

OP37.2

Risk levels among patients with chronic conditions in primary care in Madrid (Spain)

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Background & Aim: To describe the prevalence, risk levels and features of patients with chronic conditions (PCC) who represent a segment of population with both quantitatively and qualitatively significant impact on the Primary Healthcare. They are associated with worse health outcomes, more complex clinical management, increased costs and their level of risk determine different healthcare needs.

Method: Cross-sectional observational study of the 9938 PCC among the 18235 patients of a Primary Healthcare Center in Madrid. We collected socio-demographic and clinical data considering 60 chronic conditions. Their three different levels of risk (low, medium and high) were based on a stratification tool integrated in the Electronic Clinical Record used in Madrid's Public Health Centers.

Results: The percentage of PCC in the Health Center were 54%. Among them 77% were low risk (LRPCC), 18% medium risk (MRPCC) and 5% high risk (HRPCC). The average age was 55,78 years-old (50,6 LRPCC; 72,1 MRPCC; 77,7 HRPCC). 61.3% were female (61% LRPCC; 65,0% MRPCC; 51,8% HRPCC). The average of chronic conditions was 4,37 (3,1 LRPCC; 7,5 MRPCC; 12, 4 HRPCC). 1,6% were institutionalized (0,9% LRPCC; 2,8% MRPCC; 8,2% HRPCC).

Among LRPCC and MRPCC stand out hyperlipemia (31% and 60%) hypertension (24% and 67%), anxiety (24% and 23%), thyroid disorders (15% and 22%) obesity (13% and 26%), asthma (11% and 10%), depression (10% and 21%), osteoporosis (8% and 24%) and osteoarthritis (7% and 24%).

in addition to the previous, among HRPCC also highlights diabetes (41%), active cancer (38,4%) heart failure (27,5%), anemia (26%), coronary heart disease (24,7%), OCPD (24,1%), renal chronic failure (21,7%), stroke (20%) and dementia (13,4%). These results were statistically significant ($p < 0.01$).

Conclusions: More than half of the patients were PCC. HRPCC were older, more institutionalized and with more quantity and severity of chronic conditions than MRPCC and LRPCC.