivo.html
x	x	x	x	x	x	G_BC_12	Recommendations – Phycho-Social	Recommendations – Phycho-Social different disease	Recommendations – Phycho-Social different disease	Recommendations of how to get relaxing	Webpage & Video	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osapa_escuela_salud/es_proactiv/relajacion.html
x	x	x	x	x	x	G_BC_13	Recommendations – Phycho-Social	Recommendations – Phycho-Social different disease	Recommendations – Phycho-Social different disease	Recommendations of how to view each person achievements.	Webpage	Yes	Información legal © 2017 · Eusko Jaurlaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osapa_escuela_salud/es_proactiv/logros.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	CODE	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links / Location Details / Document
X	X	X	X	X	x	G_BC_14	Recommendations	Recommendations – How to access to the Personal Health Folder	Recommendations – How to access to the Personal Health Folder	A video tutorial about how to access to the Personal Health Folder – Carpeta de Salud	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.bing.com/videos/search?q=youtube+carpeta+de+salud&qv=youtube+carpeta+de+salud&view=detail&mid=CB4C7DC9761D025FBF94CB4C7DC9761D025FBF94&FORM=VRDGAR
x	x	x	x	x	x	G_BC_15	General Information	General information about support groups	General information about support groups	Description of what is the Active Patient program for chronic condition	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/pacienteactivo/
X	X	X	X	X	x	G_BC_16	General Information	General information about vaccinations	General information about vaccinations	General information about vaccinations for adults	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.bing.com/videos/search?q=youtube+carpeta+de+salud&qv=youtube+carpeta+de+salud&view=detail&mid=CB4C7DC9761D025FBF94CB4C7DC9761D025FBF94&FORM=VRDGAR
X	X	X	X	X	x	G_BC_17	General Information	General information about smoking cessation	General information about smoking cessation	General information about smoking cessation	Webpage	Yes	Información legal © 2017 · Eusko Jauriaritza - Gobierno Vasco	http://www.osakidetza.euskadi.eus/informacion/tabaquismo/r85-gkgnr100/es/

Appendix 2b – Core Patient Training Materials Catalogue – Region Jämtland Härjedalen

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
Put a cross (x) in the box(es) of the condition(s) that the material relates to. Select one or more, as appropriate							Record the high level category that the material relates to e.g. medication, tests, diet, lifestyle, etc	Propose suitable 'label(s)' to describe the material, e.g. blood glucose management, lipid lowering, foot care in diabetes etc. This label will be used to map the materials to the relevant conditions, care plan items etc in C3. A re-coding exercise may need to be done once each pilot site has completed this table	State a short title for the material, e.g. 'food aspect in diabetes'. This is likely to be the title of the actual material and is different to, & more specific than, the 'Mapping Label' in the previous column	Provide a short summary of the what the material covers	Record the format of the material, e.g. PDF, webpage, video etc. NB: there is no requirement to present materials in a particular format or to change existing formats. There are also no restrictions on how many formats materials can be presented in	Confirm that approval to use the material in C3 Cloud has been received from the relevant organization/ the owner	Include the material copyright and details of the author/owner here. If there are any outstanding issues with using the materials, or issues with validation, which need to be addressed please state that here	Either provide a link to the material, confirm the location of the material or insert the file itself here
X						DM_RJH_1	General information	Diabetes type 2 – starting page	Diabetes type 2	See category You can from here have direct access to separate parts as listed below.	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/
X						DM_RJH_2	Symptoms	Diabetes type 2 - symptoms	Diabetes type 2 - symptoms	Diabetes type 2 - symptoms	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-1
X						DM_RJH_3	General information	Diabetes type 2 - When to seek care	Diabetes type 2 - When to seek care	Diabetes type 2 - When to seek care	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-2

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X						DM_RJH_4	Investigations, Blood Sampling, Measurement	Diabetes type 2 – investigations and blood sampling	Diabetes type 2 – investigations and blood sampling	Diabetes type 2 – investigations and blood sampling	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-3
X						DM_RJH_5	Self-care	Diabetes type 2 – self-care	What can you do yourself if you have diabetes type 2	What you can do yourself, life style, diet, smoking, eye check-ups, dental care, podiatric care	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-4
X						DM_RJH_6	General information	General information about treatment of diabetes type 2	General information about treatment of diabetes type 2	General information about treatment of diabetes type 2	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-5
X						DM_RJH_7	Physiology	Physiology in diabetes type 2	What happens in your body if you have Diabetes type 2	Physiology in diabetes type 2	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-6
X						DM_RJH_8	Causative factors	Diabetes type 2 – causative factors	What causes Diabetes type 2	Diabetes type 2 – causative factors	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-7
X						DM_RJH_9	Complications	Diabetes type 2 - complications	Diabetes type 2 - complications	Diabetes type 2 - complications	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-8

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X						DM_RJH_10	General information	To live a good life despite diabetes	To live a good life with diabetes type 2	To live a good life despite diabetes	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Diabetes-typ-2/#section-9
X						DM_RJH_11	Treatment	General information on treatment of diabetes type 2	General information on treatment of diabetes type 2	General information on treatment of diabetes type 2	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/
X						DM_RJH_12	Treatment	General information on Pharmacological treatment	General information on Pharmacological treatment in Diabetes type 2	General information on Pharmacological treatment in Diabetes type 2	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-1
X						DM_RJH_13	Treatment	Diabetes treatment with Metformin	Diabetes treatment with Metformin	Diabetes treatment with Metformin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-2
X						DM_RJH_14	Treatment	Diabetes treatment with sulfonylurea	Diabetes treatment with sulfonylurea	Diabetes treatment with sulfonylurea	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-3
X						DM_RJH_15	Treatment	Diabetes treatment with Metiglinides	Diabetes treatment with Metiglinides	Diabetes treatment with Metiglinides	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-4

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X						DM_RJH_16	Treatment	Diabetes treatment with Acarbos	Diabetes treatment with Acarbos	Diabetes treatment with Acarbos	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-5
X						DM_RJH_17	Treatment	Diabetes treatment with Glitazones	Diabetes treatment with Glitazones	Diabetes treatment with Glitazones	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-6
X						DM_RJH_18	Treatment	Diabetes treatment with Incretines	Diabetes treatment with Incretines	Diabetes treatment with Incretines	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-7
X						DM_RJH_19	Treatment	Diabetes treatment with SGLT2-inhibitors	Diabetes treatment with SGLT2-inhibitors	Diabetes treatment with SGLT2-inhibitors	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-8
X						DM_RJH_20	Treatment	Diabetes treatment with Insulin	Treatment of diabetes type 2 with Insulin	Diabetes type 2 treatment with Insulin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-9
X						DM_RJH_21	Diet	Food when having diabetes type 2	Food when you have diabetes type 2	Food when having diabetes type 2	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Mat-vid-diabetes/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
				X		DM_RJH_22	General information	General information about hypertension	General information about hypertension	General information and links to pages below	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/
				X		DM_RJH_23	Symptoms	Hypertension symptoms	Hypertension symptoms	Hypertension symptoms	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-1
				X		DM_RJH_24	When to seek care	Hypertension when to seek care	Hypertension when to seek care	Hypertension when to seek care	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/#section-2
				X		DM_RJH_25	Self-care	Self-care hypertension in	What you can do yourself if you have hypertension	Self-care hypertension in	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/#section-3
				X		DM_RJH_26	Investigations, Blood Sampling, Measurement	Hypertension - Measurements and investigations	Hypertension - Measurements and investigations	Hypertension - Measurements and investigations	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/#section-4
				X		DM_RJH_27	Treatment	General information and treatment targets	General information and treatment targets	General information and treatment targets	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/#section-5

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
				X		DM_RJH_28	Causative factors	What causes hypertension	What causes hypertension	What causes hypertension	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/#section-6
				X		DM_RJH_29	Complications	Hypertension complications	Hypertension complications	Hypertension complications	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/#section-7
				X		DM_RJH_30	National guidelines	More information and link to national guidelines	Blood pressure – national guidelines	More information and link to national guidelines	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hogt-blodtryck/#section-8
				X		DM_RJH_31	Treatment	General information on drug treatment	General information on drug treatment of hypertension	General information on drug treatment of hypertension	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/
				X		DM_RJH_32	Treatment	Blood pressure treatment with Diuretics	Blood pressure treatment with Diuretics	Blood pressure treatment with Diuretics	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/#section-1
				X		DM_RJH_33	Treatment	Blood pressure treatment with ACE-inhibitors	Blood pressure treatment with ACE-inhibitors	Blood pressure treatment with ACE-inhibitors	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/#section-2

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
				X		DM_RJH_34	Treatment	Blood pressure treatment with Calcium blockers	Blood pressure treatment with Calcium blockers	Blood pressure treatment with Calcium blockers	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/#section-3
				X		DM_RJH_35	Treatment	Blood pressure treatment with Angiotensin-2 blockers	Blood pressure treatment with Angiotensin-2 blockers	Blood pressure treatment with Angiotensin-2 blockers	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/#section-4
				X		DM_RJH_36	Treatment	Blood pressure treatment with Beta blockers	Blood pressure treatment with Beta blockers	Blood pressure treatment with Beta blockers	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/#section-5
				X		DM_RJH_37	Treatment	Blood pressure treatment with Other drugs	Blood pressure treatment with Other drugs	Blood pressure treatment with Other drugs	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/#section-6
				X		DM_RJH_38	Treatment	Blood pressure treatment with Doxazosin	Blood pressure treatment with Doxazosin	Blood pressure treatment with Doxazosin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Doxazosin-Actavis/
				X		DM_RJH_39	General information	General page with information, leading to following pages	Hyperlipidemia in general	Hyperlipidemia in general	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hogt-blodtryck/#section-5

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
					X	DM_RJH_40	Symptoms	Symptoms in hyperlipidemia	Symptoms in hyperlipidemia	Symptoms in hyperlipidemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hoga-blodfetter/
					X	DM_RJH_41	When to seek care	When to seek care in hyperlipidemia	When to seek care in hyperlipidemia	When to seek care in hyperlipidemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hoga-blodfetter/#section-2
					X	DM_RJH_42	Investigations, Blood Sampling, Measurement	Investigations in hyperlipidemia	Investigations in hyperlipidemia	Investigations in hyperlipidemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hoga-blodfetter/#section-3
					X	DM_RJH_43	Self-care	Self-care in hyperlipidemia	Self-care in hyperlipidemia	Self-care in hyperlipidemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hoga-blodfetter/#section-4
					X	DM_RJH_44	Treatment	Treatment in hyperlipidemia	Treatment in hyperlipidemia	Treatment in hyperlipidemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hoga-blodfetter/#section-5
					X	DM_RJH_45	Causative factors	What causes hyperlipidemia	What causes hyperlipidemia	What causes hyperlipidemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hoga-blodfetter/#section-6

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
					X	DM_RJH_46	Guidelines	More information and link to national guidelines	More information and link to national guidelines	More information and link to national guidelines	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hoga-blodfetter/#section-7
					X	DM_RJH_47	Treatment	General information on treatment of hyperlipidemia	General information on treatment of hyperlipidemia	General information on treatment of hyperlipidemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hoga-blodfetter/
					X	DM_RJH_48	Treatment	Statin treatment	Statin treatment	Statin treatment	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hoga-blodfetter/#section-1
					X	DM_RJH_49	Treatment	Resin treatment	Resin treatment	Resin treatment	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hoga-blodfetter/#section-2
					X	DM_RJH_50	Treatment	Fibrate treatment	Fibrate treatment	Fibrate treatment	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hoga-blodfetter/#section-3
					X	DM_RJH_51	Treatment	Other treatments	Other treatments	Other treatments (reabsorption inhibitors, PCK9 inhibitors)	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hoga-blodfetter/#section-4

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X						DM_RJH-52	Investigations, Blood Sampling, Measurement	Plasma-glucose	Plasma-glucose	Information about Plasma-glucose	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Undersokningar/P-Glukos--blodsocker/
X						DM_RJH-53	Investigations, Blood Sampling, Measurement	HbA1c	HbA1c	Information about HbA1c	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Undersokningar/HbA1c/
X						DM_RJH-54	Treatment	Gastric bypass	Gastric bypass	Information about Gastric bypass	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Behandlingar/Gastric-bypass/
					X	DM_RJH-55	Treatment	Specific information drug - Simvastatin	Simvastatin	Specific information drug - Simvastatin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Simvastatin/
					X	DM_RJH-56	Treatment	Specific information drug - Fluvastatin	Fluvastatin	Specific information drug - Fluvastatin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Lescol/
					X	DM_RJH-57	Treatment	Specific information drug - Atorvastatin	Atorvastatin	Specific information drug - Atorvastatin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Atorvastatin/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
					X	DM_RJH-58	Treatment	Specific drug information - Rousvastatin	Rousvastatin (Crestor)	Specific drug information - Rousvastatin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Crestor/
					X	DM_RJH-59	Treatment	Specific drug information - Bezafibrat	Bezafibrat	Specific drug information - Bezafibrat	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Bezalip-och-Bezalip-Retard/
					X	DM_RJH-60	Treatment	Specific drug information - Gemfibrozil	Gemfibrozil	Specific drug information - Gemfibrozil	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Gemfibrozil/
					X	DM_RJH-61	Treatment	Specific drug information - Fenofibrat	Fenofibrat (Lipanthyl)	Specific drug information - Fenofibrat	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Lipanthyl/
X	X	X	X	X	X	G_RJH_1	Physical activity	General information about physical activity	Physical activity	A general information about physical activity	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtland-Harjedalen/Tema/Halsa/Fysisk-aktivitet/Rorelse-ar-livsviktigt/
X	X	X	X	X	X	G_RJH_2	General information	Smoking cessation, life style	Help to quit smoking	Help to quit smoking – advices and information	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtland-Harjedalen/Tema/Halsa/Alkohol-och-tobak/Hjalp-att-sluta-roka/
X	X	X	X	X	X	G_RJH_3	General information	Obesity, life style	Obesity	Obesity	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Fetma/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
			X			DP_RJH_1	General information	Depression general information	Depression general information	Depression general information and stating page to the following pages	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/
			X			DP_RJH_2	General information	Depression general information	Depression general information	Depression general information	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-0
			X			DP_RJH_3	Symptoms	Depression symptoms	- Depression symptoms	- Depression symptoms	- webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-1
			X			DP_RJH_4	Symptoms	Depression anxiety	- Depression anxiety	- Depression anxiety	- webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Angest/
			X			DP_RJH_5	Symptoms	Depression – sleeping disorder	- Depression sleeping disorder	- Depression sleeping disorder	- webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Somnsvarigheter/
			X			DP_RJH_6	When to seek care	Depression – when to seek care	Depression – when to seek care	Depression – when to seek care	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-2

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
			X			DP_RJH_7	Investigations	Depression investigations	- Depression investigations	- Depression investigations	- webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-4
			X			DP_RJH_8	Treatment	Depression treatment	- Depression treatment	- Depression treatment	- webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-5
			X			DP_RJH_9	Self-care	Self-care depression	in What you can do yourself	Self-care depression	in webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-6
			X			DP_RJH_10	Causative factors	Causative factors in depression	What causes depression	Causative factors in depression	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-8
			X			DP_RJH_11	Support to relatives	Support to relatives	If someone close to you has depression	Support to relatives	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-9
			X			DP_RJH_12	Treatment	Depression psychotherapy	- Depression psychotherapy	- Depression psychotherapy	- webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Behandlingar/Psykoterapi/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
			X			DP_RJH_13	Treatment	General information	Depression – general information	Depression – general information	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/
			X			DP_RJH_14	Treatment	Depression – drug treatment general information	Depression – drug treatment	Depression – drug treatment general information	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/#section-0
			X			DP_RJH_15	Treatment	Depression – drug treatment general information starting treatment, drug interactions	Depression – starting treatment, side effects and drug interactions	Depression – drug treatment general information starting treatment, drug interactions	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/#section-1
			X			DP_RJH_16	Treatment	SSRI	SSRI	SSRI	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/#section-2
			X			DP_RJH_17	Treatment	SNRI	SNRI	SNRI	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/#section-3
			X			DP_RJH_18	Treatment	Tricyclic antidepressants TCA	Tricyclic antidepressants TCA	Tricyclic antidepressants TCA	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/#section-4

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			X			DP_RJH_19	Treatment	Other antidepressants	Other antidepressants	Other antidepressants	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/#section-5
			X			DP_RJH_20	Symptoms	Suicidality	If you have suicidal thoughts	Suicidality	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Sjalmordstankar/
			X			DP_RJH_21	Treatment	General information	Depression a general information	Depression a general information	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-depression/
			X			DP_RJH_22	Treatment	Specific information drug - Citalopram		Specific information drug -	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Citalopram/
			X			DP_RJH_23	Treatment	Specific information drug - Venlafaxin	Venlafaxin	Specific information drug - Venlafaxin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Venlafaxin/
			X			DP_RJH_24	Treatment	Specific information drug - escitalopram	escitalopram	Specific information drug - escitalopram	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Escitalopram-/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
			X			DP_RJH_25	Treatment	Specific information drug - Klomipramin	Klomipramin	Specific information drug - Klomipramin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Klomipramin/
			X			DP_RJH_26	Treatment	Specific information drug - Paroxitin	Paroxitin	Specific information drug - Paroxitin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Paroxetin/
			X			DP_RJH_27	Treatment	Specific information drug - Mirtazapin	Mirtazapin	Specific information drug - Mirtazapin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Mirtazapin/
			X			DP_RJH_28	Treatment	Specific information drug - Sertralin	Sertralin	Specific information drug - Sertralin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Sertralin/
			X			DP_RJH_29	Treatment	Specific information drug - Bupropion	Bupropion (Voxra)	Specific information drug - Bupropion	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Voxra/
			X			DP_RJH_30	Treatment	Specific information drug - Fluoxetin	Fluoxetin	Specific information drug - Fluoxetin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Fluoxetin/

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			X			DP_RJH_31	Treatment	ECT	ECT	ECT	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Behandlingar/Elbehandling/
			X			DP_RJH_32	Treatment	Specific information Zopiklon	Specific information Zopiklon	Specific information Zopiklon	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Zopiklon/
			X			DP_RJH_33	Treatment	Specific information Zolopidem	Specific information Zolopidem	Specific information Zolopidem	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Zolopidem/
			X			DP_RJH_34	Treatment	Specific information Oxazepam	Specific information Oxazepam	Specific information Oxazepam	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Oxazepam/
			X			DP_RJH_35	Treatment	Specific information Propavan	Specific information Propavan	Specific information Propavan	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Propavan/
			X			DP_RJH_36	Treatment	Specific information Theralen	Specific information Theralen	Specific information Theralen	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Lakemedel-A-O/Theralen/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
		X				RF_RJH_4	General information	Kidney failure – general information	Kidney failure – general information	Kidney failure – general information	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt
		X				RF_RJH_5	Symptoms	Kidney failure - symptoms	Kidney failure - symptoms	Kidney failure - symptoms	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-1
		X				RF_RJH_6	When to seek care	Kidney failure – when to seek care	Kidney failure – when to seek care	Kidney failure – when to seek care	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-2
		X				RF_RJH_7	Investigations/Blood Sample, Measurement	Kidney failure - investigations	Kidney failure - investigations	Kidney failure - investigations	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt
		X				RF_RJH_8	Causative factors	Kidney failure - Causative factors	What causes Kidney failure	Kidney failure - Causative factors	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-4
		X				RF_RJH_9	Treatment	Treatment chronic kidney failure	Treatment chronic kidney failure	Treatment chronic kidney failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-6

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
		X				RF_RJH_10	Physiology	Physiology - kidney failure	What happens in your body when you have kidney failure	Physiology chronic kidney failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-7
		X				RF_RJH_11	Prevention	Prevention of kidney failure	Prevention of kidney failure	Prevention of kidney failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-8
		X				RF_RJH_12	QOL	General aspect of kidney failure on QOL	Quality of life and kidney failure	General aspect of kidney failure on QOL	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-9
		X				RF_RJH_13	Patient organization	Link to national patient organization	Link to national patient organization	Link to national patient organization	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Njursvikt#section-11
		X				RF_RJH_14	Duplicate of RF_RJH-13							
		X				RF_RJH_15	General information	General information about kidney transplantation	General information about kidney transplantation	General information about kidney transplantation	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Behandlingar/Njurtransplantation/
		X				RF_RJH_16	Investigations/Blood Sample, Measurement	Blood sampling - creatinine	Blood sampling - creatinine	Blood sampling - creatinine	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Undersokningar/Kreatinin/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
	X	X				RF_RJH_17	Investigations/Blood Sample, Measurement	Ultrasound investigations	Ultrasound investigations	Ultrasound investigations	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Undersokningar/Ultraljudsundersokning/
		X				RF_RJH_18	Treatment	Haemo-dialysis	Haemo-dialysis	Haemo-dialysis	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Behandlingar/Bloddialys---hemodialys/
		X				RF_RJH_19	Treatment	Peritoneal dialysis	Peritoneal dialysis	Peritoneal dialysis	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Behandlingar/Pasdialys---peritonealdialys/
		X				RF_RJH_20	Symptoms	Anemia	Anemia	Anemia	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Blodbrist/
X	X		X			RF_RJH_21	Treatment	Specific information - Burinex	Burinex	Specific information - Burinex	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Burinex/
X	X		X			RF_RJH_22	Treatment	Specific information - Captopril	Specific information - Captopril	Specific information - Specific information - Captopril	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Kaptopril/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X	X		X			RF_RJH_23	Treatment	Specific information Torem	drug - Torem	Specific information Torem	drug - webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Torem/
X	X		X			RF_RJH_24	Treatment	Specific information Enalapril	drug - Enalapril	Specific information Enalapril	drug - webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Enalapril/
X	X		X			RF_RJH_25	Treatment	Specific information Furosemid	drug - Furosemid	Specific information Furosemid	drug - webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Furosemid/
X	X		X			RF_RJH_26	Treatment	Specific information Lisinopril	drug - Lisinopril	Specific information Lisinopril	drug - webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Lisinopril/
X	X		X			RF_RJH_27	Treatment	Specific information Hydrochlothiazid	drug - Hydrochlothiazid	Specific information Hydrochlothiazid	drug - webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Esidrex/
X	X		X			RF_RJH_28	Treatment	Specific information Ramipril	drug - Ramipril	Specific information Ramipril	drug - webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Ramipril/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X	X		X			RF_RJH_29	Treatment	Specific drug information - Salures, Bendroflumethiazid	Bendroflumethiazid (Salures)	Specific drug information - Bendroflumethiazid	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Salures-/
X	X		X			RF_RJH_30	Treatment	Specific drug information - Amlodipin	Amlodipin	Specific drug information - Amlodipin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Amlodipin/
X	X		X			RF_RJH_31	Treatment	Specific drug information - Amilorid	Amilorid	Specific drug information - Amilorid	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Amilorid-Mylan/
X	X		X			RF_RJH_32	Treatment	Specific drug information - Diltiazem	Diltiazem (Cardizem)	Specific drug information - Diltiazem	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Cardizem-Cardizem-Retard-och-Cardizem-Unotard/
X	X		X			RF_RJH_33	Treatment	Specific drug information - Spironolactone	Spironolactone	Specific drug information - Spironolactone	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Spironolakton/
X	X		X			RF_RJH_77	Treatment	Specific drug information - Isradipin	Isradipin (Lomir)	Specific drug information - Isradipin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Lomir-och-Lomir-SRO/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X	X		X			RF_RJH_34	Treatment	Specific information drug - Felodipin	Specific information drug - Felodipin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Felodipin/	
X	X		X			RF_RJH_35	Treatment	Specific information drug - Verapamil	Specific information drug - Verapamil	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Verapamil/	
X	X		X			RF_RJH_36	Treatment	Specific information drug - Irbesartan	Specific information drug - Irbesartan	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Irbesartan/	
X	X		X			RF_RJH_37	Treatment	Specific information drug - Atenolol	Specific information drug - Atenolol	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Atenolol/	
X	X		X			RF_RJH_38	Treatment	Specific information drug - Candesartan	Specific information drug - Candesartan	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Kandesartan/	
X	X		X			RF_RJH_39	Treatment	Specific information drug - Metoprolol	Specific information drug - Metoprolol	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Metoprolol/	

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
X	X		X			RF_RJH_40	Treatment	Specific information drug - Losartan	Losartan	Specific information drug - Losartan	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Losartan/
X	X		X			RF_RJH_41	Treatment	Specific information drug - combination metoprolol/felodipin	Logimax	Specific information drug - combination metoprolol/felodipin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Logimax-och-Logimax-Forte/
X	X		X			RF_RJH_42	Treatment	Specific information drug - Telmisartan	Telmisartan	Specific information drug - Telmisartan	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Telmisartan/
X	X		X			RF_RJH_43	Treatment	Specific information drug - Doxazocin	Doxazocin	Specific information drug - Doxazocin	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Doxazosin-Actavis/
X	X		X			RF_RJH_44	Treatment	Specific information drug - Valsartan	Valsartan	Specific information drug - Valsartan	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Valsartan/
		x				RF_RJH_45	Physiology	General information - physiology kidneys	The function of the kidneys - introduction	General information - physiology kidneys	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/njurarnas-funktioner-sjukdomar/njurarna-och-dess-funktioner/
		x				RF_RJH_46	Etiology	Common causes of kidney failure	Common causes of kidney failure	Common causes of kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/njurarnas-funktioner-sjukdomar/vanliga-orsaker-till-njursvikt/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
		x				RF_RJH_47	Pathophysiology	Pathophysiology kidney failure	What happens to the body when you have kidney failure	Pathophysiology kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/njurarnas-funktioner-sjukdomar/naer-njurarna-sviktat/
		x				RF_RJH_48	Classification	Classification kidney failure	Classification kidney failure	Classification kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/njurarnas-funktioner-sjukdomar/njursviktens-fem-stadier/
		x				RF_RJH_49	Investigations/Blood Sample, Measurement	Blood tests – kidney failure	Blood tests – kidney failure	Blood tests – kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/prover-provsvar/blodprover/
		x				RF_RJH_50	Treatment	General information – treatment kidney failure	General information – treatment kidney failure	General information – treatment kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/
		x				RF_RJH_51	Investigations/Blood Sample, Measurement	Urine tests – kidney failure	Urine tests – kidney failure	Urine tests – kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/prover-provsvar/urinprover/
		x				RF_RJH_52	Investigations/Blood Sample, Measurement	General information – blood testing	General information – blood testing	General information – blood testing	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/prover-provsvar/allmaenna-raad-vid-provtagning/
		x				RF_RJH_53	Treatment	Anemia treatment	Anemia treatment	Anemia treatment	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/blodet/
		x				RF_RJH_54	Treatment	Treatment of hyper-calcemia	Treatment of hyper-calcemia	Treatment of hyper-calcemia	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/blodsalter/

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		x			X	RF_RJH_55	Treatment	Treatment of hyperlipidemia in kidney failure	Treatment of hyperlipidemia in kidney failure	Treatment of hyperlipidemia in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/blodfetter/
		x		X		RF_RJH_56	Treatment	Treatment of hypertension in kidney failure	Treatment of hypertension in kidney failure	Treatment of hypertension in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/blodtryck/
		x				RF_RJH_57	Treatment	Treatment of acidosis in kidney failure	Treatment of acidosis in kidney failure	Treatment of acidosis in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/foersurning-av-blodet/
		x				RF_RJH_58	Treatment	Treatment of gout in kidney failure	Treatment of gout in kidney failure	Treatment of gout in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/gikt/
		x				RF_RJH_59	Treatment	Treatment of hyper-fosfatemia and D-vitamin deficiency in kidney failure	Treatment of hyper-fosfatemia and D-vitamin deficiency in kidney failure	Treatment of hyper-fosfatemia and D-vitamin deficiency in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/kalciumfosfatbala-nsen/
		x				RF_RJH_60	Treatment	Vaccinations in kidney failure	Vaccinations you need if you have kidney failure	Vaccinations in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/vaccinationer/
		x				RF_RJH_61	Treatment	Vitamin treatment in kidney failure	Vitamin treatment in kidney failure	Vitamin treatment in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/lae-kemedel/vitaminer/
		x				RF_RJH_62	Symptoms	General information about symptoms in kidney failure	General information about symptoms in kidney failure	General information about symptoms in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae-lsa-symtom-egenvaard/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
		x				RF_RJH_63	Treatment	General information about Anemia in kidney failure	General information about Anemia in kidney failure	General information about Anemia in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/blodbristanemi/
		x				RF_RJH_64	Symptoms	GI-symptoms in RF	Gastrointestinal symptoms in renal failure	GI-symptoms in RF	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/mage-tarm-naeringstillstaand/
		x				RF_RJH_65	Self-care	Dry mouth	Dry mouth	Dry mouth	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/muntorrhet/
X		x				RF_RJH_66	Self-care	Muscle spasms	Muscle spasms	Muscle spasms	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/muskelkramper/
		x				RF_RJH_67	Self-care	Restless legs	Restless legs	Restless legs	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/restless-legs/
		x				RF_RJH_68	Advice	Sexuality and RF	Sexuality and Renal failure	Sexuality and RF	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/sex-samliv/
		x				RF_RJH_69	Symptoms	Tiredness	Tiredness	Tiredness	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/troetthet-orkesloeshet/
		x				RF_RJH_70	Advice	Fluid balance	Fluid balance	Fluid balance	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/hae/lsa-symtom-egenvaard/vaetskebalans/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
		x				RF_RJH_71	Treatment	Diet in RF	Diet in Renal failure	Diet in RF	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/kost/
	X	X				RF_RJF_72 KEEP	General information	General information vaccination against influenza	vaccination against influenza	General information vaccination against influenza	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Behandlingar/Vaccination-mot-influensa/
		x				RF_RJH_73	Treatment	Treatment of gout in kidney failure	Kidney diary	See category	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/haelsa-symtom-egenvaard/gikt/
		x				RF_RJH_74	Treatment	Treatment of itchy skin in kidney failure	Treatment of itchy skin in kidney failure	Treatment of itchy skin in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/haelsa-symtom-egenvaard/klaada/
		x				RF_RJH_75	Treatment	Calcium and phosphate balance in kidney failure	Introduction to Calcium and phosphate balance in kidney failure	Calcium and phosphate balance in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	www.njurdagboken.se
		x				RF_RJH_76	Treatment	Drug treatment for the Calcium and phosphate balance in kidney failure	Drug treatment for the Calcium and phosphate balance in kidney failure	Drug treatment for the Calcium and phosphate balance in kidney failure	webbpages	Yes	Swedish patient organization (kidney diseases) "njurförbundet"	http://njurdagboken.se/laekemedel/kalciumfosfatbalansen/
	X					HF_RJH_1	General Information	Cardiac failure – general information	Cardiac failure – general information	Cardiac failure – general information	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
	X					HF_RJH_2	Symptoms	Cardiac failure symptoms	Cardiac failure symptoms	Cardiac failure symptoms	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-1
	X					HF_RJH_3	General information	Cardiac failure – when to seek care	Cardiac failure – when to seek care	Cardiac failure – when to seek care	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-2
	X					HF_RJH_4	Self-care	Cardiac failure self-care	Cardiac failure self-care	Cardiac failure self-care	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-3
	X					HF_RJH_5	Investigations	Cardiac failure investigations	Cardiac failure investigations	Cardiac failure investigations	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-4
	X					HF_RJH_6	Treatment	Cardiac failure treatment	Cardiac failure treatment	Cardiac failure treatment	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-5
	X					HF_RJH_7	Etiology	Cardiac failure etiology	What causes Cardiac failure	Cardiac failure etiology	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-6

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
	X					HF_RJH_8	Physiology	Cardiac failure – physiology	What happens in your body when you have Cardiac failure	Cardiac failure – physiology	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-7
	X					HF_RJH_9	General information	General information – to live with cardiac failure and NYHA classes	To live with Cardiac failure and classification of cardiac failure	General information – to live with cardiac failure and NYHA classes	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-8
	X					HF_RJH_10	Guidelines	Information about national guidelines	Information about national guidelines	Information about national guidelines	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Sjukdomar/Hjartsvikt/#section-9
	X					HF_RJH_11	Treatment	General information about drug treatment in cardiac failure	General information about drug treatment in cardiac failure	General information about drug treatment in cardiac failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hjartsvikt/
	X					HF_RJH_12	Treatment	ACE inhibitors in treatment of cardiac failure	ACE inhibitors in treatment of cardiac failure	ACE inhibitors in treatment of cardiac failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hjartsvikt/#section-1
	X					HF_RJH_13	Treatment	ARB-2 receptor blockers in the treatment of cardiac failure	ARB-2 receptor blockers in treatment of cardiac failure	ARB-2 receptor blockers in treatment of cardiac failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hjartsvikt/#section-2

Diabetes 2	Heart Failure	Renal Failure	Depression	Hypertension	Hyperlipid	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links /Location Details /Document
	X					HF_RJH_14	Treatment	Beta blockers in the treatment of cardiac failure	Beta blockers in treatment of cardiac failure	Beta blockers in treatment of cardiac failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hjartsvikt/#section-3
	X					HF_RJH_15	Treatment	Diuretics in the treatment of cardiac failure	Cardiac failure	See category	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hjartsvikt/#section-4
	X					HF_RJH_16	Treatment	Mineralo-corticoid receptor agonists (MRA) in the treatment of cardiac failure	Mineralo-corticoid receptor agonists (MRA) (e.g. spironolakton and emlerenon) in the treatment of cardiac failure	Mineralo-corticoid receptor agonists (MRA) in the treatment of cardiac failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hjartsvikt/#section-5
	X					HF_RJH_17	Treatment	Digitalis in the treatment of cardiac failure	Digitalis in the treatment of cardiac failure	Digitalis in the treatment of cardiac failure	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtl-and-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-hjartsvikt/#section-6
	X					HF_RJH_18	Treatment	Specific drug information - Digitalis	Digitalis	Specific drug information - Digitalis	webbpages	Yes	Produced by the Swedish Association of Local Authorities and Regions	https://www.1177.se/Stockholm/Fakta-och-rad/Lakemedel-A-O/Digoxin-BioPhausia/

Appendix 2c – Core Patient Training Materials Catalogue – South Warwickshire

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
Put a cross (x) in the box(es) of the condition(s) that the material relates to. Select one or more, as appropriate				Ref No	Record the high level category that the material relates to e.g. medication, tests, diet, lifestyle, etc	Propose suitable 'label(s)' to describe the material, e.g. blood glucose management, lipid lowering, foot care in diabetes etc. This label will be used to map the materials to the relevant conditions, care plan items etc in C3. A re-coding exercise may need to be done once each pilot site has completed this table	State the short title for the material, e.g. 'food aspect in diabetes'. This is likely to be the title of the actual material and is different to, & more specific than, the 'Mapping Label' in the previous column	Provide a short summary of what the material covers	Record the format of the material, e.g. PDF, webpage, video etc. NB: there is no requirement to present materials in a particular format or to change existing formats. There are also no restrictions on how many formats materials can be presented in	Confirm that approval to use the material in C3 Cloud has been received from the relevant organization / the owner	Include the material copyright and details of the author/owner here. If there are any outstanding issues with using the materials, or issues with validation, which need to be addressed please state that here	Either provide a link to the material, confirm the location of the material or insert the file itself here

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM1	General	General Condition Overview	Type 2 Diabetes	Covers:- <ul style="list-style-type: none"> • What is diabetes, type 1 & type 2 • Understand glucose & insulin • Who develops type 2 – risk factors • Symptoms • How it is diagnosed – HBA1c • Possible complications • Complications – long & short term, e.g. high glucose, atheroma, kidney damage, eye problems, nerve damage, foot problems, impotence etc • Complications of treatment, e.g. hypoglycaemia • Treatment aims • Treatment aim 1 – keeping glucose normal. Monitor glucose & manage lifestyle &, e.g weight, diet, cholesterol, exercise. Take medication • Treatment aim 2 – manage other risk factors, e.g. BP, smoking, medication • Treatment Aim 3 - prompt mgt of complications – monitoring, regular checks & tests • Immunisation 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/type-2-diabetes

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM2	When to seek care	When to take action	Advice for People with Diabetes when Unwell	<ul style="list-style-type: none"> • What is diabetes • Understand glucose & insulin • What happens to my diabetes when unwell • What to do when unwell • When to contact doctor/nurse • What if I take tablets • What if I use insulin • What if I need to take steroid tablets 	Web page or PDF Diagram of the relevant body parts	Yes	Patient.Info/EMIS	https://patient.info/health/advice-for-people-with-diabetes-when-unwell
x				DM3	Complications	Diabetic Foot Care	Diabetes, Foot Care and Foot Ulcers	<ul style="list-style-type: none"> • What is a foot ulcer • Why are diabetes sufferers prone to foot ulcers • What increases the risk of foot ulcers • Are foot ulcers serious • How to prevent foot ulcers – regular examination, manage diabetes and risk factors such as hyperlipidaemia & hyper cholesterol, foot care • What if I develop a foot ulcer • What can I expect if admitted to hospital with a foot problem 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/diabetes-foot-care-and-foot-ulcers
x				DM39	Complications	Diabetic Foot Care	Foot Checks for Diabetes	<ul style="list-style-type: none"> • How often should I check my feet • What if I cant check my own feet • Damage 	Web page	Yes	Diabetes.co.uk	http://www.diabetes.co.uk/foot-care/foot-checks.html
x				DM40	Complications	Diabetic Foot Care	Foot Examinations	<ul style="list-style-type: none"> • What is a foot examination for • How often • What happens • Testing/Caring for feet 	Web page	Yes	Diabetes.co.uk	http://www.diabetes.co.uk/diabetes-complications/foot-examination.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM4	Complications	Diabetic Neuropathy	Diabetic Neuropathy	<ul style="list-style-type: none"> • Understanding nerves & nervous system • What is diabetic neuropathy • How common is it • Who is at risk • What are the symptoms • How is it diagnosed & assessed • What is the treatment • What is the outlook / prognosis • Can it be prevented 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetic-neuropathy-leaflet
x				DM41	Complications	Diabetic Neuropathy	Neuropathic Pain (this is generic but relevant to diabetes)	<ul style="list-style-type: none"> • What is it • What causes it • Nature of it • How common is it • Treatment • Underlying causes • Medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/neuropathic-pain
x				DM5	Complications	Diabetic Retinopathy	Diabetic Retinopathy	<ul style="list-style-type: none"> • What is diabetes • What is it retinopathy • What causes it • What are the symptoms • Different types & severity • Who develops it / risk factors • Can it be prevented • Eye checks • What is the treatment 	Web page or PDF Diagram of the eye	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetic-retinopathy-leaflet
x				DM43	Complications	Hypoglycaemia	Dealing with Hypoglycaemia	<ul style="list-style-type: none"> • What to look for • What you need to do 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/dealing-with-hypoglycaemia-low-blood-sugar

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM6	Complications / Multimorbidity	Diabetic Kidney Disease	Diabetic Kidney Disease	<ul style="list-style-type: none"> • Understanding kidneys & urine • Functions of kidneys • What is Diabetic kidney disease • How does it develop & progress • How common it • Symptoms • How is it diagnosed & assessed • What increases the risk / risk factors • Possible complications • Treatment, e.g. medication, reduce risk factors, e.g. BP, glucose • Outlook / prognosis 	Web page or PDF Diagrams of renal tract	Yes	Patient.Info/EMIS	https://patient.info/health/diabetic-kidney-disease-leaflet
x				DM7	Complications / Multimorbidity	Diabetes & Hypertension	Diabetes and High Blood Pressure	<ul style="list-style-type: none"> • What is high blood pressure • How is it diagnosed • What causes it • How common is it • Do I need tests • Why is it a problem / risk factors • What of the benefits of lowering BP • How can it be lowered / treatments • Lifestyle treatments, e.g. weight, exercise, salt, diet, alcohol • Treatment with medication • Smoking and high BP 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/diabetes-and-high-blood-pressure
x				DM42	Complications / Multimorbidity	Gastroparesis	Diabetes & Gasotroparesis	<ul style="list-style-type: none"> • 	Web Page	Yes	Diabetes.co.uk	http://www.diabetes.co.uk/diabetes-complications/diabetes-and-gastroparesis.html

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM8	Treatment/ Monitoring	Treatment Overview	Type 2 Diabetes Treatment	<ul style="list-style-type: none"> • How is blood glucose monitored • How is type 2 treated • Lifestyle - diet, weight & exercise • Medication & side effects • Other treatments, e.g. • Monitoring treatment 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/treatments-for-type-2-diabetes
x				DM9	Medication	Metformin	Metformin for diabetes	<ul style="list-style-type: none"> • About Metformin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/metformin-for-diabetes
x				DM10	Medication	Sulfonylurea - Glibenclamide	Glibenclamide for diabetes	<ul style="list-style-type: none"> • About Glibenclamide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/glibenclamide-for-diabetes
x				DM11	Medication	Sulfonylurea - Gliclazide	Gliclazide (Bilxona, Diamicron, Laaglyda, Nazdol, Zicron)	<ul style="list-style-type: none"> • About Gliclazide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/gliclazide-bilxona-diamicron-laaglyda-nazdol-zicron

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM12	Medication	Sulfonylurea -Glimepiride	Glimepiride tablets for diabetes (Amaryl)	<ul style="list-style-type: none"> • About Glimepiride • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/glimepiride-tablets-for-diabetes-amaryl
x				DM13	Medication	Sulfonylurea - Glipizide	Glipizide (Minodiab)	<ul style="list-style-type: none"> • About Glipizide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/glipizide-minodiab
x				DM14	Medication	Sulfonylurea - Tolbutamide	Tolbutamide	<ul style="list-style-type: none"> • About Tolbutamide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/tolbutamide
x				DM15	Medication	Sulfonylurea - Glyburide	Glyburide for diabetes (DiaBeta, Glynase PresTab)	<ul style="list-style-type: none"> • About Glyburide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/glyburide-for-diabetes-diaeta-glynase-prestab

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM16	Medication	Nateglinide	Nateglinide for diabetes (Starlix)	<ul style="list-style-type: none"> • About Nateglinide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/nateglinide-for-diabetes-starlix
x				DM17	Medication	Repaglinide	Repaglinide for diabetes (Enyglid, Prandin)	<ul style="list-style-type: none"> • About Repaglinide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/repaglinide-for-diabetes-enyglid-prandin
x				DM18	Medication	Dipeptidyl peptidase-4 inhibitors - Alogliptin	Alogliptin tablets for diabetes (Vipidia)	<ul style="list-style-type: none"> • About Alogliptin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/alogliptin-tablets-for-diabetes-vipidia
x				DM19	Medication	Dipeptidyl peptidase-4 inhibitors - Linagliptin	Linagliptin tablets for diabetes (Trajenta)	<ul style="list-style-type: none"> • About Linagliptin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/linagliptin-tablets-for-diabetes-trajenta

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM20	Medication	Dipeptidyl peptidase-4 inhibitors - Saxagliptin	Saxagliptin for diabetes (Onglyza)	<ul style="list-style-type: none"> • About Saxagliptin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/saxagliptin-for-diabetes-onglyza
x				DM21	Medication	Dipeptidyl peptidase-4 inhibitors - Sitagliptin	Sitagliptin for diabetes (Januvia)	<ul style="list-style-type: none"> • About Sitagliptin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/sitagliptin-for-diabetes-januvia
x				DM22	Medication	Dipeptidyl peptidase-4 inhibitors - Vildagliptin	Vildagliptin for diabetes (Galvus)	<ul style="list-style-type: none"> • About Vildagliptin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/vildagliptin-for-diabetes-galvus
x				DM23	Medication	Pioglitazone	Pioglitazone tablets for diabetes (Actos, Diabiom, Glidipion)	<ul style="list-style-type: none"> • About Pioglitazone • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/pioglitazone-tablets-for-diabetes-actos-diabiom-glidipion

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM24	Medication	Acarbose	Acarbose for diabetes (Glucobay)	<ul style="list-style-type: none"> About Acarbose Before taking it How to take it Getting the most from treatment Can it cause problems / side effects How to store it Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/acarbose-for-diabetes-glucobay
x				DM25	Medication	Insulin	Insulin	<ul style="list-style-type: none"> What is it and how does it work When is it prescribed How is it given What types are available What about hypoglycaemia Do I need monitoring or tests What are the side effects What about driving What is the length of treatment Can I buy insulin How to use the yellow card scheme 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/insulins
x				DM26	Medication	Exenatide	Exenatide for diabetes (Byetta, Bydureon)	<ul style="list-style-type: none"> About Exenatide Before taking it How to take it Getting the most from treatment Can it cause problems / side effects How to store it Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/exenatide-for-diabetes-byetta-bydureon
x				DM27	Medication	Lixisenatide	Lixisenatide for diabetes (Lyxumia)	<ul style="list-style-type: none"> About Lixisenatide Before taking it How to take it Getting the most from treatment Can it cause problems / side effects How to store it Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/lixisenatide-for-diabetes-lyxumia

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM28	Medication	Liraglutide	Liraglutide for diabetes (Victoza)	<ul style="list-style-type: none"> • About Liraglutide • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/liraglutide-for-diabetes-victoza
x				DM29	Medication	Dapagliflozin	Dapagliflozin tablets for diabetes (Forxiga)	<ul style="list-style-type: none"> • About Dapagliflozin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems / side effects • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/dapagliflozin-tablets-for-diabetes-forxiga
X				DM30	Medication	Statins	Statins and other lipid lowering medicines	<ul style="list-style-type: none"> • What are cholesterol, lipids & atheroma • What are statins & how do they work – atorvastatin, fluvastatin, rosuvastatin, simvastatin • Reducing risk factors – diet, not smoking, regular exercise, lose weight, reduce BP, aspirin • Who should take a statin • What happens when I take one • Target cholesterol • Side effects & problems • Other medicines to reduce cholesterol – bile acid sequestrants, fibrates, ezetimibe, fish oils • Over the counter statins 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/statins-and-other-lipid-lowering-medicines

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM31	Lifestyle/ Wellbeing	Diet	Diabetes and Emotional Eating	<ul style="list-style-type: none"> • Do you find yourself down & eating to distract yourself? • How to change the pattern • 5 tips for overcoming non-hunger eating 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetes-and-emotional-eating
x				DM32	Lifestyle/ Wellbeing	Diet	Type 2 Diabetes Diet	<ul style="list-style-type: none"> • What is the type 2 healthy eating diet • Fruit & veg • Starchy foods • Meat, fish, eggs, pulses etc • Dairy • Foods high in fat & sugar • Salt 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetes-healthy-eating-sheet
X				DM33	Lifestyle/ Wellbeing	Diet	Enjoying Food	<ul style="list-style-type: none"> • Balanced diet info • True and false quiz • Alcohol • Weight • Recipes 	PDF	Yes	Diabetes UK	https://shop.diabetes.org.uk/usr/downloads/EnjoyFood-OCTOBER%202016_DIGITAL.pdf
x				DM34	Lifestyle/ Wellbeing	Alcohol	Diabetes and Alcohol	<ul style="list-style-type: none"> • Is alcohol a problem? • Treatments, e.g. support groups. CBT 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetes-and-alcohol
X				DM35	Lifestyle/ Wellbeing	Sex	Diabetes and Sex	<ul style="list-style-type: none"> • What are sexual difficulties • How to manage the physical side • How to manage the emotional aspects • Other aspects of sexual relationships 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetes-and-sex
x				DM44	Lifestyle/ Wellbeing	Driving	Dr Sarah Jarvis talks about the law regarding driving with diabetes	<ul style="list-style-type: none"> • 	Video	Yes	Patient.Info/ EMIS	https://patient.info/health/media/videos/dr-sarah-jarvis-talks-about-the-law-regarding-driving-with-diabetes

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
x				DM36	Psycho-Social	Mood	Diabetes and Motivation	<ul style="list-style-type: none"> • Motivation & values • Creating space for the diabetic visitor • From values to goals • Next steps 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetes-and-motivation
x				DM37	Psycho-Social	Mood	Diabetes Depression, Distress and 'Burnout'	<ul style="list-style-type: none"> • Way to avoid diabetes burnout 	Web page or PDF Video on Christmas depression	Yes	Patient.Info/ EMIS	https://patient.info/health/diabetes-depression-distress-and-burnout
X				DM38	Psycho-Social	Mood	Diabetes & Mood	<ul style="list-style-type: none"> • Is my mood a problem? • Why do I feel low • How can I help my mood? • Who can help? 	Web page or PDF	Yes	RCGP	file:///C:/Users/swbeacma/Downloads/ScotLBDiabetes%20Patient%20LeafletRCGP%20Scotland%20web%20doc.pdf
	X			HF1	General	General Condition Overview	Heart Failure	<ul style="list-style-type: none"> • How does heart work • What is HF • How common is it • What causes it • Symptoms • How is it diagnosed / tests • Referral to specialist • Self-help – exercise, diet, smoking, immunization / vaccination, weight control, alcohol • Treatment • Medicines are used to treat it • Devices for heart failure (pacemaker) • Other Treatment • What is the outlook / prognosis 	Web page or PDF Heart diagrams	Yes	Patient.Info/ EMIS	https://patient.info/health/heart-failure-leaflet

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
	X			HF2	General	General Condition Overview	Heart Failure	<ul style="list-style-type: none"> • Symptoms • Causes • Diagnosis & investigations • Treatment, e.g. medication, pacemaker, ICD, reduce salt, stop smoking 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-health/conditions/heart-failure
	x			HF3	General	General Condition Overview	An everyday guide to living with heart failure	<ul style="list-style-type: none"> • What is heart failure • How is diagnosed/ tests? • Causes • Outlook / Prognosis • Severity • Symptoms / controlling them / what to do, inc Q&As • Self-management • Understanding & controlling medications & side effects, inc medication trackers • Lifestyle – BP, diet, fluid balance, salt, smoking, alcohol, exercise, action plan, goals • Dealing with work, home, working, driving, carrying, travelling, stress & anxiety, depression, mood, relationships, sex, finances, social life, palliative care, fear of dying, death, tips for talking to doctor, • Advice for carers – warning signs, getting help • Support organisations to help • Emergencies etc 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/an-everyday-guide-to-living-with-heart-failure

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	x			HF4	General	General Condition Overview	Living with Heart Failure	<ul style="list-style-type: none"> • Post diagnosis • Managing medication • Lifestyle & behavior changes • Getting support you need • Watch patients story – set goals & tasks 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-health/living-with-a-heart-condition/living-with-heart-failure
	X			HF5	Investigations	Investigations	Tests helped me understand my heart	<ul style="list-style-type: none"> • Investigations for heart failure • Risks • Symptoms of heart attack • Organisations to help 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/tests-for-heart-conditions
	X			HF69	Investigations	Blood Tests	Blood Tests	<ul style="list-style-type: none"> • What is a blood test • How is it taken • What about afterwards • Types of test • 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-health/tests/blood-tests
	x			HF6	General	Talking to health care professionals	What to ask your doctor after you have been diagnosed with a heart condition	<ul style="list-style-type: none"> • Tips on what to ask your doctor • Possible questions 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/questions-to-ask-after-diagnosis-of-a-heart-condition
	X			HF7	General	Talking to health care professionals	12 questions you should read before you see your doctor	<ul style="list-style-type: none"> • Tips on what to ask your doctor • Possible questions 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/questions-to-ask-your-doctor
	X			HF8	General	Healthcare professionals	A Medical who's who	<ul style="list-style-type: none"> • List of healthcare professionals who the patient may see 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/a-medical-who-is-who
	X			HF9	Complications / Multimorbidity	Kidney Disease	The heart-kidney link	<ul style="list-style-type: none"> • How they work together • Can it be treated – control BP, medication • Reducing risk – smoking, diet, weight, exercise 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/kidney-heart-link

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	x			HF10	Complications / Multimorbidity	Diabetes	Diabetes and Your Heart	<ul style="list-style-type: none"> • What is heart disease & how the heart works • What increases risk factors • How does diabetes affect my risk of heart disease • What is diabetes - types • Symptoms • Complications • Diagnosis of diabetes / tests • How does diabetes affect the heart • How is it treated • Reducing risk factors of heart disease through lifestyle – exercise, smoking, diet, BP , weight control glucose • What to do if you have both 	PDF Video	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/diabetes-and-your-heart https://www.bhf.org.uk/heart-health/risk-factors/diabetes
	x			HF11	Complications / Multimorbidity	Depression	Heart Disease & Mood	<ul style="list-style-type: none"> • Is my mood a problem? • How can I help my mood? • Who can help? 	PDF	Yes	RCGP	file:///C:/Users/swbeacma/Downloads/ScotLBC HD%20Patient%20LeafletRCGP%20Scotland%20web%20doc.pdf
	x			HF12	Complications / Multimorbidity	Pulmonary Oedema	Pulmonary Oedema	<ul style="list-style-type: none"> • What do heart & blood vessels do • How common is it • What causes it • What are the symptoms • How is it diagnosed / tests • How is it treated / medication • Are there any complications • What is the outlook or prognosis 	Web page or PDF Lung diagrams	Yes	Patient.Info/ EMIS	https://patient.info/health/pulmonary-oedema
	x			HF13	Complications / Multimorbidity	Fluid Overload	Fluid Overload	<ul style="list-style-type: none"> • Symptoms • Causes • Diagnosis • Treatment • Outlook / Prognosis 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/fluid-overload-leaflet

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	x			HF14	Medication	ACE Inhibitors	ACE Inhibitors	<ul style="list-style-type: none"> • What are ACE inhibitors • What are they used to treat • How do they work • Which is the best • Can I buy them • How do I take them • Do I need any tests • How quickly do they work • Usual length of treatment • Who can't take them • Side effects • How to use the yellow card scheme 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/heart-matters/ace-inhibitors
	X			HF15	Medication	Angiotensin Receptor Blocker (ARB)	Angiotensin Receptor Blocker (ARB)	<ul style="list-style-type: none"> • What are they • How do they work • Why am I taking them • Are they the same as ACE inhibitors • How do I take them • Interactions • Side effects • Who shouldn't take them 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/drug-cabinet/arbs
	x			HF16	Medication	Alpha-blockers	Alpha-blockers	<ul style="list-style-type: none"> • What are they & what are they used for • How do they work • When are they prescribed • Which ones are usually prescribed • How well do they work • Usual length of treatment • Taking other medications • Side effects • Can I buy them • Who can't take them • How to use the yellow card system 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/heart-matters/alpha-blockers

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	x			HF17	Medication	Calcium channel blockers	Calcium channel blockers	<ul style="list-style-type: none"> • What are they & what are they used for • How do they work • Different types • Possible side effects • Other considerations • How to use the yellow card system 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/calcium-channel-blockers-leaflet
	x			HF18	Medication	Beta-blockers	Beta-blockers	<ul style="list-style-type: none"> • What are they & how do they work • Which conditions are treated • Which is the best • Known side effects • Other considerations • Can I buy them • Usual length of treatment • Who can't take them • How to use the yellow card system 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/beta-blockers
	x			HF19	Medication	Loop Diuretics	Loop Diuretics	<ul style="list-style-type: none"> • What are they & what are they used for • How do they work • Possible side effects • How to use the yellow card system • Other considerations 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/loop-diuretics
	x			HF20	Medication	Potassium-sparing Diuretics	Potassium-sparing Diuretics	<ul style="list-style-type: none"> • What are they & what are they used for • How do they work • Possible side effects • Who cannot take them • How to use the yellow card system 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/potassium-sparing-diuretics

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	x			HF21	Medication	Thiazide Diuretics	Thiazide Diuretics	<ul style="list-style-type: none"> • What are they & what are they used for • How do they work • Possible side effects • How to use the yellow card system • Other considerations 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/thiazide-diuretics
	x			HF70	Medication	Nitrates	Nitrates	<ul style="list-style-type: none"> • What are they • How do they work • Short acting • Long acting • Side effects 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/nitrates
	x			HF22	Medication	Lisinopril (ACE Inhibitor)	Lisinopril - an ACE inhibitor (Zestril)	<ul style="list-style-type: none"> • About Lisinopril • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/lisinopril-an-ace-inhibitor-zestril
	x			HF23	Medication	Fosinopril (ACE inhibitor)	Fosinopril - an ACE inhibitor	<ul style="list-style-type: none"> • About Fosinopril • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/fosinopril-an-ace-inhibitor

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	x			HF24	Medication	Captopril (ACE inhibitor)	Captopril - an ACE inhibitor (Capoten, Ecopace, Noyada)	<ul style="list-style-type: none"> • About Captopril • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/captopril-an-ace-inhibitor-capoten-ecopace-noyada
	x			HF25	Medication	Ramipril (ACE inhibitor)	Ramipril - an ACE inhibitor (Tritace, Triapin)	<ul style="list-style-type: none"> • About Ramipril • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/ramipril-an-ace-inhibitor-tritace-triapin
	x			HF26	Medication	Perindopril (ACE inhibitor)	Perindopril - an ACE inhibitor	<ul style="list-style-type: none"> • About Perindopril • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/perindopril-an-ace-inhibitor
	x			HF27	Medication	Enalapril (ACE Inhibitor)	Enalapril - an ACE inhibitor (Innovace, Innozide)	<ul style="list-style-type: none"> • About Enalapril • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/enalapril-an-ace-inhibitor-innovace-innozide

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	X			HF65	Medication	Candesartan (ARB)	Candestartan	<ul style="list-style-type: none"> • About it • Before taking it • How to take it • Getting the most out of it • Can it cause problems • How to store it 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/candesartan-an-angiotensin-receptor-blocker-amias
	X			HF66	Medication	Valsartan (ARB)	Valsartan	<ul style="list-style-type: none"> • About it • Before taking it • How to take it • Getting the most out of it • Can it cause problems • How to store it 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/valsartan-an-angiotensin-receptor-blocker-diovan
	X			HF67	Medication	Lorsartan (ARB)	Lorsartan	<ul style="list-style-type: none"> • About it • Before taking it • How to take it • Getting the most out of it • Can it cause problems • How to store it 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/losartan-an-angiotensin-receptor-blocker-cozaar
	x			HF28	Medication	Prazosin (Alpha-Blocker)	Prazosin - an alpha-blocker (Hypovase)	<ul style="list-style-type: none"> • About Prazosin • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/prazosin-an-alpha-blocker-hypovase

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	x			HF29	Medication	Bisoprolol (Beta Blocker)	Bisoprolol - a beta-blocker (Cardicor, Congescor)	<ul style="list-style-type: none"> • About Cyclopenthiazide • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/bisoprolol-a-beta-blocker-cardicor-congescor
	x			HF30	Medication	Carvedilol (Beta Blocker)	Carvedilol tablets	<ul style="list-style-type: none"> • About Carvedilol • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/carvedilol-tablets
	x			HF31	Medication	Nebivolol (Beta Blocker)	Nebivolol - a beta-blocker (Nebilet)	<ul style="list-style-type: none"> • About Nebivolol • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/nebivolol-a-beta-blocker-nebilet
	x			HF32	Medication	Sotalol (Beta Blocker)	Sotalol - a beta-blocker (Beta-Cardone, Sotacor)	<ul style="list-style-type: none"> • About Sotalol • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/sotalol-a-beta-blocker-beta-cardone-sotacor

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	x			HF33	Medication	Metoprolol (Beta Blocker)	Metoprolol - a beta-blocker (Lopresor)	<ul style="list-style-type: none"> • About Metoprolol • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/metoprolol-a-beta-blocker-lopresor
	x			HF34	Medication	Atenolol (Beta Blocker)	Atenolol - a beta-blocker (Tenormin)	<ul style="list-style-type: none"> • About Atenolol • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/atenolol-a-beta-blocker-tenormin
	x			HF35	Medication	Bumetanide (Loop Diuretic)	Bumetanide tablets and liquid medicine	<ul style="list-style-type: none"> • About Bumetanide • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/bumetanide-tablets-and-liquid-medicine
	x			HF36	Medication	Furosemide (Loop Diuretic)	Furosemide	<ul style="list-style-type: none"> • About Furosemide • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/furosemide

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	x			HF37	Medication	Spironolactone (Potassium Sparing Diuretic)	Spironolactone (Aldactone)	<ul style="list-style-type: none"> About Spironolactone Before taking it How to take it Getting the most from it Can it cause problems How to store it Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/spironolactone-aldactone
	x			HF38	Medication	Amiloride (Potassium Sparing Diuretic)	Amiloride tablets and liquid medicine (Amilamont)	<ul style="list-style-type: none"> About Amiloride Before taking it How to take it Getting the most from it Can it cause problems How to store it Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/amiloride-tablets-and-liquid-medicine-amilamont
	x			HF39	Medication	Eplerenone tablets (Inspra) (Potassium Sparing Diuretic)	Eplerenone tablets (Inspra)	<ul style="list-style-type: none"> About Eplerenone Before taking it How to take it Getting the most from it Can it cause problems How to store it Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/eplerenone-tablets-inspra
	x			HF40	Medication	Bendroflumethiazide (Thiazine Diuretic)	Bendroflumethiazide tablets (Aprinox, Neo-Naclex)	<ul style="list-style-type: none"> About Bendroflumethiazide Before taking it How to take it Getting the most from it Can it cause problems How to store it Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/bendroflumethiazide-tablets-aprinox-neo-naclex

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	x			HF41	Medication	Cyclopenthiazide (Thiazine Diuretic)	Cyclopenthiazide tablets (Navidrex, Navispare)	<ul style="list-style-type: none"> • About Cyclopenthiazide • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/cyclopenthiazide-tablets-navidrex-navispare
	x			HF42	Medication	Chlortalidone (Thiazine Diuretic)	Chlortalidone tablets (Hygroton)	<ul style="list-style-type: none"> • About Chlortalidone • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/chlortalidone-tablets-hygroton
	x			HF43	Medication	Digoxin (Lanoxin)	Digoxin (Lanoxin)	<ul style="list-style-type: none"> • About Digoxin • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/digoxin-lanoxin
	x			HF44	Medication	Ivabradine	Ivabradine tablets (Procoralan)	<ul style="list-style-type: none"> • About Ivabradine • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/ivabradine-tablets-procoralan

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
	x			HF45	Medication	Isosorbide mononitrate (Nitrate)	Isosorbide mononitrate	<ul style="list-style-type: none"> • About Isosorbide mononitrate • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/isosorbide-mononitrate
	x			HF46	Medication	Isosorbide dinitrate (Nitrate)	Isosorbide dinitrate (Isoket Retard)	<ul style="list-style-type: none"> • About Isosorbide dinitrate • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/isosorbide-dinitrate-isoket-retard
	x			HF47	Medication	Losartan (Angiotensin-II Receptor Antagonist)	Losartan - an angiotensin receptor blocker (Cozaar)	<ul style="list-style-type: none"> • About Losartan • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/losartan-an-angiotensin-receptor-blocker-cozaar
	x			HF48	Medication	Valsartan (Angiotensin-II Receptor Antagonist)	Valsartan - an angiotensin receptor blocker (Diovan)	<ul style="list-style-type: none"> • About Valsartan • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/valsartan-an-angiotensin-receptor-blocker-diovan

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	x			HF49	Medication	Candesartan (Angiotensin-II Receptor Antagonist)	Candesartan - an angiotensin receptor blocker (Amias)	<ul style="list-style-type: none"> • About Candesartan • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/candesartan-an-angiotensin-receptor-blocker-amias
	x			HF50	Medication	Dronedarone (Anti-arrhythmic)	Dronedarone tablets (Multaq)	<ul style="list-style-type: none"> • About Dronedarone • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/dronedarone-tablets-multaq
	x			HF51	Medication	Irbesartan (Angiotensin Receptor Blocker)	Irbesartan - an angiotensin receptor blocker (Aprovel, Ifirmasta, Sabervel)	<ul style="list-style-type: none"> • About Irbesartan • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/irbesartan-an-angiotensin-receptor-blocker-aprovel-ifirmasta-sabervel
	x			HF68	Medication	Hydralazine	Hydralazine	<ul style="list-style-type: none"> • About Dronedarone • Before taking it • How to take it • Getting the most from it • Can it cause problems • How to store it • Important information about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/hydralazine-for-high-blood-pressure

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
	x			HF52	Treatment	Pacemakers	Pacemakers	<ul style="list-style-type: none"> • Why do I need one • How do they work • How are they fitted • How quickly will I recover • Who can I talk to • Patients story 	Web page Videos	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-health/treatments/pacemakers
	x			HF53	Treatment	ICDs	Implantable Converter Defibrillators (ICDs)	<ul style="list-style-type: none"> • Why do I need one • How is it done • Follow-up / after care • Possible complications • Driving, exercise • Q&A 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/implantable-cardioverter-defibrillators
	x			HF54	Treatment	Rehab	Cardiac rehab – your questions answered	<ul style="list-style-type: none"> • Who is it for • What does it cover • When and where does it happen • What does it cost • How to take part 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/wellbeing/cardiac-rehab
	x			HF55	Lifestyle/ Wellbeing	Cholesterol	Reducing your blood cholesterol	<ul style="list-style-type: none"> • About cholesterol • How it is measured • Role in heart disease • Why does it matter • Causes • Importance of physical activity / exercise • Healthy lifestyle – diet, weight, smoking, alcohol • When is medication needed • Side effects • Over the counter meds 	PDF Video	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/reducing-your-blood-cholesterol https://www.bhf.org.uk/heart-health/risk-factors/high-cholesterol

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
	x			HF56	Lifestyle/ Wellbeing	Diet	Eating Well	<ul style="list-style-type: none"> • Why is it important • What is healthy eating • Making changes • Food diary & planner • Goals 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/healthy-eating-and-drinking/eating-well
	X			HF57	Lifestyle/ Wellbeing	Diet	Cut down on salt	<ul style="list-style-type: none"> • Affect of salt on heart • Where salt is found • How to reduce salt • Recipes • Salt tracker 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/healthy-eating-and-drinking/cut-down-on-salt
	X			HF58	Lifestyle/ Wellbeing	Alcohol	Effects of alcohol on your heart	<ul style="list-style-type: none"> • What is alcohol • How does it affect the heart • Safe levels • Benefits of alcohol • Should I give up completely • Alcohol & medicines • Alcohol and weight 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/effects-of-alcohol-on-your-heart
	X			HF59	Lifestyle/ Wellbeing	Physical Activity	Physical Activity & Your Heart	<ul style="list-style-type: none"> • Why is it important • How it will help • Helpful activities • How much to do • Activities for older people • Activity to avoid • Hypertension • Cholesterol • Sex • Safety tips • Weight • Diabetes • Heart attack symptoms 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/large-print/physical-activity-and-your-heart---large-print
	x			HF60	Lifestyle/ Wellbeing	Driving	Heart Failure & Driving	<ul style="list-style-type: none"> • Guidance on when to tell the DVLA 	Web Page	Yes	Gov.uk	https://www.gov.uk/heart-failure-and-driving

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
	x			HF61	Lifestyle/ Wellbeing	Driving	Driving with a heart condition	<ul style="list-style-type: none"> • Can I still drive • When to tell the DVLA • Car insurance 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-health/living-with-a-heart-condition/money-issues/driving
	x			HF62	Lifestyle/ Wellbeing	Travel	Travel & your heart	<ul style="list-style-type: none"> • Vaccinations • High altitudes • Insurance • Temperatures • Physical activity • Medication • DVT etc 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/medical-information-sheets/travel-and-your-heart
	X			HF63	Psycho-Social	Emotions	Heart to Heart - Heart disease and your emotional wellbeing	<ul style="list-style-type: none"> • About mood • How others can help • When to ask for help 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/living-with-a-heart-condition/heart-to-heart---heart-disease-and-your-emotional-wellbeing
	X			HF64	Caring	Caring	Caring for someone with a heart condition	<ul style="list-style-type: none"> • Types of heart disease • Diagnosis • Tests • Treatment • Questions to ask • Becoming a carer • Lifestyle – diet, weight, smoking, alcohol, physical activity • Financials • Sex • Emotional aspects • Making time for yourself 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/caring-for-someone-with-a-heart-condition

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
		x		RF1	General	General Condition Overview	Chronic Kidney Disease	<ul style="list-style-type: none"> • Understanding kidneys & urine • What is CKD • Stages of kidney disease • How is it diagnosed & assessed, e.g. EGFR • How common it • What causes it • Symptoms • Do I need further tests • What is the treatment • Reducing the risk • Relieving symptoms • What is the outlook/prognosis 	Web page or PDF Diagram of the renal tract	Yes	Patient.Info/ EMIS	https://patient.info/health/chronic-kidney-disease-leaflet
		x		RF2	General	General Condition Overview	Advice for new kidney patients	<ul style="list-style-type: none"> • About diagnosis/coping with diagnosis • Lifestyle tips • Vaccinations • Medicines • Severe kidney disease 	Webpage	Yes	NHS Choices	http://www.nhs.uk/LiveWell/Kidneyhealth/Pages/Advicefornewpatients.aspx

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
				RF3	General	General Condition Overview	Chronic Kidney Disease	<ul style="list-style-type: none"> • Symptoms inc by stages • Causes • Tests, diagnosis & staging • Who should be tested • Treatment – lifestyle, medication, dialysis, transplant, supportive Tx • Outlook • Looking after yourself • Take medication • Health diet • Exercise • Stop smoking • Limit alcohol • Vaccinations • Regular reviews & monitoring • Relationships & support • Sex • Work, finances & benefits • Travel & insurance 	Webpage	Yes	NHS Choices	http://www.nhs.uk/Conditions/Kidney-disease-chronic/Pages/Introduction.aspx
		x		RF4	General	General Condition Overview	Are your kidneys ok?	<ul style="list-style-type: none"> • What is kidney disease • Stages • Risk factors • Symptoms • Tests • How do I find out if I have it • What can I do to help myself 	PDF	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/file/health-information/are-your-kidneys-ok.pdf
		X		RF5	General	General Condition Overview	Stages of Kidney Disease	<ul style="list-style-type: none"> • Stage of kidney disease • How is kidney disease measured 	Web Page	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/stages-of-kidney-disease

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
				RF6	General	Referral	Consequences of kidney failure - nephrology	<ul style="list-style-type: none"> Referral to nephrology for more advanced disease 	Web Page	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/consequences-of-kidney-failure-nephrology
		X		RF7	Related Conditions/Multimorbidity Complications	Hypertension	Blood Pressure & Kidney Disease	<ul style="list-style-type: none"> What is blood pressure What is normal Link between BP and kidney disease Symptoms Why important to treat it What can I do How is it treated 	Webpage	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/blood-pressure-and-kidney-disease
		x		RF8	Related Conditions/Multimorbidity Complications	Diabetes	Diabetes & Kidney Disease	<ul style="list-style-type: none"> How diabetes relates to kidney disease How does it affect kidneys Other diabetic complications Who is likely to be affected What if kidney failure gets worse 	Webpage	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/diabetes
		x		RF9	Investigations	Filtration Rate	Estimated Glomerular Filtration Rate	<ul style="list-style-type: none"> What is it Stages of kidney function 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/estimated-glomerular-filtration-rate
		x		RF10	Treatment/Monitoring	Treatment	Treatments for Chronic Kidney Disease	<ul style="list-style-type: none"> Lifestyle changes Medication Dialysis Transplant Supportive treatment 	Web Page	Yes	NHS Choices	http://www.nhs.uk/Conditions/Kidney-disease-chronic/Pages/Treatment.aspx
		X		RF11	Treatment/Monitoring	Treatment	What treatment is available	<ul style="list-style-type: none"> Treatments by stage of disease 	Webpage	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/faq-what-treatment-is-available?
		X		RF12	Treatment/Monitoring	Dialysis	Choosing not to start dialysis	<ul style="list-style-type: none"> Guidance if you chose not to have dialysis Alternatives 	Webpage	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/choosing-not-to-start-dialysis

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
		x		RF13	Treatment/Monitoring	Dialysis	Dialysis – making the right decisions for you	<ul style="list-style-type: none"> • Decision making aids • What is kidney disease • What causes it • Looking after your health • Coping with kidney disease • What is progressive kidney disease • Tests to check RF function • Levels of kidney function • What is established kidney disease & symptoms • Treatment for established kidney disease • About dialysis • Life expectancy on dialysis 	PDF	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/file/health-information/kr-decision-aid-colour.pdf
		x		RF14	Treatment/Monitoring	Haemodialysis	Haemodialysis	<ul style="list-style-type: none"> • What is it • How do I choose my dialysis 	Webpage	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/haemodialysis
		x		RF15	Medication	ACE Inhibitors	ACE Inhibitors	<ul style="list-style-type: none"> • What are they • What are they used to treat • How do they work • Which is the best • Can I buy them • How do I take them • Do I need any tests • How quickly do they work • Normal length of treatment • Who can't take them • Possible side effects • Use of the yellow card scheme 	Web page or PDF Video on high blood pressure symptoms	Yes	Patient.Info/EMIS	https://patient.info/health/ace-inhibitors

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
		x		RF16	Psycho-Social	Mood	I'm feeling really low because of my kidney disease. What help can I get?	<ul style="list-style-type: none"> • Treatments • Improve knowledge • Peer support • Medication 	Webpage	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/faqs/what-help-can-i-get-for-feeling-low?
h		X		RF17	Lifestyle/Wellbeing	Diet/Eating	Diet in Chronic Kidney Disease	<ul style="list-style-type: none"> • Salts, protein, fluid intake, vitamins, iron • Healthy weight • Dialysis 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/diet-in-chronic-kidney-disease
		x		RF18	Lifestyle/Wellbeing	Diet/Eating	Healthy Eating for Kidney Patients	<ul style="list-style-type: none"> • Seeing a dietician • Changes in diet • Alcohol • Fluids 	Web Page	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/healthy-eating-for-kidney-patients
		X		RF19	Lifestyle/Wellbeing	Exercising	Exercising	<ul style="list-style-type: none"> • Importance of exercise 	Webpage	Yes	Kidney Research UK	https://www.kidneyresearchuk.org/health-information/exercising

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
			x	DP1	General	General Condition Overview	Depression	<ul style="list-style-type: none"> • What is it • Who gets it • Symptoms • Severity • Causes • Depression & physical conditions • Treatment options • No treatment • Treatment for mild – guided programme, computer CBT, group CBT, group peer support, antidepressants, • Treatment for moderate/severe – antidepressants, psychological (CBT & IPT), behavioural activation, couples therapy, ECT) • Exercise • Myths • St John's Wort • Promising new treatments – Mediterranean diet, omega 3, ketamine • Do's & Don'ts • Will it happen again • Related psychological conditions – bipolar, SADs, anxiety, panic, personality & eating disorders 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/depression-leaflet

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
			x	DP2	General	General Condition Overview	Understanding Depression	<ul style="list-style-type: none"> • What is it • When is low mood depression • Types of depression • Symptoms • Self-harm & suicide • Anxiety • Part of other mental health problems • Causes – childhood, life events, other mental health problems, physical problems, inherited, medication, drugs, alcohol, sleep, diet, exercise • How can I look after myself – sleep, diet, exercise, hygiene, avoid drugs & alcohol, practice self-care – what makes you happy, treat yourself, set goals, join group, mood diary, connect with other people, on-line support • What treatment – medication, talking therapy, alternative treatment (different CBTS, IPT, etc), ECT • Treatment for severe depression – refer to specialist • How can family and friends help 	PDF	Yes	Mind	https://www.mind.org.uk/media/4616615/understanding-depression-2016.pdf

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			x	DP3	General	General Condition Overview	Moodjuice Depression Self-Help Guide	<ul style="list-style-type: none"> Refers to Northumberland and Moodjuice sites Self-help for depression Questionnaire to check for symptoms of depression What is depression What causes it What keeps it going How can I overcome it Challenging unhelpful thoughts – checklist Making good use of time – socializing, exercise, bedtimes Activity diary Choosing solutions – problem solving 	Web page or PDF	Yes	Patient.Info/EMIS	http://www.moodjuice.scot.nhs.uk/depression.asp
			x	DP4	General	General Condition Overview	Depression & Low Mood – An NHS Self-Help Guide	<ul style="list-style-type: none"> Self help options for mild depression - don't bottle it up, keep occupied (exercise, socializing). make list, keep diary, avoid the unhelpful, problem solving, vicious cycle, mindful awareness, check for physical causes, anti-depressants, talking therapies Treatment for moderate to severe depression – CBT, IPT, behavior activation, couples therapy, antidepressants, ECT Features of depression Causes 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/depression-and-low-mood-a-self-help-guide

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
			x	DP5	General	General Condition Overview	Depression & Low Mood – An NHS Self-Help Guide	<ul style="list-style-type: none"> • Self-assessment & tips • What is depression • Signs & symptoms • Causes • Treatment – talking, antidepressants • How can I help myself – increase helpful activity, daily plan, exercise, socialization, reduce unhelpful activity, problem solving, 	Web page or PDF Video & audio files	Yes	Northumberland, Tyne & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Depression%20and%20Low%20Mood%20A4%202016%20FINAL.pdf
			X	DP42	General	Condition Overview	Clinical Depression	<ul style="list-style-type: none"> • How to tell when you have depression • When to see a doctor • What causes depression • Treating Depression • Living with Depression • Symptoms • Severity • Grief & Depression • Other types of depression • Depression self-assessment • Causes • Diagnosis • Treatment – mild, mild to moderate, moderate to severe • Living with depression – taking meds, mindfulness, smoking, drugs, suicide, looking after someone 	Web Page	Yes	NHS Choices	http://www.nhs.uk/Conditions/Depression/Pages/Introduction.aspx

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
			x	DP6	General	Depression & Men	Depression and Men	<ul style="list-style-type: none"> • Why important • Different between depression & being down • Manic depression • Signs • Anxiety • Is it really different in men – symptoms & coping • Mens attitude & behavior • What makes men depressed • What other problems can it cause 	Web page or PDF Video on Christmas depression	Yes	Patient.Info/ EMIS	https://patient.info/health/depression-and-men
			x	DP7	General	Depression & Older Adults	Depression in Older Adults	<ul style="list-style-type: none"> • Introduction • Causes • What is it like • Particular problems for older people • Getting help • Why do people get depressed • Helping yourself – keep active, ask for help, diet, avoid drinking, sleep • Treatments – talking, anti-depressants with side effects • St Johns Wort • Practical help • What if its not treated • Seeing a specialist • Going into hospital • Staying well • Friends & relatives –how can you help? 	Web page or PDF Video on Christmas depression	Yes	Patient.Info/ EMIS	https://patient.info/health/depression-in-older-adults

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
			x	DP8	General	Anxiety	Anxiety	<ul style="list-style-type: none"> • What is anxiety • What are anxiety disorders • Reactions to stress • Phobic anxiety disorders • Other anxiety disorders • Anxiety treatments • Alcohol & anxiety 	Web page or PDF Video on recognizing & dealing with depression	Yes	Patient.Info/ EMIS	https://patient.info/health/anxiety
			X	DP43	Treatment	Mental Health Services	Mental Health Services/Teams in the Community	<ul style="list-style-type: none"> • Why do we have community teams • Who you might meet • How the teams works 	Web Page	Yes	Royal College of Psychiatrist	http://www.rcpsych.ac.uk/healthadvice/treatments/wellbeing/mentalhealthinthecommunity.aspx
			x	DP9	Treatment/Monitoring	CBT	Cognitive Behavioural Therapy (CBT)	<ul style="list-style-type: none"> • What is it • How does it work • What happens during therapy sessions • How can I find a therapist • What are the options without seeing a therapist – self-help 	Web page or PDF Video about Christmas depression	Yes	Patient.Info/ EMIS	https://patient.info/health/cognitive-behavioural-therapy-cbt-leaflet
			x	DP10	Medication	Tricyclic Antidepressants	Tricyclic Antidepressants	<ul style="list-style-type: none"> • Not just for depression • How do anti-depressants work • How effective are they • How quickly do they work • When you are taking them • Are there different types • What are the side effects & risks • Are they addictive? • How to use the yellow card scheme 	Web page or PDF Video about Christmas depression	Yes	Patient.Info/ EMIS	https://patient.info/health/tricyclic-antidepressants

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			x	DP11	Medication	SSRI Antidepressants	SSRI Antidepressants	<ul style="list-style-type: none"> • Not just for depression • How do anti-depressants work • How effective are they • How quickly do they work • When you are taking them • Are there different types • What are the side effects & risks • Are they addictive? • How to use the yellow card scheme 	Web page or PDF Video about Christmas depression	Yes	Patient.Info/ EMIS	https://patient.info/health/ssri-antidepressants
			x	DP12	Medication	MAOI Antidepressants	MAOI Antidepressants	<ul style="list-style-type: none"> • What are they • How do they work • When are they prescribed • How well do they work • How quickly do they work • When you are taking them • What are the side effects • Can I buy them • Usual length of treatment • Who can't take them • Are they addictive? • How to use the yellow card scheme 	Web page or PDF Video about Christmas depression	Yes	Patient.Info/ EMIS	https://patient.info/health/maoi-antidepressants

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? <i>(Yes, No, N/A)</i>	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
			x	DP13	Medication	Antipsychotic Medicines	Antipsychotic Medicines	<ul style="list-style-type: none"> • What are they • How do they work • When are they prescribed • Which one is usually prescribed • How well do they work • Usual length of treatment • Stopping them • Side effects • Do I need any tests while taking them • Who cant take them • Can I buy them • How to use the yellow card scheme 	Web page or PDF Video on recognizing & dealing with depression	Yes	Patient.Info/ EMIS	https://patient.info/health/antipsychotic-medicines
			x	DP14	Medication	Coming off Antidepressants	Coming off Antidepressants	<ul style="list-style-type: none"> • Survey findings • Common withdrawal symptoms • Why do people stop • When to stop • Seeking advice • What is withdrawal like • How should I go about stopping • Advice from others who have stopped • Sources of information 	Web page or PDF Video on recognizing & dealing with depression	Yes	Patient.Info/ EMIS	https://patient.info/health/coming-off-antidepressants
			x	DP15	Medication	Amitriptyline (Tricyclic)	Amitriptyline	<ul style="list-style-type: none"> • Web link doesn't open 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/amitriptyline
			x	DP16	Medication	Trimipramine (Tricyclic)	Trimipramine for depression	<ul style="list-style-type: none"> • About Trimipramine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/medicine/trimipramine-for-depression

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			x	DP17	Medication	Mianserin (Tricyclic)	Mianserin for depression	<ul style="list-style-type: none"> • About Mianserin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/mianserin-for-depression
			x	DP18	Medication	Lofepamine (Tricyclic)	Lofepamine for depression	<ul style="list-style-type: none"> • About Lofepamine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/lofepramine-for-depression
			x	DP19	Medication	Clomipramine (Tricyclic)	Clomipramine	<ul style="list-style-type: none"> • About Clomipramine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/clomipramine
			x	DP20	Medication	Imipramine (Tricyclic)	Imipramine tablets and liquid medicine	<ul style="list-style-type: none"> • About Imipramine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/imipramine-tablets-and-liquid-medicine

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			x	DP21	Medication	Doxepin (Tricyclic)	Doxepin capsules	<ul style="list-style-type: none"> • About Doxepin • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/doxepin-capsules
			x	DP22	Medication	Nortriptyline (Tricyclic)	Nortriptyline tablets	<ul style="list-style-type: none"> • About Nortriptyline • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/nortriptyline-tablets
			x	DP23	Medication	Trazodone (Tricyclic)	Trazodone (Molipaxin)	<ul style="list-style-type: none"> • About Trazodone • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/trazodone-molipaxin
			x	DP24	Medication	Sertraline (SSRI)	Sertraline (Lustral)	<ul style="list-style-type: none"> • About Sertraline • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/sertraline-lustral

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			x	DP25	Medication	Fluoxetine (SSRI)	Fluoxetine (Oxactin, Prozac, Prozac)	<ul style="list-style-type: none"> • About Fluoxetine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/fluoxetine-oxactin-prozac-prozac
			x	DP26	Medication	Vortioxetine (SSRI)	Vortioxetine for depression (Brintellix)	<ul style="list-style-type: none"> • About Vortioxetine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/vortioxetine-for-depression-brintellix
			x	DP27	Medication	Paroxetine (SSRI)	Paroxetine (Seroxat)	<ul style="list-style-type: none"> • About Paroxetine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/paroxetine-seroxat
			x	DP28	Medication	Venlafaxine (SSRI)	Venlafaxine	<ul style="list-style-type: none"> • About Venlafaxine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/venlafaxine

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			x	DP29	Medication	Fluvoxamine (SSRI)	Fluvoxamine tablets (Faverin)	<ul style="list-style-type: none"> • About Fluvoxamine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/fluvoxamine-tablets-faverin
			x	DP30	Medication	Escitalopram (SSRI)	Escitalopram for mood and anxiety disorders (Ciprallex)	<ul style="list-style-type: none"> • About Escitalopram • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/escitalopram-for-mood-and-anxiety-disorders-ciprallex
			x	DP31	Medication	Duloxetine (SSRI)	Duloxetine for mood and nerve disorders (Cymbalta)	<ul style="list-style-type: none"> • About Duloxetine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/duloxetine-for-mood-and-nerve-disorders-cymbalta
			x	DP32	Medication	Citalopram (SSRI)	Citalopram (Cipramil, Paxoran)	<ul style="list-style-type: none"> • About Citalopram • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/citalopram-cipramil-paxoran

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			x	DP33	Medication	Reboxetine (SNRI)	Reboxetine tablets (Edronax)	<ul style="list-style-type: none"> • About Reboxetine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/reboxetine-tablets-edronax
			x	DP34	Medication	Mirtazapine	Mirtazapine for depression (Zisprin Soltab)	<ul style="list-style-type: none"> • About Mirtazapine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/mirtazapine-for-depression-zisprin-soltab
			x	DP35	Medication	Flupentixol (Thioxanthene)	Flupentixol tablets (Depixol, Fluanxol)	<ul style="list-style-type: none"> • About Flupentixol • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/flupentixol-tablets-depixol-fluanxol
			x	DP36	Medication	Modafinil (CNS Stimulant)	Modafinil tablets (Provigil)	<ul style="list-style-type: none"> • About Modafinil • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/modafinil-tablets-provigil

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			x	DP37	Medication	Quetiapine (Antipsychotic)	Quetiapine (Seroquel)	<ul style="list-style-type: none"> • About Quetiapine • Before taking it • How to take it • Getting the most from treatment • Can it cause problems • How to store it • Important info about medicines 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/medicine/quetiapine-seroquel
			x	DP38	Carers	Carers Checklist	People with Mental Health Problems - a Checklist for Carers	<ul style="list-style-type: none"> • Questions to ask the psych • About the illness • If a diagnosis has been made • About the asst • Care Programme Approach • Care and treatment • Sharing of info • Getting help • Carers • Medication • Hospital treatment • Any other questions 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/people-with-mental-health-problems-a-checklist-for-carers
			X	DP39	Carers	Carers Guide	Depression & Low Mood – A Guide for Partners	<ul style="list-style-type: none"> • What is depression • What can you do to help 	Web page* or PDF Video & audio file	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/DFP%20-%20A4%20SECURED.pdf
			X	DP40	Carers	Caring	How to cope when supporting someone else	<ul style="list-style-type: none"> • How it can affect your own mental health • How can I support someone with mental health • How can I look after myself • What support is available 	PDF	Yes	Mind	https://www.mind.org.uk/media/6055273/how-to-cope-when-supporting-someone-else-2017.pdf

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			X	DP41	Self-Help	Seeking Help	Seeking help for a mental health problem	<ul style="list-style-type: none"> • Taking the first steps • When is it ok to seek help • Who can I talk to • What to say/how to prepare • What happens after appointment • Input to decision making • Who treats you • Treatment options • Support options • Supporting others to seek help • Emergencies 	PDF	Yes	Mind	https://www.mind.org.uk/media/1877991/mind-guide-to-seeking-help-2015-web-pdf.pdf
X	X	X	X	G1	Multimorbidity/Chronic Disease/Related Conditions	Long Term Conditions	Living with a Long-term Condition	<ul style="list-style-type: none"> • What is a long term condition • Impact of long term condition • Health • Employment • Housing • Education • Finance 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/living-with-a-long-term-condition
X	X	X	X	G2	Multimorbidity/Chronic Disease/Related Conditions	Multimorbidity	8 tips for living with multiple conditions	<ul style="list-style-type: none"> • 	Web Page	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/8-tips-for-living-with-multiple-conditions
X	X	X	X	G3	Multimorbidity/Chronic Disease/Related Conditions	Hypertension	High blood pressure – hypertension	<ul style="list-style-type: none"> • Symptoms • Tests • Diagnosis • Causes • Lifestyle • Medication 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/high-blood-pressure-hypertension
X	X	X	X	G4	Multimorbidity/Chronic Disease/Related Conditions	Hypertension	Home and ambulatory blood pressure monitoring	<ul style="list-style-type: none"> • Why important to monitor BP • What is ambulatory BP monitoring • Home blood pressure monitoring? • What readings mean 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/home-and-ambulatory-blood-pressure-recording

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
X	X	X	X	G5	Multimorbidity/Chronic Disease/Related Conditions	Hypertension	10 minutes to change your life – high blood pressure	<ul style="list-style-type: none"> • What is hypertension • Causes • How to reduce it • Tracker for changing lifestyle 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/10-minutes-to-change-your-life---high-blood-pressure
X	X	X	X	G6	Multimorbidity/Chronic Disease/Related Conditions	Hypertension	How to measure your blood pressure at home	<ul style="list-style-type: none"> • Demo of how to measure BP at home • Tips for choosing a BP monitor 	Video	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-matters-magazine/medical/tests/blood-pressure-measuring-at-home
X	X	X	X	G7	Caring	Caring	Practical Guide to Healthy Caring	<ul style="list-style-type: none"> • What is it like caring for someone • Getting help/assessment • Looking after your own health • Health & wellbeing • Taking a break • Making better use of technology • Multiple health conditions & caring • Preparing for the end of caring • Action Plan 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/practical-guide-to-healthy-caring
X	X	X	X	G8	Psycho-Social	Anxiety	Anxiety – An NHS Self-Help Guide	<ul style="list-style-type: none"> • What is anxiety • Do I have it • Symptom checker • what causes it • What keeps it going • How can I help myself • Reducing physical symptoms • Altering your thoughts • Treatments • Mindfulness & relaxations 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.nrw.nhs.uk/selfhelp/leaflets/Anxiety%20A4%202016%20FINAL.pdf
X	X	X	X	G9	Psycho-Social	Anxiety	Health Anxiety – An NHS Self-Help Guide	<ul style="list-style-type: none"> • What are the signs, when does it become a problem, causes, management 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.nrw.nhs.uk/selfhelp/leaflets/Health%20Anxiety%20A4%202016%20FINAL.pdf

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X	X	X	X	G10	Psycho-Social	Anxiety	Social Anxiety – An NHS Self-Help Guide	<ul style="list-style-type: none"> What are the signs, causes, self-assessment, management 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Social%20Anxiety%20%20A4%202016%20FINAL.pdf
X	X	X	X	G11	Psycho-Social	Bereavement	Bereavement – An NHS Self-Help Guide	<ul style="list-style-type: none"> Effects Coping strategies Self help How friends & family can help Treatments Practical considerations 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Bereavement%20A4%202016%20FINAL.pdf
X	X	X	X	G12	Psycho-Social	Controlling Anger	Controlling Anger – An NHS Self-Help Guide	<ul style="list-style-type: none"> Self-assessment & tips 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Controlling%20Anger%20A4%202016%20FINAL.pdf
X	X	X	X	G13	Psycho-Social	Panic	Panic – An NHS Self-Help Guide	<ul style="list-style-type: none"> What are the signs, when does it become a problem, causes, management 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Panic%20A4%202016%20FINAL.pdf
X	X	X	X	G14	Psycho-Social	Stress	Post-Traumatic Stress – An NHS Self-Help Guide	<ul style="list-style-type: none"> What are the signs, causes, self-assessment, management 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Post%20traumatic%20Stress%20A4%202016%20FINAL.pdf
X	X	X	X	G15	Psycho-Social	Stress	Stress – An NHS Self-Help Guide	<ul style="list-style-type: none"> What are the signs, causes, self-assessment, management 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems%20A4%202016%20FINAL.pdf
X	X	X	X	G16	Lifestyle/Wellbeing	Sleeping Problems	Sleeping Problems – An NHS Self-Help Guide	<ul style="list-style-type: none"> About sleep problems, types, solutions 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems%20A4%202016%20FINAL.pdf

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X	X	X	X	G17	Lifestyle/ Wellbeing	Healthy Lifestyle	Food for Thought – An NHS Self-Help Guide	<ul style="list-style-type: none"> • Getting motivated • Obtaining a healthier lifestyle • Diet • Physical exercise 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Food%20for%20thought%20A4%202016%20FINAL.pdf
X	X	X	X	G34	Lifestyle/ Wellbeing	Exercise	Physical Activity for Health	<ul style="list-style-type: none"> • What is physical activity • How much should adults do • What about older people, children etc • Health benefits • Risks • Do I need to see a doctor first • Tips for increasing activity levels • Using a pedometer • New research about sedentary lifestyles 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/physical-activity-for-health
X	X	X	X	G18	Lifestyle/ Wellbeing	Diet	Health eating	<ul style="list-style-type: none"> • Food groups, what is a health diet etc 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/healthy-eating
X	X	X	X	G19	Lifestyle/ Wellbeing	Diet	Weight reduction – how to lose weight	<ul style="list-style-type: none"> • General guidance 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/weight-reduction-how-to-lose-weight
X	X	X	X	G20	Lifestyle/ Wellbeing	Alcohol	Alcohol & You – An NHS Self-Help Guide	<ul style="list-style-type: none"> • Information about safe drinking and self-assessment tool 	Web page or PDF Video & audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://web.ntw.nhs.uk/selfhelp/leaflets/Alcohol%20and%20You%20A4%202016%20FINAL%20.pdf

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X	X	X	X	G21	Lifestyle/ Wellbeing	Alcohol	Alcohol and Older People	<ul style="list-style-type: none"> • Whats different about alcohol for older people • How much is it safe to drink • Risks with sensible drinking • How many people drink too much • What are the risks of drinking too much • Isn't drinking good for the heart? • How can alcohol affect mental health • How might an older person develop an alcohol problem • What help is available • What do I do now 	Web page or PDF Video about Christmas drinking	Yes	Patient.Info/ EMIS	https://patient.info/health/alcohol-and-older-people
X	X	X	X	G22	Lifestyle/ Wellbeing	Alcohol	Alcohol & Sensible Drinking	<ul style="list-style-type: none"> • Recommended safe limits • Do you know how much you are drinking • Problems with drinking alcohol • Alcohol dependence • Problems with other people • Common myths • Tackling the problem • Denial • Do you need help 	Web page or PDF Video about Christmas drinking	Yes	Patient.Info/ EMIS	https://patient.info/health/alcohol-and-sensible-drinking
X	X	X	X	G23	Lifestyle/ Wellbeing	Smoking	10 minutes to change your life – time to quit	<ul style="list-style-type: none"> • Help with quitting smoking 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/smoking/10-minutes-to-change-your-life--time-to-quit
X	X	X	X	G24	Lifestyle/ Wellbeing	Smoking	Smoking	<ul style="list-style-type: none"> • Why should I quit • How does smoking damage your heart • Support options, e.g NHS smoking helpline • Tips for quitting 	Web Page Video	Yes	British Heart Foundation	https://www.bhf.org.uk/heart-health/risk-factors/smoking

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X	X	X	X	G25	Lifestyle/ Wellbeing	Smoking	Stop Smoking	<ul style="list-style-type: none"> • Why quit • Methods of quitting, NHS stop smoking, nicotine replacement, medication etc 	PDF	Yes	British Heart Foundation	https://www.bhf.org.uk/publications/smoking/top-smoking
X	X	X	X	G26	Lifestyle/ Wellbeing	Smoking	Smoking – the facts	<ul style="list-style-type: none"> • Overview of the facts about smoking and the health effects 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/smoking-the-facts
X	X	X	X	G27	Lifestyle/ Wellbeing	Smoking	Smoking - how addicted are you	<ul style="list-style-type: none"> • Smoking addiction test 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/smoking-how-addicted-are-you
X	X	X	X	G28	Lifestyle/ Wellbeing	Smoking	The benefits of stopping smoking	<ul style="list-style-type: none"> • Health benefits of stopping smoking, other benefits, how do I stop 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/the-benefits-of-stopping-smoking
X	X	X	X	G29	Lifestyle/ Wellbeing	Smoking	Tips to help you stop smoking	<ul style="list-style-type: none"> • General tips • Clinics • Medications • e-cigarettes 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/tips-to-help-you-stop-smoking
X	X	X	X	G35	Lifestyle/ Wellbeing	Smoking	Local Stop Smoking Services	<ul style="list-style-type: none"> • What is it • Why does it help • Search for local group 	Web page	Yes	NHS UK	https://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines
X	X	X	X	G30	Lifestyle/ Wellbeing	Relaxation	Relaxation Exercises and Mindfulness	<ul style="list-style-type: none"> • Why do relaxation exercises • Deep breathing exercises • Muscular relaxation • Mindfulness 	Web page or PDF	Yes	Patient.Info/EMIS	https://patient.info/health/relaxation-exercises-and-mindfulness
X	X	X	X	G31	Lifestyle/ Wellbeing	Relaxation	Relation techniques	<ul style="list-style-type: none"> • Introduction • Floating Visualisation • Yoga Nidra (Yogic Sleep) • Mindfulness of Breathing • Purification Visualisation • Progressive Muscle Relaxation • Trataka (Candle Gazing) 	Web page or PDF leading to audio files	Yes	Northumberland, Then & Wear NHS Foundation Trust	https://www.ntw.nhs.uk/pic/relax.php

Diabetes 2	Heart Failure	Renal Failure	Depression	Ref	Category	Mapping Label(s)	Short Title	Description of Content	Format <i>e.g. webpage, video, PDF</i>	Approval to Use? (Yes, No, N/A)	Copyright/ Author/Owner Details Also, state any Validation Issues	URLs-Links/ Location Details/ Document
X	X	X	X	G32	Treatment	End of Life Care	End of Life Care	<ul style="list-style-type: none"> • Advance decisions • Power of Attorney 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/end-of-life-care-leaflet
X	X	X	X	G33	Treatment	Palliative Care	Palliative Care	<ul style="list-style-type: none"> • What is it • Who provide it • When is it needed 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/palliative-care-leaflet
X	X	X	X	G36	Lifestyle/ Wellbeing	Sex	Erectile Dysfunction (Impotence)	<ul style="list-style-type: none"> • 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/erectile-dysfunction-impotence
X	X	X		G37	Risk Assessment	Risk Assessment	Cardiovascular Health Risk Assessment	<ul style="list-style-type: none"> • What is CV disease • Who should have risk assessed • What does risk asst involve • What does the score mean • Who should be treated • Treatments to reduce risk • What if low risk 	Web page or PDF	Yes	Patient.Info/ EMIS	https://patient.info/health/cardiovascular-health-risk-assessment

Appendix 3 – Lists of Patient Training Programmes & Support Groups in each Pilot Site

The table below lists the patient training programmes, support groups and forums that have been identified by the pilot sites which patients and their informal care givers may wish to attend. It also identifies any additional informal sources which they may wish to make use of to supplement the educational materials that have been provided within task 5.1.

Condition(s)/ Aspect(s) Covered	Name of Support Group, Organisation or Info Source	Short Description of the Support Group, Organisation or Information Source	Joining Process (if applic) <i>e.g. referred by GP, patient contacts the organization direct</i>	Contact Details/Website
BASQUE COUNTRY				
Chronicity	"Actively taking care of my health", Active Patient program for Chronic Patients	An educational program in self-management to help chronic patients or caregivers to acquire knowledge and skills related to the disease and its management. The aim of the networks is to provide information to a better understand of disease, to train skills in self-care and disease management and to promote changes towards healthier lifestyles. The program is based on the Stanford Methodology, which provides workshops in self-management of the disease. The training consists of sessions once a week for eight weeks. Each group is supervised by two leaders previously trained; one of them is always a patient or caregiver and the other could be a healthcare professional or and another patient or caregiver.	The patients can come to the program referred by health professional, by the web site or social networks, by the direct contact with the program by mail or phone	http://www.osakidetza.euskadi.eus/pacienteactivo/
Diabetes Type2	"Taking care of my diabetes", Active Patient program for Type 2 Diabetes	An educational program in self-management to help Diabetes Type 2 patients or caregivers to acquire knowledge and skills related to the diabetes and its management. The aim of these forums is to provide information to these patients to a better understand of their disease, to train skills in self-care and disease management and to promote changes towards healthier lifestyles. The program is based on the Stanford Methodology, which provides workshops in self-management of the disease. The training consists of sessions once a week for seven weeks. Each group is supervised by two leaders previously trained; one of them is. is always a patient or caregiver and the other could be a healthcare professional or and another patient or caregiver.	The patients can come to the program referred by health professional, by the web site or social networks, by the direct contact with the program by mail or phone	http://www.osakidetza.euskadi.eus/pacienteactivo/

Condition(s)/ Aspect(s) Covered	Name of Support Group, Organisation or Info Source	Short Description of the Support Group, Organisation or Information Source	Joining Process (if applic) <i>e.g. referred by GP, patient contacts the organization direct</i>	Contact Details/Website
RJH				
Diabetes type 2	“Education for persons with type 2 diabetes”	An interactive group education program to be performed at health care centers with 4-6 meetings approximately every fortnight with a follow up meeting after 6 months. 6-8 participants, 2-3 hours every meeting and starting within 6 approximately 6 months after diagnosis and lead by health personnel, mostly specially trained nurses. Topics covered are e.g. self-care, treatment and targets for glucose, blood pressure and lipids.	Referral/invitation from diabetes nurse or GP.	http://webbutik.skl.se/sv/artiklar/grupp utbildning-typ-2-diabetes-fakta guide.html
Cardiac failure	Cardiac and Lung patient organization in Region Jämtland Härjedalen	Regional patient organisation linked to the national	Patient contacts the organization direct	http://www.hjart-lung.se/riksforbundet/jamtland/
Cardiac failure	The national cardiac and lung patient organization	National patient organisation	Patient contacts the organization direct	www.hjart-lung.se
Renal failure	The regional patient organization (kidney diseases) “njurförbundet” in Region Jämtland Härjedalen	Regional patient organisation linked to the national	Patient contacts the organization direct	http://www.njurforbundet.se/jamtland-harjedalen
Renal failure	The national patient organization (Kidney diseases)	National patient organisation	Patient contacts the organization direct	www.njurforbundet.se
Diabetes	The regional diabetes patient organization	Regional patient organisation linked to the national	Patient contacts the organization direct	https://www.diabetes.se/om-oss/foreningar/df-i-jamtlands-lan/
Diabetes	The national patient organization for diabetes	National patient organisation	Patient contacts the organization direct	https://www.diabetes.se/
Depression	The regional patient organization on depression	Regional patient organisation linked to the national	Patient contacts the organization direct	http://balansjamtland.se
Depression and bipolar disease	The national patient organization for depression and bipolarity	National patient organisation	Patient contacts the organization direct	http://balansriks.se/

Condition(s)/ Aspect(s) Covered	Name of Support Group, Organisation or Info Source	Short Description of the Support Group, Organisation or Information Source	Joining Process (if applic) <i>e.g. referred by GP, patient contacts the organization direct</i>	Contact Details/Website
SWFT				
Diabetes	DESMOND (Diabetes Education and Self Management for Ongoing and Newly Diagnosed)	<p>DESMOND is a curriculum-based structured education programme for people who have been recently diagnosed with type 2 diabetes or who have been living with type 2 diabetes for a while. DESMOND is delivered by two trained educators who will provide honest, up-to-date, evidence-based information about the causes, effects and options for managing diabetes.</p> <p>The DESMOND programme provides an informal and friendly atmosphere in which patients can share their experiences, thoughts and opinions about diabetes whilst learning how to manage it. During the programme, the following will be explored:-</p> <ul style="list-style-type: none"> • thoughts & feelings around diabetes • Understanding diabetes & glucose: what happens in the body • Understanding the risk factors & complications associated with diabetes • Understanding more about monitoring and medication • How to take control - Food Choices - Physical Activity • Planning for the future <p>Offered to patients up to 12 months post diagnosis and those with established diabetes who have not previously attended an education course. Sessions are currently run monthly in South Warwickshire (Stratford, Leamington and Warwick).</p>	GP Referral	https://www.swft.nhs.uk/our-services/adults-out-hospital-services/diabetes/type-2-diabetes-structured-education-desmond
Diabetes	Diabetes UK	Online support forum	Patients can just access it	https://www.diabetes.org.uk/how_we_help/Community/Diabetes-Support-Forum/

Condition(s)/ Aspect(s) Covered	Name of Support Group, Organisation or Info Source	Short Description of the Support Group, Organisation or Information Source	Joining Process (if applic) <i>e.g. referred by GP, patient contacts the organization direct</i>	Contact Details/Website
Depression	Springfield Mind	Wellbeing hubs - provide low level/early support services aiming to enhance the mental health and wellbeing of individuals 16 years and over, and support for people with on-going mental health issues living in Warwickshire. The 7 Hubs throughout Warwickshire provide FREE one to one support, walk-in sessions, peer led drop-in sessions, community outreach and workshops. For more information click here	Self-referral	http://springfieldmind.org.uk/
Depression	Depression UK	Depression UK (D-UK) is a national Self Help Organisation that offers support to its several hundred members. Most suffer from depression; others may be past sufferers, or care for those who have the illness.	Advice sufferers on how to find a suitable local support group	http://www.depressionuk.org/index.shtml
Heart Failure	Heart Failure Matters	Useful information sources, videos and self-help guides, patient and care giver videos	Patients can just access it	http://www.heartfailurematters.org/
Heart Failure	British Heart Foundation	Offer nearly 300 affiliated Heart Support Groups bringing hope and a healthier lifestyle to thousands of patients and carers across England and Wales.	These groups are open to anyone with any kind of heart condition as well as their partners and families.	https://www.bhf.org.uk/heart-health/how-we-can-help/heart-support-groups
Kidney Failure	Kidney Research UK	Provide resources to patients with kidney failure	Can just access it	https://www.kidneyresearchuk.org/health-information/resources
Older People	Age UK	Offer a lot of support for both carers and people do offer counselling, useful in depression.	Patients can just access it	http://www.ageuk.org.uk/
Carers	Carers UK	Practical & emotional support to those caring for others	Can just access it	http://www.carersuk.org/
Carers	Carers Trust	Practical & emotional support to those caring for others	Can just access it	https://carers.org/
General	Self Care Forum	The Self Care Forum aims to further the reach of self care and embed it into everyday life. Self Care is the actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.		http://www.selfcareforum.org/

Appendix 4 – Training Materials Leaflet



Horizon 2020
European Union Funding
for Research & Innovation



Working together for your health: a plan for success

A Guide to Training Materials in C3-CLOUD

Thank you for kindly agreeing to take part in the C3 Cloud European study.

As you know, one of the aims of the C3-CLOUD study is to help you, and anyone that cares for you, to **better understand your illnesses and how they are treated**. We hope that by doing so that we can help you to be more actively involved in managing your conditions and your day to day care, and allow you work in close partnership with your health and care professionals.

The Patient Empowerment Platform (PEP) includes your **personal care plan**, which has been agreed between your health and care professionals and yourself. To support this, PEP also provides you with a range of **information and training guides**, e.g. details about your illnesses, what caused them, what the symptoms are, how they are treated, and what you can do to help yourself, e.g. diet, exercise, taking medication correctly etc.

This leaflet has been put together to explain to you what training materials are available to you and how you and the people that care for you can access and use them.



What educational information about your illness and care is available to you and your carers in the Patient Empowerment Platform (PEP)?

A wide range of **educational material**, from tried and tested sources, is available to you through the PEP. Below are some of the main ones:-

I. **A self-management and multi-morbidity video** which explains the impact of having more than one long term illness to deal with and some of the things that you can do to better control your illnesses and their symptoms. We recommended that you watch this video, especially when you first join the study.

II. **The core materials**, which are generally leaflets or web pages, and typically cover the following topics:-

- Overview of your illness/diagnosis
- Symptoms
- Treatment options, e.g. medicines
- Lifestyle advice such as diet, exercise, alcohol, smoking, emotional wellbeing.

These materials are very easy reading and some of them include videos and audio files or even provide helpful monitoring tools and tips. For example, you may be given information about a new medication that you are starting on, including how to take it and what the side effects might be etc, or if one of your targets is to lose weight then you might be given materials about healthy eating and exercise.

III. **Information about local support groups or training programmes** which you could join (where available, and if your health and care providers feels that this is appropriate for you), so that you can learn more about self-management, share your experiences with people with the same or similar illness(es) and/or get advice.

IV. The PEP also gives you the opportunity to manage your goals and activities, to use some more interactive materials such as **well-being** and **progress questionnaires**, and in some cases to share information electronically with your health and care professionals, e.g. blood pressure readings.

You can use the materials above alongside any other information that is recommended, or issued, to you by your health and care professionals, e.g. leaflets from your GP surgery or hospital, or even other sources of information that you already use and have found helpful. However, the information in PEP has been specifically pre-selected for you by your health and care professionals as they believe they will be of value to you when following your care plan.



When should you access and use the training materials/information?

Your health and care professionals will allocate relevant information to you through notifications in the PEP system, in line with your care plan or according to your health concerns or interests at a particular point in time. Alternatively, if you feel you have any specific information or training requirements please discuss what is available with your health and care professional.

You may also receive notifications through PEP about carrying out routine tasks such as submitting blood pressure readings.



Where to Find & Access the information

TBC. Instructions on how to access the training materials, with screenshots, will be added as part of Task 9.4.



Can I provide feedback on the information?

You will be asked to give us your thoughts on the video, the leaflet and the wallet card shortly after joining the study. You will also be asked to give us your opinions on the usefulness and quality of the training materials in general at the end of the study.



What if I find an issue with the information or its not working?



TBC – this section will be finalised during WP9 once the processes for reporting issues have been defined in each pilot site. The text provided will be along the lines of the following:-

If you discover a **problem** with one of the **materials** that has been recommended for you, e.g. a link is not opening up, please **contact X** and do X.

Please note that it is very important that you only use these feedback mechanisms to report problems with the training materials and not to report problems with your health or care plan or to get help in emergency situations.

Appendix 5 – Food & Exercise Diary (from Basque Country)

TAKING CARE OF MY HEALTH. ANNEX

|ANNEX

MY FOOD AND PHYSICAL ACTIVITY DIARY



Breakfast: **Time:**

Midday: **Time:**

Lunch: **Time:**

Afternoon snack: **Time:**

Dinner: **Time:**


240


TAKING CARE OF MY HEALTH. ANNEX

PHYSICAL ACTIVITY:

Morning: **Duration:**



Type of physical exercise:



Midday: **Duration:**

Type of physical exercise:

Afternoon: **Duration:**

Type of physical exercise:


241


of 4 Words: 85

75%


Appendix 6 – Estimated Costs of Training Stanford Leaders

Please note that travel, hotel, venue hire and staffing costs are estimates only.

Licencing & Leader Training <i>Based on a single program licence (CDSMP), and the training of 1 health care professional and one lay person</i>				
Type of Cost	At Stanford		At Home	
	Description	Cost (\$)	Description	Cost (\$)
Licence Fee	Based on a single program licence for CDSMP. Cost covers upto 30 workshops and the training of up to 2 leaders	500	Based on a single program licence for CDSMP. Cost covers upto 30 workshops and the training of up to 2 leaders	500
Course Fees	Training of 2 leader, including training itself, 1 set of course materials, breakfast, lunch & one evening meal. 1,700 for HC professional and 1,000 for lay person	2,700	Upto 24 leaders trained at home One-off payment made to Stanford of \$10k Payment to 2 T-trainers (3k each) of \$6k	16,000
Travel	Airfares for trainees to travel to San Francisco & transfers. Based on 2 people travelling	1,000	Travel for 2 trainers	1,000
Accommodation & Subsistence	Hotel & evening meals for ~7 nights for 2 people. Allows for travelling the day before the start of the course & for travelling back the day after. Est 120 per night per person	1,680	Accommodation, transport & meals for 2 trainers. Allows for travelling the day before the start of the course & for travelling back the day after. Est 120 per night per person	1,680
Venue Hire	Not applicable	N/A	Venue for training	1,000
Administration	Some local travel coordination	100	Co-ordination of the event	200
Staffing Costs	Loss of clinical time/cancelled clinics etc. Backfill. Lay persons time. For 5 days	3,000	Loss of clinical time/cancelled clinics etc	3,000
Total		8,080	Total	23,380

Appendix 7 – Materials Proposed for Interactivity

Below are some examples of materials that pilot sites have identified as being amenable to being made ‘interactive’ in PEP at a later stage.

Pilot Site	Disease(s)	Training Material Reference	Training Material Name	Source	URL	Suggestions for Interactivity
SWFT	Heart Failure	HF3	An everyday guide to living with heart failure	British Heart Foundation	https://www.bhf.org.uk/publications/heart-conditions/an-everyday-guide-to-living-with-heart-failure	Symptoms – helping patients to recognise symptoms and how to deal with them
BC	General recommendations	G_BC_9	Recommendations of how to solve problems.	Osakidetza	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osa_pa_escuela_salud/es_proactiv/problemas.html	Training patient how to use the tool for solving everyday problems.
BC	General recommendations	G_BC_10	Recommendations for improving the communication between the patient and the clinic professional.	Osakidetza	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osa_pa_escuela_salud/es_proactiv/comunicacion.html	Give some examples of how to communicate.
BC	General recommendations	G_BC_12	Recommendations of how to get relaxing	Osakidetza	http://www.osakidetza.euskadi.eus/r85-ckpaes02/es/contenidos/informacion/osa_pa_escuela_salud/es_proactiv/relajacion.html	Training patient though some examples. (for example including some audios that are available in Osakidetza)
RJH	Diabetes	DM_RJH_51	General information on Pharmacological treatment	Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtland-Harjedalen/Fakta-och-rad/Rad-om-lakemedel/Lakemedel-vid-typ-2-diabetes-/#section-1	Questions about how different pharmacologic treatment works

Pilot Site	Disease(s)	Training Material Reference	Training Material Name	Source	URL	Suggestions for Interactivity
RJH	Depression	DP_RJ H_3	Depression - symptoms	Swedish Association of Local Authorities and Regions	https://www.1177.se/Jamtland-Harjedalen/Fakta-och-rad/Sjukdomar/Depression/#section-1	Questions about symptoms in depression