

GEMs offer brief updates from general practice research tackling the challenges of front-line practice.

Management of multimorbidity using a patient-centred care model: a pragmatic cluster-randomised trial of the 3D approach

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The clinical problem tackled by this research

Growing proportions of our patients are living with multi-morbidity. Health systems are designed around the management of single conditions. A growing international consensus suggests that we need to change healthcare to emphasise whole-person care, that focuses on patient goals, in order to enhance quality of life. But we don't have research evidence that tells us how best to do this, and what impact we might see.

The study used existing research to design a new model of care (3D) to deliver whole-person, goal-focused care. So that they could test it in a Randomised Controlled Trial – to test if 3D care improved quality of life, treatment burden, and patient-centred care.

What this research tells us about this problem

The 3D trial showed that there were no significant improvements in quality of life, health status or treatment burden in those general practices which implemented the 3D approach,

But there were significant improvements in patients experience of chronic disease management and in the extent to which care was centred around each patient's individual needs.

The 3D approach was delivered at very little additional cost, and was within the threshold for interventions which could be considered by NICE as cost-effective

The research team

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Suggested WISE action

Consider using a chronic disease review template that allows review of the 'whole patient' and consider strategies to promote continuity of care. Items included in the Quality Outcomes Framework are important, but not the only things that matter. Allow opportunities for patients to discuss the problems that bother them most. Reviewing multiple chronic conditions one at a time can be confusing for patients and potentially inefficient for practices.

Where you can read more about this work

Salisbury C, Man MS, Bower P, Guthrie B, Chaplin K, Gaunt DM, et al. Management of multimorbidity using a patient-centred care model: a pragmatic cluster-randomised trial of the 3D approach. *Lancet*. 2018;392(10141):41-50

Salisbury C, Man MS, Chaplin K, Mann C, Bower P, Brookes S, et al. A patient-centred intervention to improve the management of multimorbidity in general practice: the 3D RCT. *Health Services and Delivery Research*. 2019;7(5).

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