



## Summary of NICE Guidelines

Title	Multimorbidity: clinical assessment and management
NICE Reference	NG56
Date of Review:	September 2018
Date of Publication	September 2016
Summary of Guidance (Max 250 words)	<p>This guideline covers the management and optimisation of care for adults with multimorbidity (defined as the presence of 2 or more long-term health conditions, including physical and mental health conditions).</p> <p>An approach to care, taking into account multimorbidity, should be considered if any of the following apply to the patient:</p> <ul style="list-style-type: none"><li>- They find it difficult to manage their treatments or day-to-day activities</li><li>- They receive care and support from multiple services</li><li>- They have both long-term physical and mental health conditions</li><li>- They have frailty or falls</li><li>- They frequently seek unplanned/emergency care</li><li>- They are prescribed multiple regular medicines.</li></ul> <p>It is recommended that adults who may benefit from this approach are identified both opportunistically during routine care, and proactively using electronic health records. Recommendations on assessing frailty in a variety of settings are also included.</p> <p>An approach to care taking into account multimorbidity involves personalised assessment and the development of a personalised management plan, with an aim of improving life quality and reducing adverse events and uncoordinated care.</p> <p>An approach to care taking into account multimorbidity should focus on:</p> <ul style="list-style-type: none"><li>- How the person's health conditions and treatments interact and affects their quality of life</li><li>- The patient's individual needs and preferences</li><li>- The benefits and risks of following guidance on single health conditions</li><li>- Reducing treatment burden and adverse events</li><li>- Improving care co-ordination.</li></ul> <p>Delivering an approach to care, taking into account multimorbidity, should: discuss the approach to care, establish disease and treatment burden, establish patient values and priorities, review medicines and agree on a treatment plan.</p>

Impact on Lab (See below)	<input checked="" type="checkbox"/> None
Lab professionals to be made aware	✓ Chemical Pathologist
Please detail the impact of this guideline (Max 150 words)	This guideline is mainly aimed at those managing patients with multimorbidity and will have minimal impact on the provision of laboratory services. However, the laboratory will be involved in monitoring of these patients, including measurement of U&E's, LFT's, HbA1C and lipids.

#### Impact on Lab

- None:** This NICE guideline has no impact on the provision of laboratory services
- Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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