

## 10.N. Workshop: Multimorbidity and integrated care: which priorities for European and national policies?

Organised by: EUPHA section on Chronic diseases  
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### Rationale

An estimated 50 million European citizens suffer from multimorbidity, and this number will increase in the next decade. The complex healthcare problems of patients with multimorbidity and their need for continuous and multi-disciplinary care pose a great challenge to health systems and social services. Yet, the current organisation and delivery of care across Europe is not responsive to the care needs of people with multimorbidity, as it is disease-oriented and highly fragmented. Evaluations of several integrated care programmes for multimorbidity indicate that increased multiprofessional collaboration, polypharmacy management, and use of innovative technologies lead to improvements in patients' health status and quality of life, and can also lead to savings and health care systems sustainability. The development and implementation of patient-centered integrated care for people with multimorbidity can be fostered by policies and strategies at level of service providers and at level of national health and social care systems. This shift in organisation and delivery of care cannot be carried-out without support from policy makers.

### Aim

The aim of this workshop is to accelerate improvements in care and support for people with multimorbidity by fostering effective transfer of research knowledge into healthcare practice and policy. The workshop will define what topics, actions and activities should be prioritised in addressing the challenges of multimorbidity at the European, but also national and regional levels.

### Workshop structure

The workshop will consist of four presentations providing an overview of currently running EU-funded projects on innovative integrated care approaches for people with multiple chronic conditions, followed by an interactive audience discussion. The first presentations will describe the JA-CHRODIS multimorbidity care model and a platform for knowledge exchange. The second presentation will deal with the ICARE4EU products that provide concrete options for further development and implementation of patient-centered integrated care for people with multimorbidity. The third presentation, the SELFIE project, will discuss a novel framework that structures concepts in integrated chronic care for multi-morbidity, guiding the qualitative research and the multi-criteria decision analyses. The fourth presentation, the SCIROCCO project will address the challenge of scaling-up and transferability of good practices in integrated care. Further to the reflexion on the current knowledge base, an audience discussion and a guided group exercises will give attendees the opportunity to recommend their policy priorities to ease the plight of multimorbid patients.

### Key messages:

- The growing prevalence of people with multimorbidity and their complex healthcare needs require a shift in organization of care to an integrated and patient-centered care
- This shift cannot be accomplished without effective transfer of knowledge to health policy makers