

Multimorbidity and the UCLP Proactive Care Frameworks

The UCLP Prioritisation Searches

The UCLP Proactive Care Frameworks support practices to optimise self-care and clinical care in patients with 6 high impact long term conditions (4 cardiovascular and 2 respiratory). The stratification searches for each condition help to prioritise based on clinical need. Using clinical criteria as well as age, ethnicity and some social factors, the searches identify who needs to be seen early and whose follow up can safely be phased to later.

Optimising treatment first in patients with unstable conditions or suboptimal treatment before reviewing patients with well controlled conditions will improve outcomes for patients, help prevent complications and exacerbations, reduce admissions and need for urgent care, and help GPs meet QOF and other contractual requirements.

Managing multimorbidity

Multimorbidity is common, and many patients have more than one long term condition (LTC). The UCLP stratification does not incorporate multi-morbidity into the search tools because the complexity would make them much less useful in practice. If patients have poorly controlled hypertension but have optimally treated and therefore low priority atrial fibrillation and diabetes, they are still high priority for review.

For this reason, the UCLP Proactive Care Frameworks incorporate multimorbidity into the review of patients with one or more of the cardiovascular conditions: in addition to optimising the high priority condition (hypertension in this example), the patients’ other cardiovascular disease (CVD) conditions are also optimised.

UCLP resources to support multimorbidity management

Our supporting resources are designed to support multi-morbidity for patients in a few ways. The clinical condition slide packs focus on an initial condition and reference related long-term conditions. The summary is below.

We have a CVD multi-morbidity protocol that references all CVD LTCs included in our frameworks to support conversations with patients with more than one condition.

Slide deck for clinicians	Also includes
Atrial fibrillation	<ul style="list-style-type: none"> • Hypertension • Lipid management
T2 Diabetes	<ul style="list-style-type: none"> • Hypertension • AF detection and management • Lipid management
Hypertension	<ul style="list-style-type: none"> • AF detection and management • Lipid management
Lipid management	<ul style="list-style-type: none"> • Familial hypercholesterolaemia • Hypertension • AF detection and management