Family Medicine
for English language students of Medical University of Lodz

Seminar 7

Chronic conditions in GP practice
Our timetable for today

1.1 Chronic conditions - definition
1.2 Characteristics of chronic conditions
1.3 Most common chronic conditions in GP practice

2.1 Aims of the treatment of acute and chronic conditions
2.2 Problems in chronic condition management
2.3 How to enhance patient’s motivation in chronic conditions

3.1 Role of home care in chronic conditions
3.2 GP team and its role in home care
3.3 Prevention of hospitalisations

4.1 How to involve patient in chronic condition management - students’ project
4.2 How to involve patient in chronic condition management - students’ project (cont.)
4.3 Closing remarks
Please list the most common chronic conditions in GP practice

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Characteristics of chronic conditions

- Long lasting
- Problems with patient adaptation
- Psychosocial background
- Uncertain prognosis
- Difficulties with fighting the disease
- Expensiveness
- Number of conditions
- Challenge for GP
Aims of the treatment

- Acute diseases
- Complete recovery
- Chronic conditions

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## Aims of the treatment analysis

<table>
<thead>
<tr>
<th>Condition/Aim</th>
<th>Life expectancy</th>
<th>QoL</th>
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<tbody>
<tr>
<td>HA</td>
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<td>Artritis</td>
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<td>Gastritis</td>
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Basic problems connected with chronic conditions in GP practice

1. Chronic patient care organisation
   - screening
   - treatment
   - GP team

2. Prevention and lifestyle modification

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Other problems connected with chronic conditions in GP practice

- Motivation for treatment initiation and continuation
- Selection of medication
- Patient compliance
- Home care
- Hospitalisations
- Alternative treatment
Motivation for treatment initiation and continuation

Analogies between HA and smoking:

- No symptoms
- Distant consequences
- Expensive testament
- Side effects of medication
- Lack of motivation
Motivation for treatment initiation and continuation

By request or by threat?
Home care in chronic conditions

- Home care is much more than home visits!
  - It is a complex care program involving GP team

- Home care team:
  - Physician
  - Nurse
  - Social worker
  - Physiotherapist
  - Dietician etc.

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Pros for Home care in chronic conditions

- GP has the best source of information
- patient’s better mood
- lower costs
- lower number of complications
- ageing of the society