



Multimorbidity challenges people-centred care

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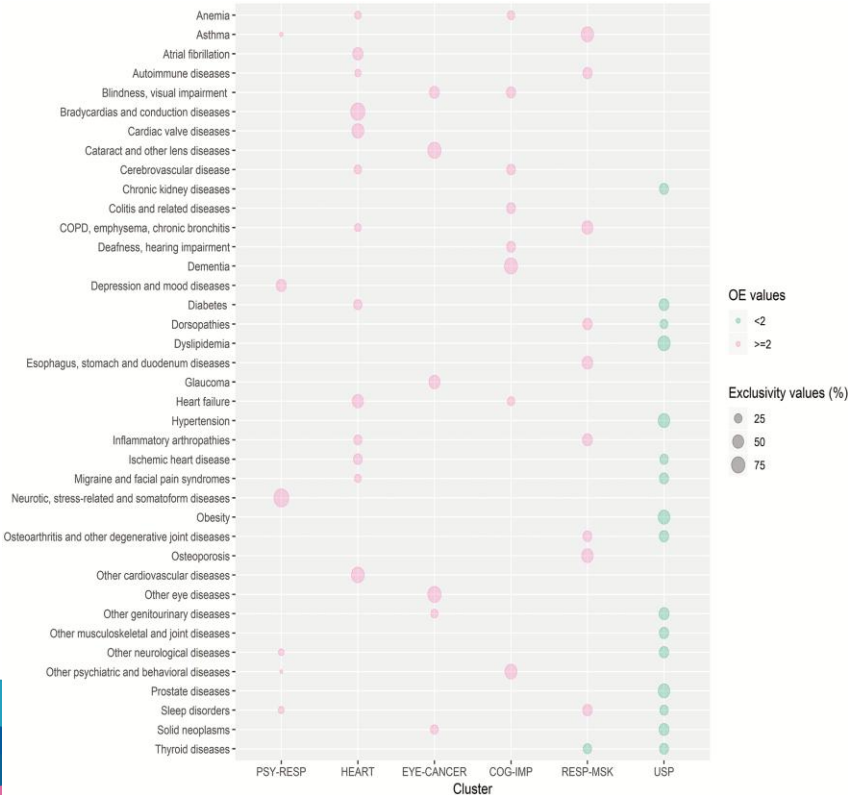
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Background

Patterns of Multimorbidity: Sociodemographic,
Lifestyle, Clinical, and Functional Differences

Marengoni A, et al. J Gerontol A Biol Sci
Med Sci 2020.



Research questions & Methods

Which combinations of somatic comorbid conditions in older people (≥ 60 years) are associated with poor mental health, defined as anxiety and depression, and which ones are related to cognitive impairment?

Participants

N=189(58%F), PC attenders, age ≥ 60 years (78.47 ± 6.65)

Data

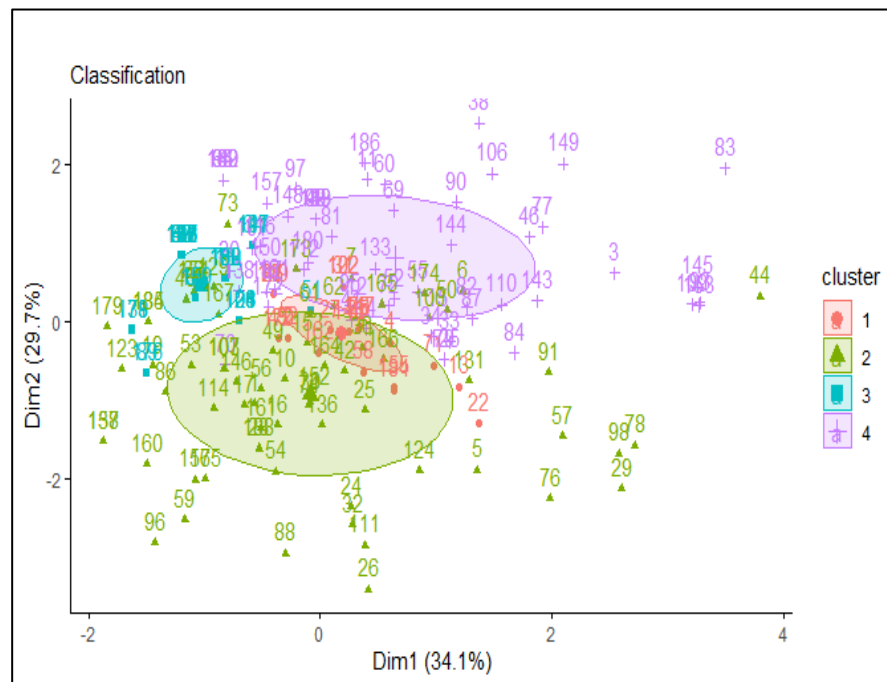
Demographic data & Diagnoses: e-health records

Instruments (Mental health & Cognitive functions): Standard tests: GAS, GDS, the 6-item cognitive impairment test (COG)

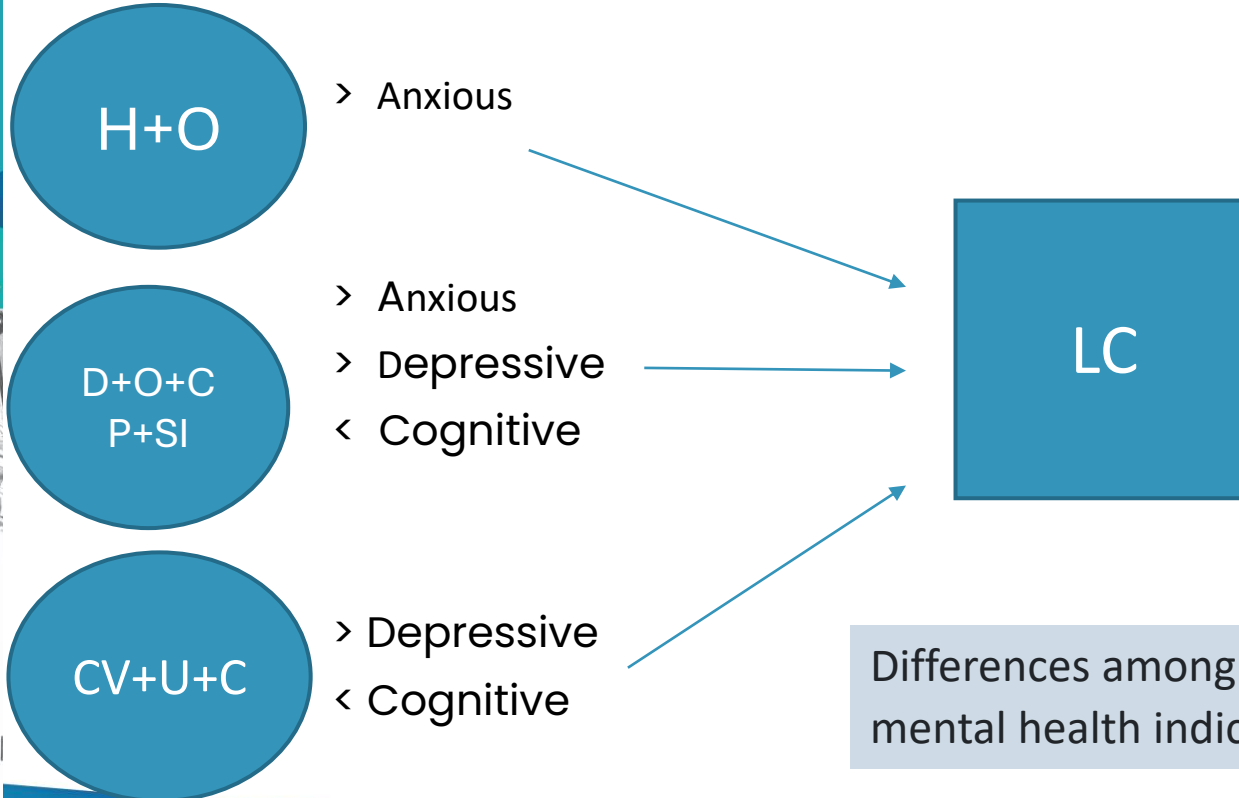
Methods & Results

Identified clusters

- 1) H+O
(Hypertension+OA) (N=26)
- 2) D+O+CP+SI
(T2D +OA+Chr pain + Sensory
impairment) (N=68)
- 3) LC
(Low comorbidity) (N=36)
- 4) CV+U+C
(cerebrov + U. bladder +
Constipation) (N=59)



Methods & Results



Differences among clusters in
mental health indices

Discussion/Conclusions

GENERAL

Mental disorders are common in older people with MM, which implies the common neurobiological pathways for somatic and mental disorders.

SPECIFIC

Depressive symptoms are likely to co-exist with cognitive impairment, in particular in elderly individuals with T2D of longer duration, as indicated with sensory disabilities and older age (Median= 81.04, SD= 6.52), as well as in those with cerebrovascular disease.



THANK YOU



Rudika



Mario



Sanja



Ljiljana



Matea



Tomislav



Zvonimir

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