CHARACTERISTIC: *longitudinal continuity*

- **I read on the records** that ……

- GPs should plan on scheduling follow-up

- COMPETENCE
Person centred care

CHARACTERISTIC
manages simultaneously both acute and chronic health problems

- I start wondering where I can start from: is it more important to discover the cause of the abnormal test result and to manage the anxiety connected with the high number of WBC, or is it better to treat the high blood pressure, which is an important risk factor, or to try to understand why she cannot control weight in this period of her life?

- **Comprehensive approach:**

CHARACTERISTIC:
promotes health and wellbeing

- You have several options: Firstly, you should reduce your calorie intake, Secondly, you should walk- at least 10,000 steps a day…"

- **Comprehensive approach**

LONGITUDINAL CONTINUITY: from birth to death through the whole of life

- Episodes of illness

  - Acute
  - Chronic

- Healthy patient

Organization of the practice
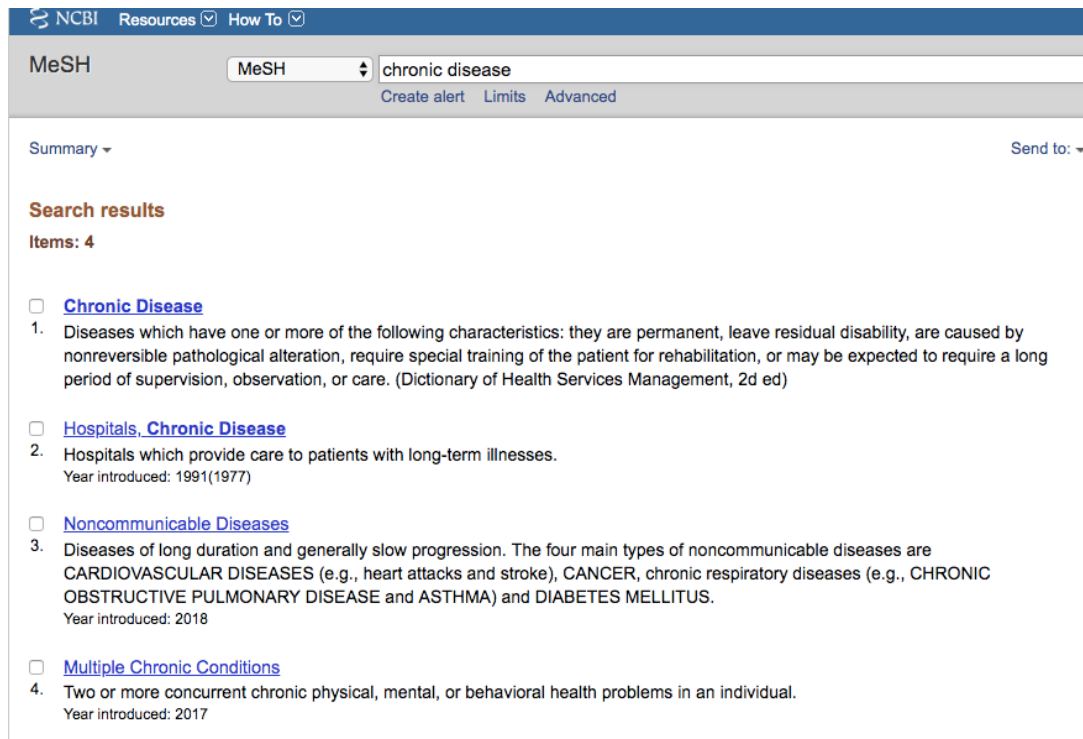
Delivery of the service

Healthy patient

Acute patient

Emergency

Chronic patient
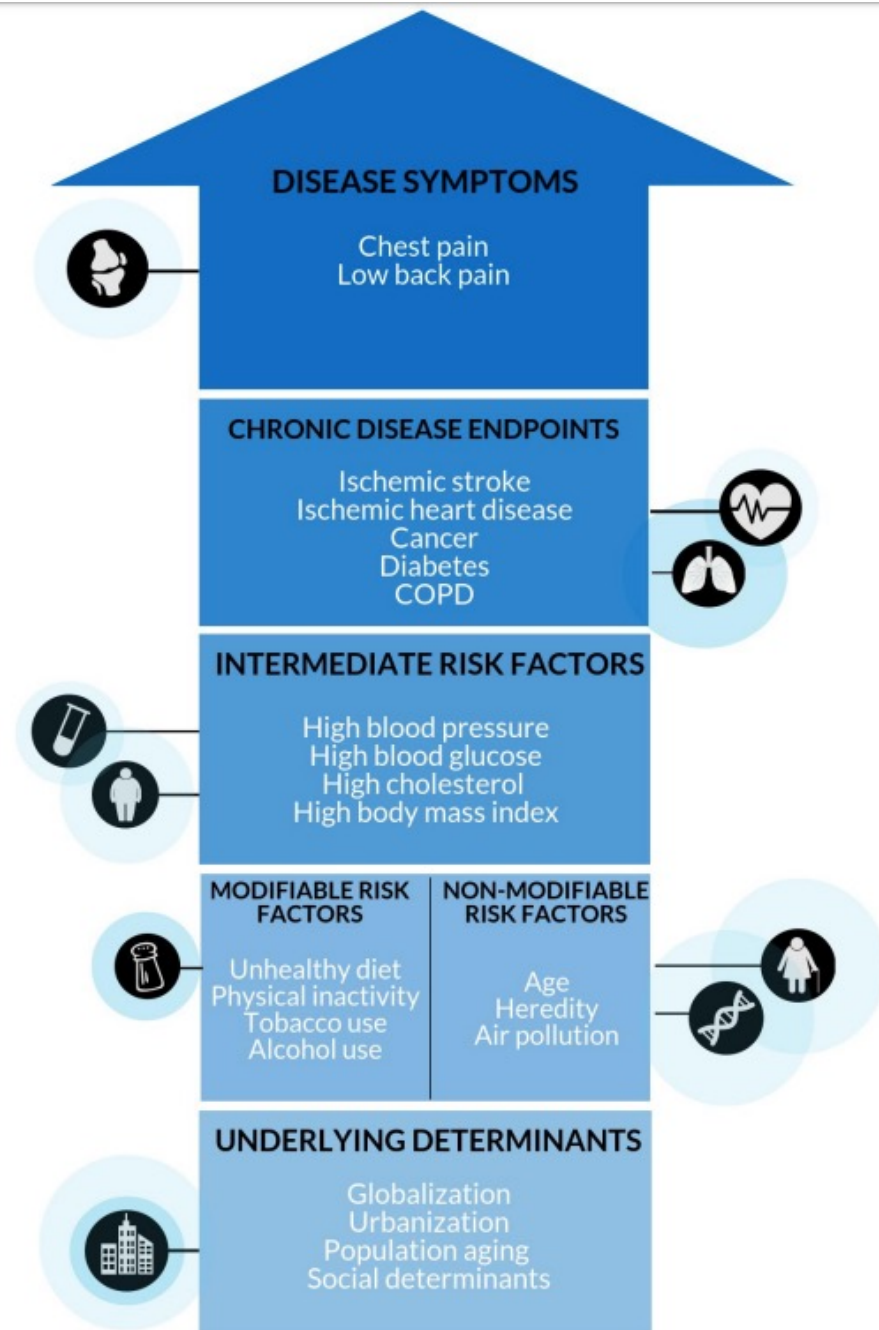
Complex patient

Chronic patient

Chronic diseases

Diseases which have one or more of the following characteristics:

- they are permanent,
- leave residual disability,
- **are caused by non-reversible pathological alteration,**
- require special training of the patient for rehabilitation,

or may be expected to

- require a long period of supervision, observation, or care.

(Dictionary of Health Services Management, 2d ed)

From determinants to disease

DISEASE SYMPTOMS
Chest pain
Low back pain

CHRONIC DISEASE ENDPOINTS
Ischemic stroke
Ischemic heart disease
Cancer
Diabetes
COPD

INTERMEDIATE RISK FACTORS
High blood pressure
High blood glucose
High cholesterol
High body mass index

MODIFIABLE RISK FACTORS
Unhealthy diet
Physical inactivity
Tobacco use
Alcohol use

NON-MODIFIABLE RISK FACTORS
Age
Heredity
Air pollution

UNDERLYING DETERMINANTS
Globalization
Urbanization
Population aging
Social determinants

Chronic disease

Chronic condition

healthy

illness

The patient's personal experience of his or her disease

It is possible for a person to have a disease without being ill (to have an objectively definable, but asymptomatic, medical condition)

and to be ill without being diseased (such as when a person perceives a normal experience as a medical condition, or medicalizes a non-disease situation in his or her life)

Chronic disease

Chronic condition

Chronic illness
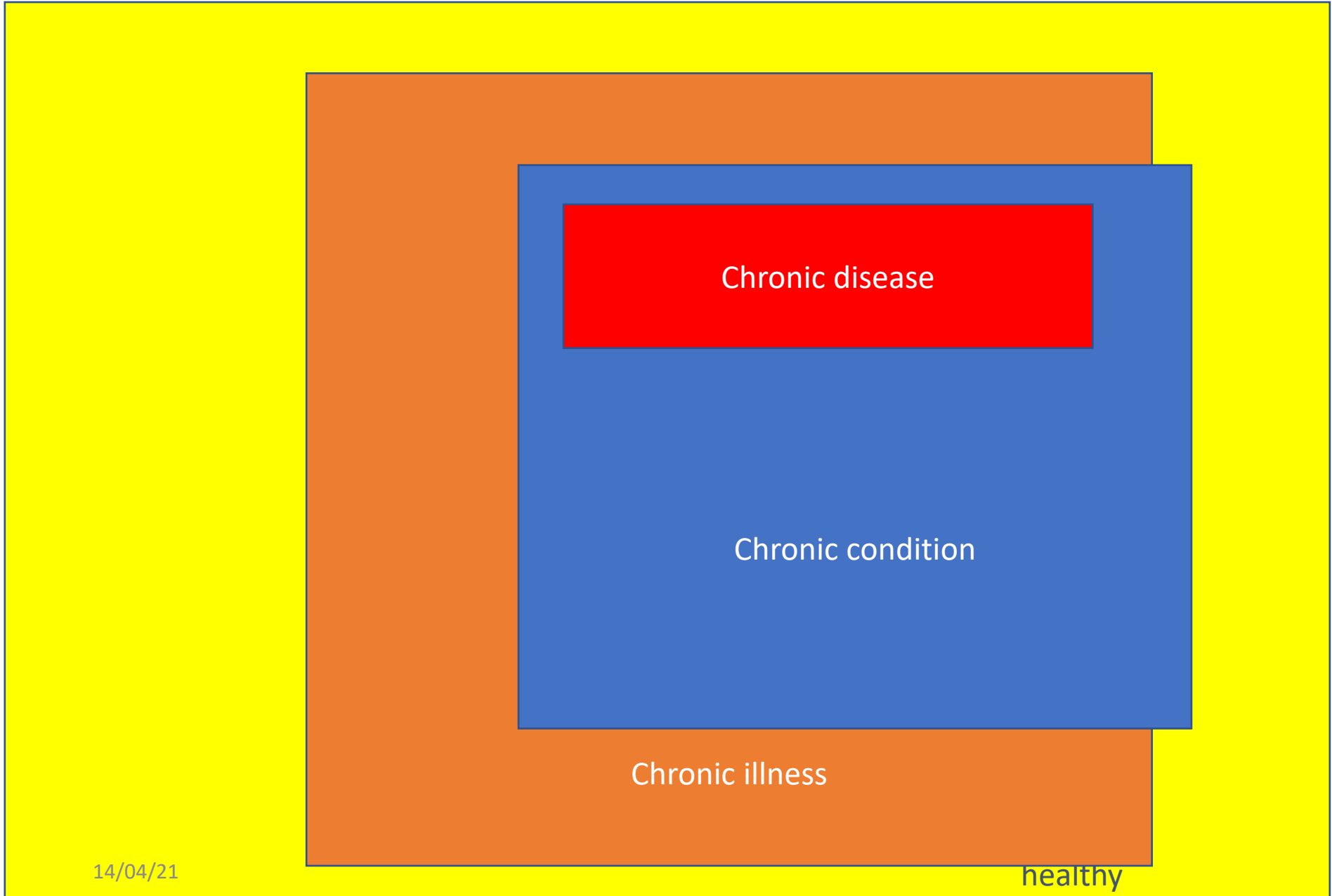
healthy

Burdens of disease

- Disease burden is the impact of a health problem in an area measured by financial cost, mortality, morbidity, or other indicators

- The quality-adjusted life year (QALY) and disability-adjusted life year (DALY) metrics are similar, but take into account whether the person was healthy after diagnosis. In addition to the number of years lost due to premature death, these measurements add part of the years lost to being sick
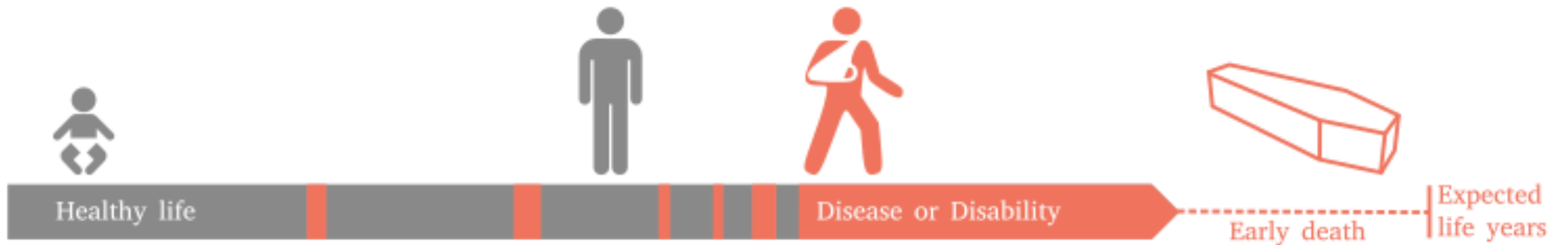
Misuring health status...

DALY

Disability Adjusted Life Year is a measure of overall disease burden, expressed as the cumulative number of years lost due to ill-health, disability or early death

$=$ **YLD** Years Lived with Disability $+$ **YLL** Years of Life Lost

Healthy life | Disease or Disability → Early death ¦ Expected life years

- It "extends the concept of potential years of life lost due to premature death... to include equivalent years of 'healthy' life lost by virtue of being in states of poor health or disability."[2]In so doing, mortality and morbidity are combined into a single, common metric.

Chronic disease

Social burden, impairment, fragility

Chronic condition

Chronic illness

healthy
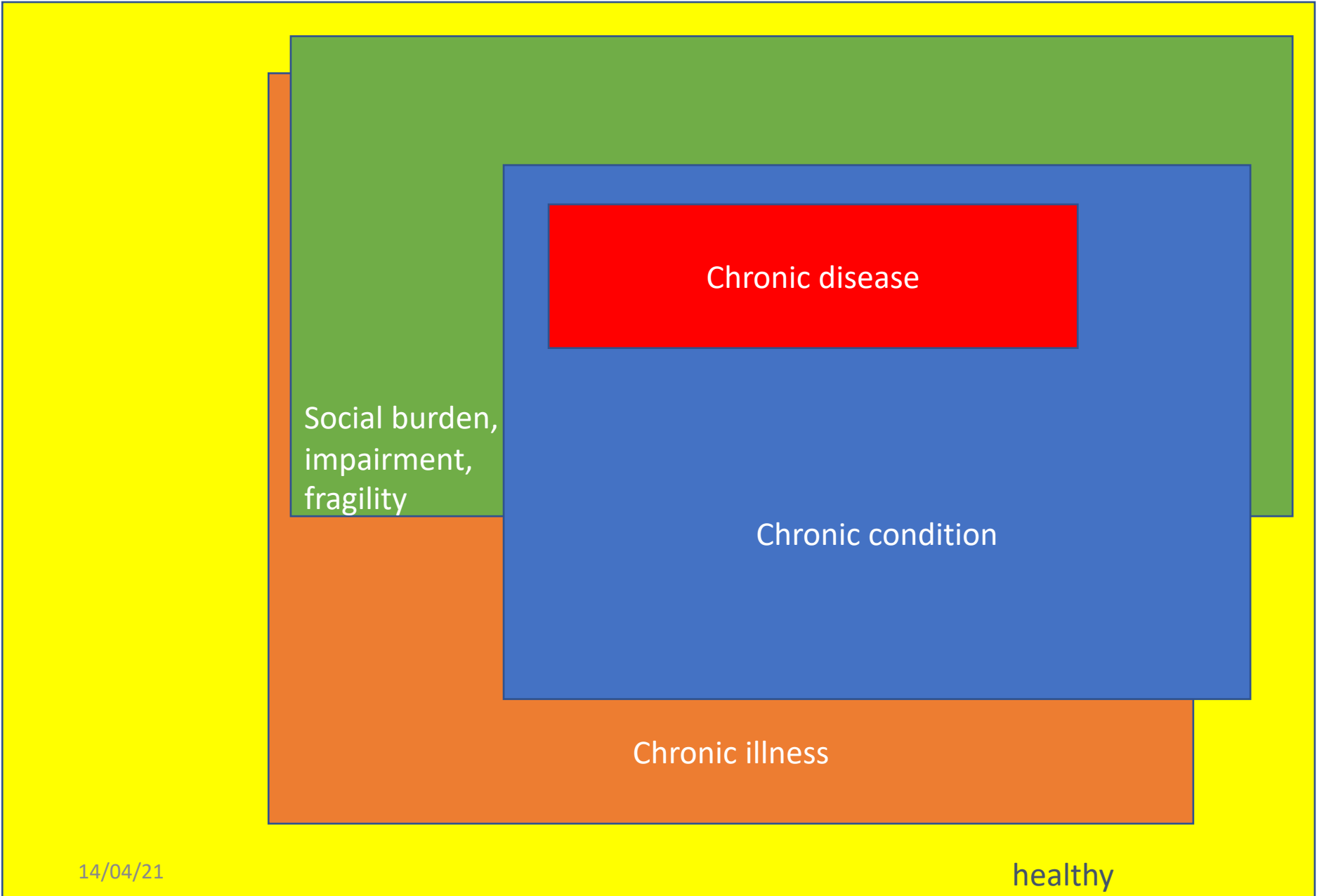
ELEMENT	MANAGEMENT TASK	CLINICAL TASK	COMMUNICATION TASK	PATIENT AS…
Opening	Build the setting	Catch the early warnings	Make the patient at ease	Person
Subjectivity	Management of presenting problems	Early generation of hypothesis	Collect information by allowing patient expression	Individual
Examination	Management of the present problems not presented by the patient.	Reach working diagnosis	Actively collect information	Matter of research
Evaluation	Redefine the situation	Overall clinical judgement	Information	Partner
Design	Map out a plan		Communicate patient's options	Consultant
Shared choice	Doctor/patient choose an option		Share choice	Partner
End	Schedule the next consultation date Inform the patient about the safety net		Greetings	Person

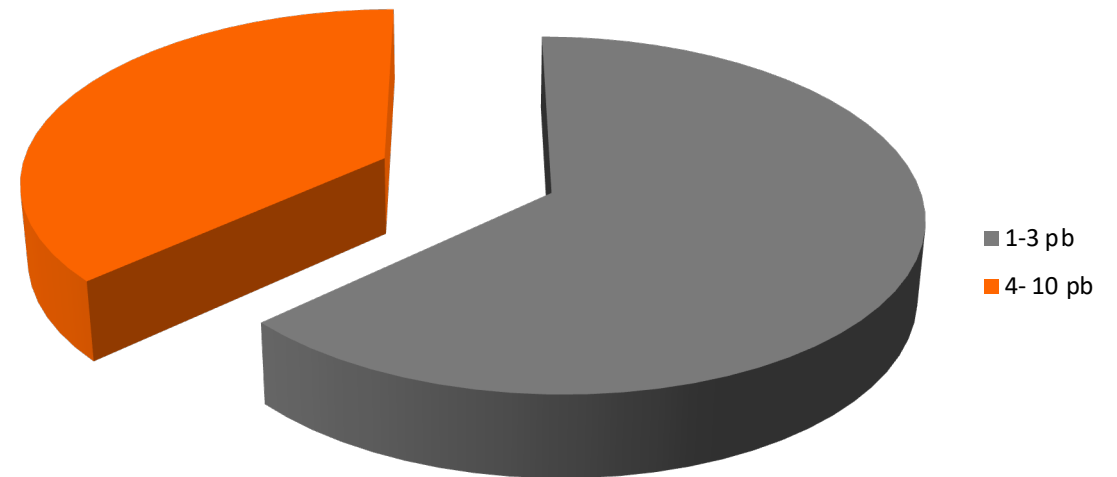# problem

- Patient's agenda
  - Clinical problems
    - Clinical symptoms
    - Risk behaviour
  - Non-clinical problems
    - Psychologycal
    - Social
    - Existential

  - everything that the patient experiences as a problem, according with Engel's biopsychosocial model

Number of problems in consultation

In two third of consultations the patient presents one to three problems, but in more than one third of consultations the problems are more than four, to a maximum of nine.

- 1-3 pb
- 4- 10 pb

POMR

ACTIVE PROBLEMS

- 1982 CIGARETTE SMOKER
- 2014 MOVES FROM SICILY
- 2015 HYPERTENSION
- 2019 NEPHEW CARE
- 2019 LOW BACK PAIN
- ....

INACTIVE PROBLEMS

POMR

ACTIVE PROBLEMS

- 1982 CIGARETTE SMOKER
- 2014 MOVES FROM SICILY
- 2015 HYPERTENSION
- ....

INACTIVE PROBLEMS

- 2019 NEPHEW CARE
- 2019 LOW BACK PAIN

Active Chronic problem

- everything that the patient experiences as a problem, **lasting more than six months**

i.e. marital tension, teenager daughter….

Chronic patient: who is he?

- A patient with a chronic disease
- A patient with a chronic condition (risk factor)
- A patient with a chronic illness
- A patient with disability, functional impairment, autonomy loss, social burden
- A patient with a chronic problem, multimorbidity, mild chronicity

Chronic disease

Social burden, impairment, fragility

Chronic condition

Chronic illness

Active chronic proble[m]
Multimorbidity
Mild chronicity
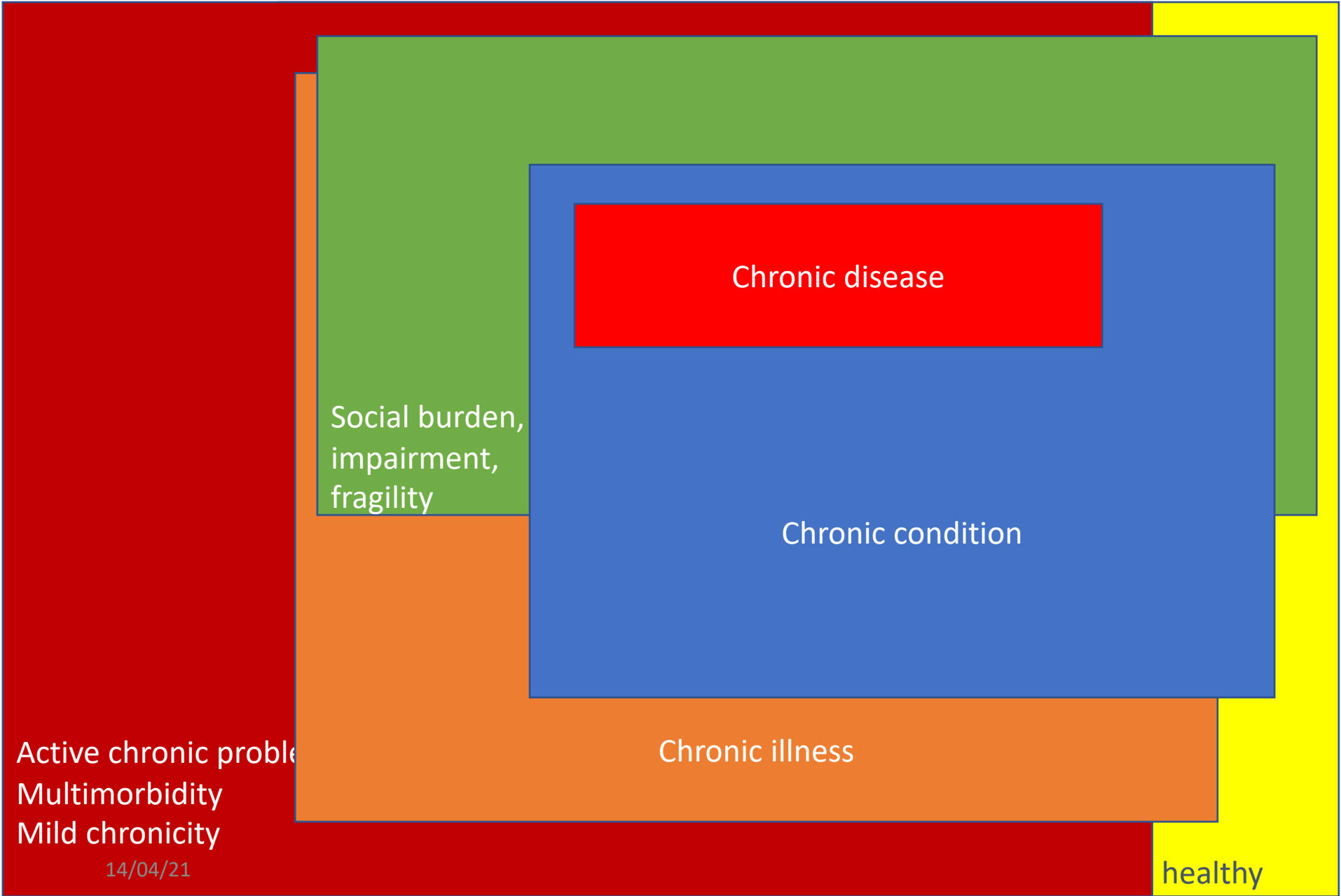
healthy

Why it is important to define chronic patient?

- Cost for health system

- Huge phenomenon

- Different consultation

Different consultation

	Acute patient	Chronic patient
Objective	Treat the disease and heal	Preserve homeostasys
Reasoning	Focus on diagnosis	Focus on management of the presenting complain
Relation	Patient as a passenger (doctor as a driver)	Patient as a driver (doctor as control tower)
	Short	Long and deep
Probabilistic reasoning	Low prevalence	High prevalence
Consultation starts	Subjectivity	Objectivity (Test)

Challenges in 21st century…

- More elderly people

- More patients with chronic diseases
  - (a disease > 6 month, deminish function or life expectancy)
  - > 25 % of a population has a chr. disease
    - 50% more than one chr. disease
  - > 50 % of all attenders in GP
  - > 80 % of all health care costs

- 5% of population takes 50% of cost to health care