

Implementation of the Multimorbidity Care Model: A case study



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Application of the MCM to a study case

- Main goal:
 - To evaluate how the multimorbidity care model (MCM) applies to a specific profile of patients with multimorbidity, taking a study case highly common and data obtained from real health registries.
- Specific goals:
 - To evaluate the applicability of the MCM to a study case of a multimorbid patient with diabetes and mental health conditions.
 - To specify, for each MCM component, how it would applied to that specific profile of patients.

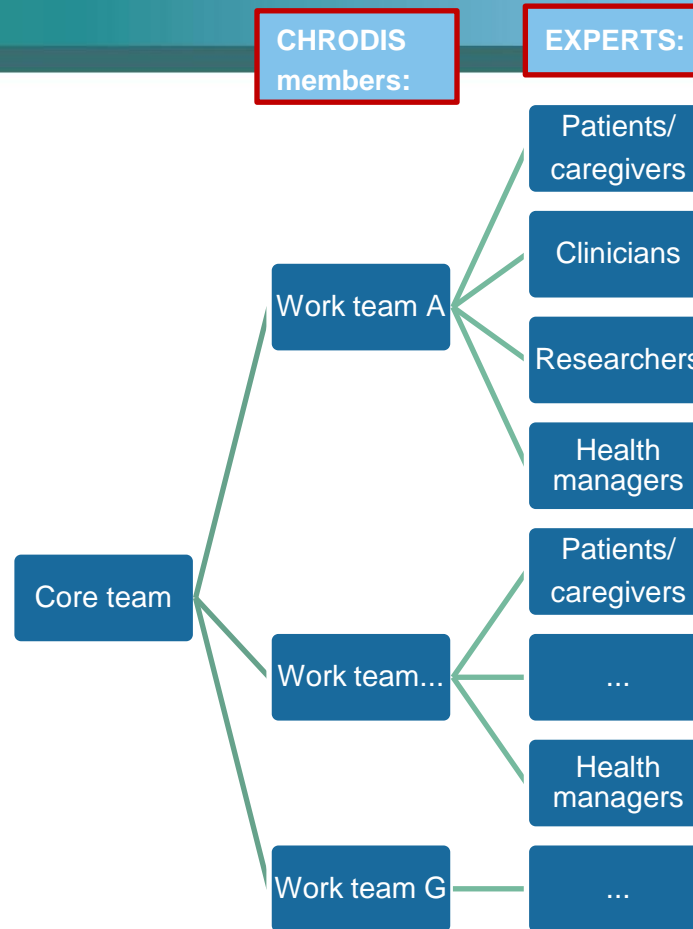
Information for Maria's case:

- SHARE database, W5
- Empirical data of MM studies with population information:
 - Calderón-Larrañaga et al., Eur J Intern Med 2015, 26:203-210
 - Forjaz et al., Eur J Intern Med 2015, 26:176-181
- Information about:
 - Socio-demographics
 - Clinical
 - Social
 - Psychological
 - Family information
 - Resources and barriers

Maria's case:

- Patient with multimorbidity (MM):
 - Diabetes
 - Osteoarthritis
 - Mental health problems
 - Mild to moderate obesity (BMI=32)
- Psychosocial problems:
 - Husband with MM: overweight, COPD, mild dementia
 - Takes care of two small grandchildren
 - Recent loss of a sister
- Health care:
 - 6 meds a day
 - GP visits once/twice a month
 - Last year: 6 visits to specialists
 - One hospital admission (diabetes)
 - One emergency room visit

MCM implementation participants



The expert opinion

- International panel of experts:
 - patient with diabetes
 - family or professional caregiver
 - health professional: general practitioner/primary care doctor, medical specialist, nurse, social worker, and psychologist
 - health manager
 - researcher (epidemiologist, health scientist, psychologist)

Experts by country and MCM component

Components Country	1-2	3-4	5-7	8-10	11-12	13-14	15-16
Croatia		✓					
Italy	✓					✓	
Germany			✓		✓		
Lithuania	✓						
Netherlands		✓		✓			✓
Slovenia			✓				
Spain							✓
Ireland				✓	✓	✓	

Questionnaire

- Potential application of each component of the MCM to Maria's case:
“Think of how the Multimorbidity Care Model components should be ideally applied to the case of Maria.”
- Structured questionnaire:
 - 3-5 questions for each component
 - Asking for detailed, concrete information
- Answers were summarized, focusing on common information provided by more than one expert

The experts' opinion: a deep insight (1)

- Experts' opinion suggests that the MCM is **feasible and applicable** to a complex case type.
- The studied case requires an **integrated intervention** of diverse professionals and the use of a wide array of rating scales and tools to assess her needs in a comprehensive and regular way.
- Some of Maria's health problems are directly linked to social needs, and therefore must be attended in an integrated way together by **health services and social services**.
- Currently, many experiences throughout Europe show two main ideal features when attending cases like Maria's: a **multidisciplinary team** (health primary care and hospital professionals, social workers and engaged family or social support), and a **case manager** (that could usually be the GP, nurse or social worker).

The experts' opinion: a deep insight (2)

- The **clustering of patients**, based on clinical and organizational complexity, and the use of **risks stratification tools** maximizes efficacy and cost effectiveness of interventions, ensures greater safety for patients, and allow to tailoring practices to the specific context and patients' needs.
- Allowing people with multimorbidity to use **patient-operated technologies** requires promoting patient empowerment, motivation and user-friendly technologies.
- **Clinical guidelines**, even if they are single disease oriented, may also be focused on patients wishes, attitudes and needs.

The experts' opinion: a deep insight (2)

- There is a need on training in the skills to work in teams and how to address a variety of the needs multimorbid patients or their caregivers may have. **Training in skills and competences** should be drawn on a wide European perspective.
- A **consultation system** to consult professionals with expertise would have to be flexible with respect to methodology, timely and with appropriate exchange of information (taking into account data protection issues).

Take-home message



According to experts with different backgrounds,
the MCM components provide
a meaningful and useful framework
to guide
the delivery of care
for multimorbidity patients.



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