

# Going beyond the 'grand mean': Advancing disease management science and evidence

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## **GOING BEYOND THE 'GRAND MEAN'**

### **Advancing disease management science and evidence**

**Arianne Elissen**

Maastricht, 25 april 2013

1. Disease management programma's gaan gepaard met klinisch relevante verbeteringen in de gezondheidstoestand van patiënten met slecht gecontroleerde type 2 diabetes. (dit proefschrift)
2. Duurzame en doelmatige chronische zorg vereist dat de mate waarin mensen worden ondersteund in het managen van hun gezondheid wordt bepaald door hun individuele zorgbehoeften. (dit proefschrift)
3. Gezien de heterogene aard van disease management is internationaal vergelijkend onderzoek naar dit zorgconcept uitsluitend zinvol wanneer effecten worden gedifferentieerd op basis van de inhoud, doelgroep en context van interventies. (dit proefschrift)
4. Om de (kosten)effectiviteit van complexe, meervoudige zorgstrategieën te bepalen, zijn pragmatische studies binnen de natuurlijke omgeving van een zorgsysteem van even groot belang als experimentele studies. (dit proefschrift)
5. Zolang we bij de evaluatie van chronische zorg blijven meten wat relevant is volgens zorgverleners, kunnen onderzoeksresultaten onvoldoende bijdragen aan patiëntgerichte zorg.
6. Als disease management al veel eisen stelt voor de invoering en evaluatie ervan, dan doet populatiemanagement dit nog meer; disease management is slechts een onderdeel van populatiemanagement.
7. De stelling dat betere kwaliteit van zorg per definitie meer geld kost, is onjuist en zal leiden tot de teloorgang van ons zorgsysteem.
8. Not everything that can be counted counts, and not everything that counts can be counted. (Albert Einstein)
9. Tell me and I will forget. Show me and I may remember. Involve me and I will understand. (Chinese proverb)
10. Give a girl the right shoes, and she can conquer the world. (Marilyn Monroe)