

# COMPREHENSIVE CARE PROGRAMMES FOR PATIENTS WITH MULTIPLE CHRONIC CONDITIONS

A practice review



## ? What is it about?



There is a need to develop a standard care model that takes into account the needs of patients and of health systems, and which can be adapted across Europe.

Patients with multiple chronic conditions (multimorbid patients) have complex healthcare needs which require the involvement of a large number of healthcare providers and a vast amount of resources. Patient care is often fragmented, expensive and fails to respond to the needs of the patient. However, there are examples of comprehensive care programmes which have been implemented in relatively small populations.

This practice review provides an exhaustive picture of most recent comprehensive care programmes for patients with multiple chronic conditions papers published between January 2011 and March 2014. It explores how to develop a **new comprehensive care model that responds to the needs for improved care and coordination and that supports patients' self-management.**

## 👥 Using in practice

### How can the report be used?

The practice review analyses the most relevant aspects of the comprehensive care programmes. In particular, it verifies if these programmes demonstrated efficacy in terms of clinical outcomes and economic sustainability.



So far, a standard care model for multimorbid patients has not been defined.



Though there are multiple practices that focus on multimorbidity, they are very **heterogeneous and not evidence-based.**

## Who needs to be involved?

- **Clinical level:** Medical doctors, nurses, social workers and all people involved in the care of individuals, according to their competences
- **Research level:** Scientists, who will use our work as base for their own research
- **Political/Administrative level:** Health ministries, members of scientific expert committees, policy makers involved in planning prevention and care actions/activities, citizens' associations
- **Industry level:** development of specific services for multimorbid patients and their caregivers

## What is required?

As in the case of the monographic issue on multimorbidity, the resources needed to develop comprehensive care programmes include:

- **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.chrodis.eu/our-work/06-multimorbidity/wp06-activities/multimorbiditycaremodel>

