

THE STATUS OF MULTIMORBIDITY CARE IN EIGHT COUNTRIES

A Monographic Issue



? What is it about?

The publication identifies the characteristics of patients with multimorbidity, who have a high or very high demand of care in order to define a target population, who can benefit from interventions.

Partners defined a profile of the most care-demanding multimorbid patients based on analyses of large databases from European countries. Disease patterns, physical function, mental health and socioeconomic status are the factors associated with adverse health outcomes and resource consumption among patients with multimorbidity.

A global assessment is needed to identify patients with multimorbidity, who are at risk of negative health outcomes, and **a comprehensive approach, targeting not only diseases, but also social, cognitive and functional problems should be adopted for these patients.**



A disease-oriented model is no longer valid and **patient-centred care** is needed.



Multimorbidity alone does not account for the complexity of persons and a more detailed examination of aspects other than diseases (including **physical and cognitive deficits** and **socioeconomic status**) is necessary to identify people at risk of negative health outcomes.



A disease-oriented approach does not take into account the global health status of patients with multimorbidity, being focused on a single disease and neglecting fundamental aspects of health such as frailty and functional ability as well as cognitive and affective status.

Using in practice

How can the reports be used?

The monographic issue offers extensive scientific support to understand and best approach the complexity and the heterogeneity of multimorbidity. In particular, it presents several examples of subgroups that are more care-demanding, such as people with concomitant discordant diseases, in other words people with conditions that do not share the same pathological mechanism.



Not only do health care systems need to take care of diseases, but they must consider **patients as a whole**.



It is necessary to identify multimorbid patients who are at higher risk of negative health outcomes and increased use of health services in order to detect those who need specific integrated care.

Who needs to be involved?

- **Clinical level:** Medical doctors, nurses, social workers and all people involved in the assistance of individuals
- **Political/Administrative level:** Health ministries, experts involved in technical committees, policy makers involved in planning of prevention and care action/activities, citizens' associations
- **Industry level:** Development of specific services for multimorbid patients and their caregivers

What is required?

- **Human resources:** personnel with specific skills to properly approach and manage multimorbidity
- **Economic resources:** It is necessary to design a detailed and specific plan of investment to employ the devoted budget in the best proactive way.

In general, an appropriate investment has a strong basis in the correct identification of the target population (with its specific needs) and in the appropriate definition of the operating models and management practices.

Learn more:

<http://www.sciencedirect.com/science/article/pii/S0953620515000862>

