



Zakład Medycyny Rodzinnej  
Uniwersytetu Medycznego  
w Łodzi

# 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

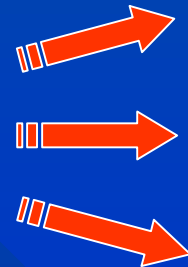
# Aims of the treatment

Acute diseases



Complete recovery

Chronic conditions



?

# Aims of the treatment analysis

Condition/Aim	Life expectancy	QoL
HA		
IHD		
HF		
COPD		
Arthritis		
Gastritis		

# ***Basic problems connected with chronic conditions in GP practice***

## **I. Chronic patient care organisation**

**screening**

**treatment**

**GP team**

## **2. Prevention and lifestyle modification**

## ***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.**

## ***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