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An Integrated Solution for Sustainable Care for Multimorbid Elderly Patients with Dementia



WP6: Clinical guidelines and best practices for improved management of elderly multimorbid patients with dementia

D6.4 An Updated Holistic patient-centred CAREPATH best practice guideline

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Executive Summary

The great personal and societal burden of ill-health caused by chronic disease, including dementia, is an increasing problem that healthcare systems need to address. Current approaches to the management of chronic disease are not designed for patients with two or more co-existing chronic conditions (multimorbidity) (1). The particular challenges faced by multimorbid patients with dementia include increased adverse drug events (due to polypharmacy), healthcare costs, hospitalisation with longer stays, disability, and frailty. With the aim of overcoming these challenges, the EU-funded CAREPATH project is developing an ICT-based tool to support the care of multimorbid patients with dementia. The digital platform is patient, carer (where required), and clinician facing, and offers a patient-centred, integrated care approach, for optimising the treatment and management of these patients.

A key step in developing the ICT-based solution is to determine the underlying clinical requirements to support it. A reference clinical guideline to be used for the CAREPATH project was undertaken by CAREPATH project clinical partners based in Germany, Spain, Romania, and the UK. This was presented to the EU in July 2022 as D6.2. This guideline built on D6.1 which undertook a systematic review of the literature to identify suitable clinical guidelines (WP6: D6.1, published separately (2)). Originally, 52 guidelines covering a range of chronic conditions plus multimorbidity, and co-morbidity were assessed for quality using the AGREE II methodology. Based on this, 25 final guidelines were selected to be examined, approved or disapproved, grouped, and consolidated through a modified Delphi process, with the final agreed guidance and actions being collated into the master narrative consensus guideline presented as D6.2.

The CAREPATH consensus clinical guideline provides advice, information, and actions in the following areas: overarching principles of management, physical exercise, nutrition and hydration, common use of drugs, coronary artery disease, heart failure, hypertension, diabetes, chronic kidney disease, COPD, stroke, sarcopenia, frailty, and caregiver support.

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The guideline was converted into a computer interoperable guideline that was incorporated into the digital platform for the delivery of care to dementia patients with multimorbidity. This interoperable guideline was deployed during Lab Testing, the Technical Validation (TVU) and Usability Study, and the subsequent Clinical Investigation (CI).

There is considerable interest in developing the CAREPATH project beyond the end of the currently funded EU Commission Period. To do that however it is necessary to update the clinical guideline to incorporate the most up to date clinical guidelines available, but also to incorporate knowledge from the TVU and CI studies.

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