

1.K. Skills building seminar: Multimorbidity and integrated care: What do we know? What should we do?

Organised by: EUPHA (CHR)

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Rationale:

Multimorbidity, which is defined as the co-occurrence of two or more chronic conditions, has moved onto the priority

agenda for many healthcare providers and health policy-makers. An estimated 50 million European citizens suffer from multimorbidity, and this number will increase in the next decades. Patients with multimorbidity are high utilizers of healthcare resources and are some of the most costly and

difficult-to-treat patients in Europe. In response to the growing populations of people with multiple chronic diseases, new models of care are currently being developed in European countries to better meet the needs of persons with chronic disease and their carers. Unfortunately, these efforts are being hampered by a lack of basic knowledge about the aetiology, epidemiology, and risk factors for multimorbidity, and the efficacy and cost-effectiveness of different interventions and care models.

Aim:

This skills building seminar aims to raise awareness of multimorbidity and introduce several types of integrated care models that were developed within three EU-funded projects and that are specifically targeted to people with multimorbidity - the ICARE4EU project, the CHRODIS+ Joint Action, and the SCIROCCO project. The workshop will also dispute what topics, actions and activities should be prioritised in addressing the challenges of integrated multimorbidity care at the European, but also national and regional levels.

Workshop structure:

The workshop will consist of three presentations, providing necessary theoretical background into novel care approaches for people with multiple chronic conditions. In the second half of the meeting the conference participants will have the opportunity to work interactively with the SCIROCCO Maturity Model (MM) tool, which has been designed to measure the maturity of integrated care and has been tested in real-life settings as a tool to: (a) assess maturity requirements of good practices; (b) assess readiness of healthcare systems for integrated care; (c) facilitate the twinning and coaching in integrated care. Further to the reflexion on the current knowledge base (answering the question “What do we know?”) and a guided group exercises (testing the MM self-assessment tool), an audience discussion will follow giving the attendees the opportunity to recommend their care and policy priorities to ease the plight of multimorbid patients. The final part of this skills building seminar will seek answers to a question “What should we do?” The ultimate objective is to stimulate discussions on the potential of various models and tools to facilitate collaborations and knowledge transfer in integrated care.

Key messages:

- Preventing and improving the way multimorbidity is managed is now a priority for many countries, and work is at last underway to develop more sustainable models of care.
- Raising awareness of multimorbidity, encouraging innovation, optimizing the use of existing resources, and coordinating the efforts of different stakeholders is a key to better chronic disease care.