An Integrated Solution for Sustainable Care for Multimorbid Elderly Patients with Dementia

WP6: Clinical guidelines and best practices for improved management of elderly multimorbid patients with dementia

D6.1: Selection of base clinical Guidelines

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Executive Summary

The present deliverable D6.1, "Selection of base clinical Guidelines", aims at defining and selecting the Clinical Guidelines that will be used in the CAREPATH platform. The task will perform a systematic review of literature to identify and understand the challenges that dementia, together with other multimorbidities, places on the healthcare system, including self-management.

The project work targets are:

- Identify current practice of treatments patients with multi-morbidities that include dementia undertake, at the various health and care levels; this includes local practice at the pilot sites.
- Propose a holistic CAREPATH best practice guideline, based on individual guidelines, integrated with guidelines of co-morbidities, considering additional personalization aspects, particularly, dementia profile and intrinsic capacity.
- Analyse the organisational structure of pilot sites to provide care and identify areas of improvements.
- Collate evidence supporting the holistic CAREPATH best practice guideline.

In the present deliverable, we present the strategy used to select the clinical guidelines that will be used in the CAREPATH project, and the clinical guidelines that have been obtained following the systematic review conducted. This systematic review was conducted in accordance with the recommendations in the "Preferred Reporting Items for Systematic Reviews and Meta-Analysis" (PRISMA), and was registered in the International prospective register of systematic reviews (PROSPERO).

The Clinical guidelines have been selected following four different search strategies, as predefined in the proposal:

1. Specific diseases guidelines: frailty, sarcopenia, malnutrition, diabetes, heart failure, chronic obstructive pulmonary disease (COPD), asthma, chronic kidney disease (CKD), stroke, coronary artery disease and hypertension.
2. Multimorbidity and comorbidity guidelines.
3. Dementia and Alzheimer´s disease guidelines.
4. Behavioral guidelines.

English-language guidelines have been sourced from the Guidelines International Network (g-i-net), PubMed database, UpToDate portal, Cochrane database, World Health Organization (WHO) portal, NICE portal, SIGN portal, ten websites of relevant specialty societies, and email correspondence with representatives of Spanish Society of Geriatrics and Gerontology.

This is a Living Systematic Review (LSR), and we will consider guideline updates up to 31-12-2021, although for the complete project, newer actualizations may be feasible to be considered in the future. D6.1 will become a publishable literature review, documenting the findings.

From th complete search, 170 guidelines have been identified and will go through a quality assessment and suitable process. An AGREE II methodology will be used to identify the quality of the guidelines selected, and we will identify with special interest those guidelines including dementia and multimorbidity in older adults as sections or topics.

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