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Multimorbidity in family practice – patient unmet needs and doctor educational needs

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Background: Approximately 70-80% of patients aged 50 years and older in the primary care setting have multiple health problems. Despite the increasing numbers of patients with multimorbidity, the delivery of care is usually built around one single disease. Guidelines are derived from studies that often exclude patients with multimorbidities. The studies highlight difficulties of managing multimorbidity in family practice. The amount of educational literature about patients with multimorbidities is very limited. However, findings indicate that recognition of the significance of multimorbidity in family practice is growing. Clinicians need a management approach that considers the challenges particular to each individual, including patient preferences, goals and prognosis.

Aim of the Workshop: To identify the most challenging areas of clinical practice in patients with multimorbidity.

Methods of the Workshop: The workshop will start with a small presentation about clarification of the terms and importance of multimorbidity in primary care setting. After this participants will be divided into small groups (5-6 people) to discuss on a case-vignette on a preestablished structured way. Groups will be asked to identify the most important problems of the patient, possible unmet needs of the patient and own educational needs related to the patient problems.

Results and Conclusion: At the end of the workshop the participants are more aware about the complexity of the multimorbidity and know more about their personal educational needs related to this challenging topic.