

Growing
ideas
through
networks

Iskustvo uspješnog sudjelovanja u COST akcijama

Ciklus nacionalnih informativnih webinarâa Europska
suradnja u znanosti i tehnologiji – COST program
Zagreb, online, 17. rujna 2025. godine



Funded by the Horizon 2020 Framework Programme
of the European Union

dr. sc. Ines Potoĉnjak, dr. med.

Specijalist kliniĉke farmakologije s toksikologijom

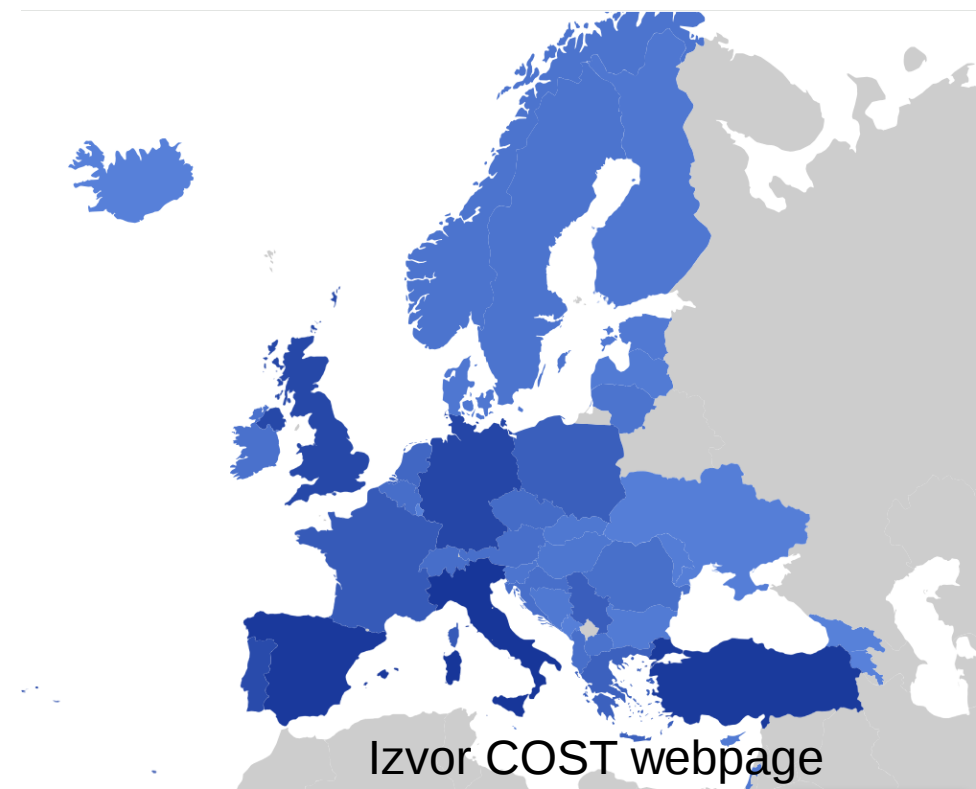
Kliniĉki Bolniĉki Centar Sestre milosrdnice

Institut za kliniĉka medicinska istraŹivanja i nastavu

Naslovni docent Medicinskog fakulteta Hrvatskog katoliĉkog sveuĉilišta

Uloge

- MC ispred RH (donošenje odluka, informacije)
- WG Leader (upravljanje, istraživanje)
- Grant Holder Scientific Representative
- Grant Manager (PM, financ.)
- Core Group member (odlučivanje)
- ITC YRI (<40 godina)



9/2018
Saznala za COST i
prijavlja se kao MC
member

GRANT HOLDER
CA17129 CardioRNA
03/10/2018 - 02/04/2023

2018

2019

2020

3.10.2018. „CA17129
1st Management
Committee and
Working Group
meeting”
Brussels, Belgium



23.10.2018 „CA17103
DARTER 1st
Management
Committee meeting”
Brussels, Belgium





Proposal: AtheroNET
nove COST Akcije ☺

Proposal: CardioRNA
Innovators grant ☹

**GRANT HOLDER CA17129 CardioRNA
03/10/2018 - 02/04/2023**

**GRANT HOLDER CA21153 AtheroNET
19/10/2022-18/10/2026**



COVID, zabrana putovanja, online



WORKING GROUP 1 LEADER
CA19132 ENABLE ADHERENCE
20/10/2020 - 19/10/2024

ENABLE Sucess story
Istanbul intervju



30.8.2024.
World Adherence Forum
ENABLE Adherence,
Brussels, Belgium

CardioPharmaGENET

CardioPharmaGENET
29/10/2025 - 28/10/2029

2023

2024

2025



Proposal: ENABLE
Innovators grant ☹️

Proposal CA24165
CardioPharmaGENET 😊

***Online COST info
session – Croatia***

Proposal: nove COST Akcije

GRANT HOLDER CA17129 CardioRNA
03/10/2018 - 02/04/2023



GRANT HOLDER CA21153 AtheroNET
19/10/2022-18/10/2026





EU-CARDIOPROTECTION



EU-CardioRNA

- CA17129 - CardioRNA Catalysing transcriptomics research in cardiovascular disease (CardioRNA)
- CA17103 - Delivery of Antisense RNA Therapeutics (DARTER)
- CA19132 - European Network to Advance Best practices & technoLogY on medication adherence (ENABLE)
- CA21153 - Network for implementing multiomic approaches in atherosclerotic cardiovascular disease prevention and research (AtheroNET)
- CA24165 CardioPharmaGENET Network for Cardiovascular Pharmacogenomics and Precision Medicine (CardioPharmaGENET)



CardioPharmaGENET

Stečena znanja

- COST Rules
- COST trainings (eg for GH on grant management)
- COST Visual identity
- Umrežavanje - Networking
- Razmjena iskustva
- Sastanci, trening škole
- Upoznavanje različitih kultura



- Iskustvo
- Istraživanja, znanost i inovacije
- Publikacije
- Projektne prijave (MSCA, Horizon)
- Organizacija međunarodnih konferencija
- Prijateljstva



Kompetencije

- Planiranje projekta
- Organizacijske vještine
- Organizacija sastanaka
- Organizacija poslova
- Projektni menadžmet
- Vođenje WG1 – radna skupina, >100 članova iz 35 zemalja
- Upravljanje financijama: planiranje budžeta, financijska izvješća, upravljanje grantom, reimbursement (Scientific Representative, Grant Manager, CG)
- Upravljanje grantovima u ukupnoj vrijednosti – 1,2 milijuna €
- Prihod: FSAC (Troškovi financijske, znanstvene administracije i koordinacije) - 15% oko 100 k €



Uloge, mogućnosti

- Leadership roles
- MC, CG
- STSM
- ITC CG
- **COST inclusivenesss politike** –young researchers, ITC, gender equality
- Znanstveni rad
- Kontakti
- Umrežavanje
- Diseminacija
- **GH ustanova** – FSAC, edukacije za djelatnike, sastanci

Trening škole



Training School on medication adherence,
Heraklion – Greece 06/2024



The guide to antisense therapy
development, Porto, Portugal, 3/2020

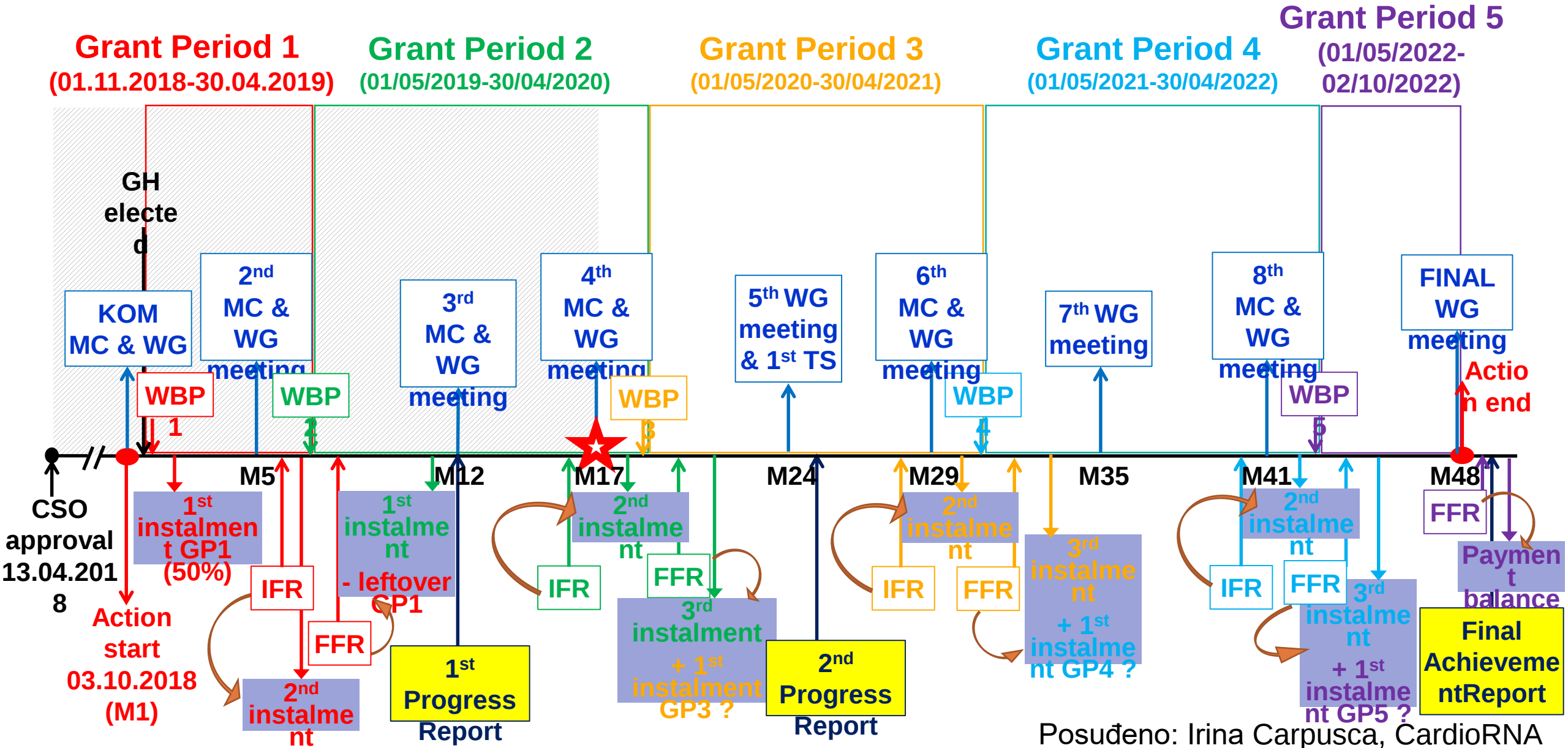
COST edukacija za Grant Holdere



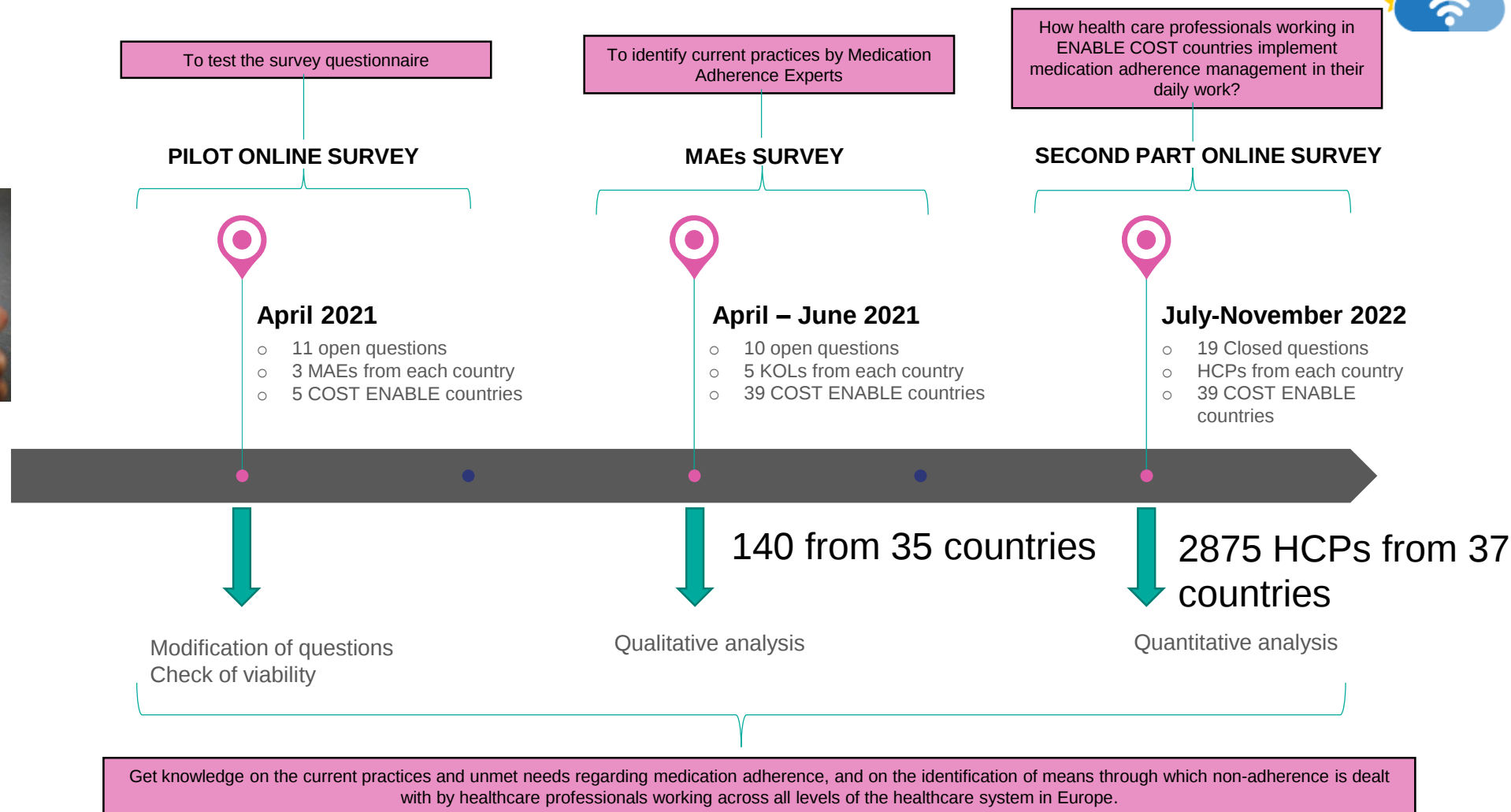
4/2024, Brussels, Belgium



General action timetable



Pan-European survey on adherence



Publikacije

Barriers and Unmet Educational Needs Regarding Implementation of Medication Adherence Management Across Europe: Insights from COST Action ENABLE



Gaye Hafez, PhD¹ , Emma Aarnio, PhD², Sara Mucherino, Pharm D, PhD³, Maria Kamusheva, PhD⁴, Miriam Qvarnström, PhD⁵, Ines Potočnjak, MD, PhD⁶, Indre Trečiokiene, PhD⁷, Jovan Mihajlović, PhD^{8,9}, Marie Ekenberg, PhD⁵, Job F. M. van Boven, Pharm D, PhD¹⁰, and Francisca Leiva-Fernández, MD¹¹ European Network to Advance Best Practices Technology on Medication Adherence (ENABLE)

Received: 6 May 2024 | Revised: 27 June 2024 | Accepted: 1 July 2024

DOI: 10.1111/bcp.16183

ORIGINAL ARTICLE



Pan-European survey on medication adherence management by healthcare professionals

Maria Kamusheva¹ | Emma Aarnio² | Miriam Qvarnström³ | Gaye Hafez⁴ | Sara Mucherino⁵ | Ines Potočnjak^{6,7} | Indre Trečiokiene^{8,9} | Jovan Mihajlović^{10,11} | Marie Ekenberg³ | Job F. M. van Boven¹² | Francisca Leiva-Fernandez¹³ | European Network to Advance Best Practices and Technology on Medication Adherence (ENABLE)

Medication adherence interventions across Europe

Mucherino S^{1†}, Aarnio E^{2†}, Qvarnström M³, Hafez G⁴, Kamusheva M⁵, Potočnjak I⁶, Trečiokiene I^{7,8}, Mihajlović J^{9,10}, Ekenberg M³, van Boven JFM¹¹, Leiva-Fernandez F¹² and European Network to Advance Best Practices and Technology on Medication Adherence (ENABLE)

Journal of General Internal Medicine

Pan-European Study on the Management of Medication Adherence: A Study

Protocol By COST Action 'ENABLE' Working Group 1

Kamusheva M^{1†}, Aarnio E^{2†}, Qvarnström M³, Hafez G⁴, Mucherino S⁵, Potočnjak I⁶, Trečiokiene I^{7,8}, Mihajlović J^{9,10}, Ekenberg M³, van Boven JFM¹¹, Leiva-Fernandez F¹² and European Network to Advance Best Practices and Technology on Medication Adherence (ENABLE) [^]

THE LANCET Regional Health Europe

Leveraging digital medication adherence technologies to enhance sustainability of European health systems: ENABLE's key recommendations

Job F. M. van Boven,^{a,*} Alexandra L. Dima,^{b,c,d} Björn Wettermark,^e Ines Potočnjak,^{f,g} and Tamás Ágh,^h for the ENABLE collaborators^j

Diseminacija rezultata

O Vašem srcu:
KAKO SE ZAŠTITI OD
ATEROSKLEROTIČKE
KARDIOVASKULARNE BOLESTI

Što je bolest srca?

Aterosklerotička kardiovaskularna bolest nastaje nakupljanjem plakova u arterijama, što dovodi do njihova sužavanja i smanjenog protoka krvi. Kao posljedica može doći do ozbiljnih stanja poput srčanog i moždanog udara. Aterosklerotičke kardiovaskularne bolesti i dalje predstavljaju vodeći uzrok smrti u Europi.

10 uobičajenih simptoma srčanog udara

Više od 45% svih smrtnih slučajeva u Europi pripisuje se kardiovaskularnim bolestima, a milijuni ljudi izloženi su riziku zbog čimbenika koje je moguće promijeniti, kao što su loša prehrana, nedovoljna tjelesna aktivnost, pušenje i prekomjerno konzumiranje alkohola, te komorbiditeta poput visokog krvnog tlaka, dijabetesa i pretilosti.

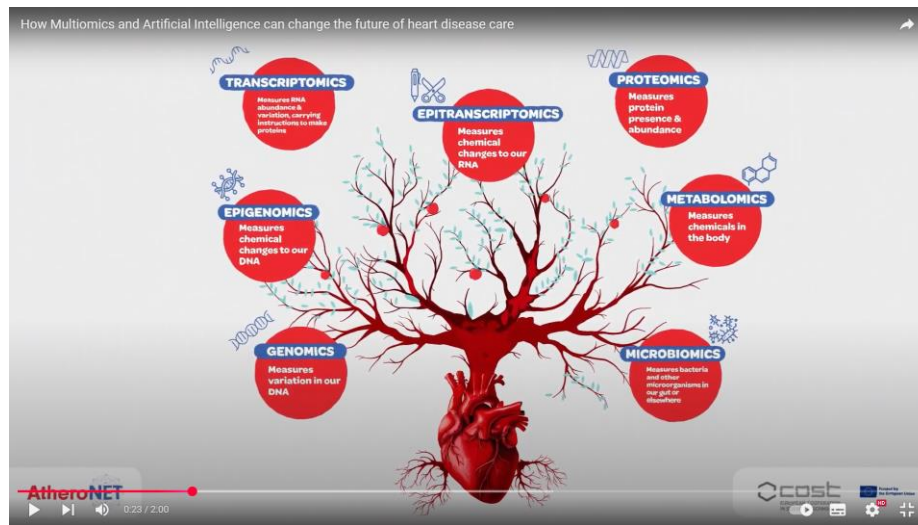
Faktori rizika

- Visok krvni tlak
- Visok kolesterol
- Visoka šećerna bolest (dijabetes)
- Pušenje
- Pretilost
- Stres
- Obiteljska anamneza
- Starije godine

Načini za smanjenje rizika

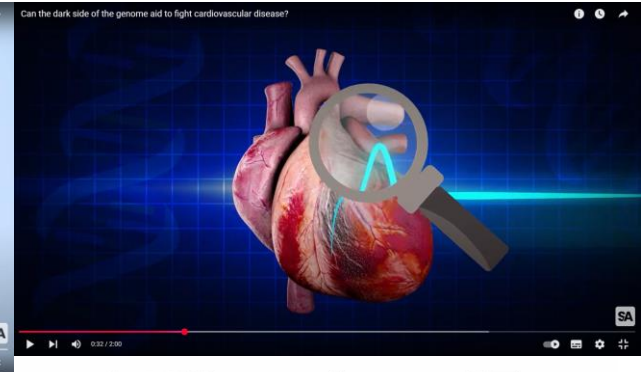
- Redovna prehrana
- Redovna tjelesna aktivnost
- Prestanak pušenja
- Redovno praćenje krvnog tlaka
- Redovno praćenje šećera u krvi
- Redovno praćenje kolesterola
- Redovno praćenje težine
- Redovno praćenje krvnog tlaka
- Redovno praćenje kolesterola
- Redovno praćenje težine

AtheroNET COST European Cooperation in Science and Technology



Amanda's experience with medication adherence - Animation video (ENABLE COST Action CA19132)

AtheroNET COST European Cooperation in Science and Technology



ENABLE ADHERENCE

ENABLE ADHERENCE

This article/publication is based upon work from COST Action ENABLE.

How Multiomics and Artificial Intelligence can change the future of heart disease care

ENABLE ADHERENCE

Sastanci & edukacije



CardioRNA,
Bucharest, 2023



Pavia, 2022



COST training
Brussels, 2024



CardioRNA, Cipar, 2024



CardioRNA,
Maastricht, 2020



ENABLE, Uppsala, Sweden,
2024.



ENABLE, Brussel, 2024



Luxembourg,
2023



ENABLE,
Istanbul, 2024



AthroNET, Heraklion,
2024



DAPTER,
Porto, 2020