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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

D6.2 Holistic patient-centred CAREPATH best practice guideline

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Executive Summary

The great personal and societal burden of ill-health caused by chronic disease, including dementia, is an increasing problem that healthcare systems need to address. Current approaches to the management of chronic disease are not designed for patients with two or more co-existing chronic conditions (multimorbidity) [1]. The particular challenges faced by multimorbid patients with dementia include increased adverse drug events (due to polypharmacy), healthcare costs, hospitalization with longer stays, disability, and frailty. With the aim of overcoming these challenges, the EU-funded CAREPATH project is developing an ICT-based tool to support the care of multimorbid patients with dementia. The digital platform is patient, carer (where required), and clinician facing, and offers a patient-centred, integrated care approach, for optimising the treatment and management of these patients.

A key step in developing the ICT-based solution is to determine the underlying clinical requirements to support it. This report presents these requirements in the form of a reference clinical guideline to be used for the CAREPATH project. The development of the guideline was undertaken by CAREPATH project clinical partners based in Germany, Spain, Romania, and the UK. Building on D6.1 which undertook a systematic review of the literature to identify suitable clinical guidelines (WP6: D6.1, published separately [2]), 52 guidelines covering a range of chronic conditions plus multimorbidity, and co-morbidity were assessed for quality using the AGREE II methodology. Based on this, 25 final guidelines were selected to be examined, approved or disapproved, grouped, and consolidated through a modified Delphi process, with the final agreed guidance and actions being collated into the master narrative consensus guideline presented in this document.

The CAREPATH consensus clinical guideline provides advice, information, and actions in the following areas: overarching principles of management, physical exercise, nutrition and hydration, common use of drugs, coronary artery disease, heart failure, hypertension, diabetes, chronic kidney disease, COPD, stroke, sarcopenia, frailty, and caregiver support.

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The guideline will be converted into flowchart based rules that allow integration into the digital platform for the delivery of care to dementia patients with multimorbidity.

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