

Chronic Conditions Management

Chronic conditions, such as diabetes, bronchitis and emphysema or heart disease, are often life-long and limiting in terms of quality of life. Such conditions can not be cured but be controlled and actively managed.

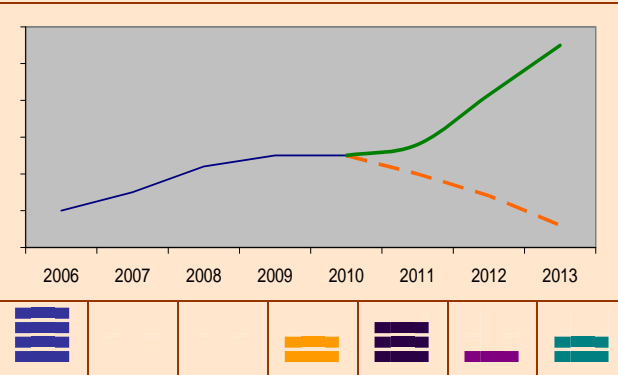
One third of the adult population in Wales report having at least one chronic condition, including 13 per cent of these adults with two or more chronic conditions. The prevalence of chronic conditions increases with age and two-thirds of the population of Wales aged 65 or older report having at least one chronic condition while one-third have multiple chronic conditions. These rates are higher in Wales than they are in England.

Chronic conditions place considerable demand on healthcare services. People with chronic conditions account for 80 per cent of all General Practitioner (GP) consultations, are twice as likely to be admitted to hospital and stay in hospital disproportionately longer than those patients without chronic conditions. Given that the population aged 65 and over in Wales is projected to grow by 33 per cent by 2020, the prevalence of chronic conditions is likely to place an increasing burden on health and social care services in the future.

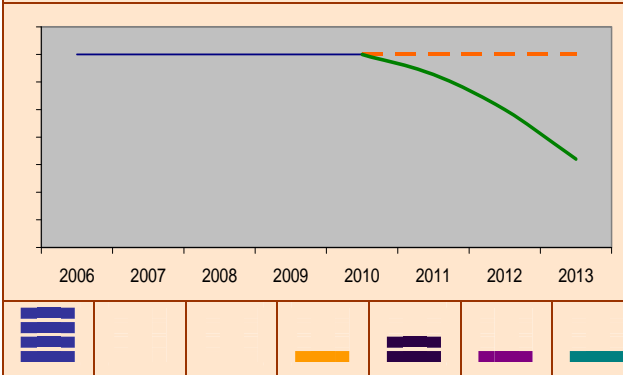
The Welsh Assembly Government has been active in promoting a change in emphasis from treating patients with chronic conditions in hospital to preventing conditions arising and, where possible, providing services in, or close to, individuals' homes. Individuals are also being helped to become 'expert patients' in taking a high degree of control over their own care.

Headline Indicators and how are we doing?

Disease Free life Expectancy



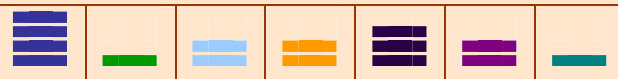
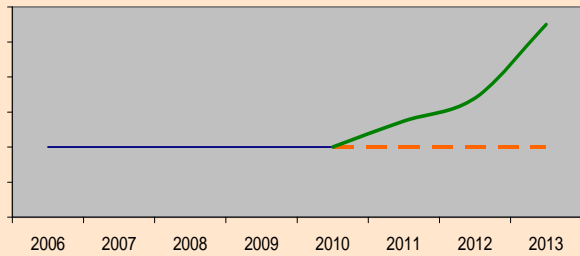
No. Acute Hospital Bed Days for Chronic Conditions



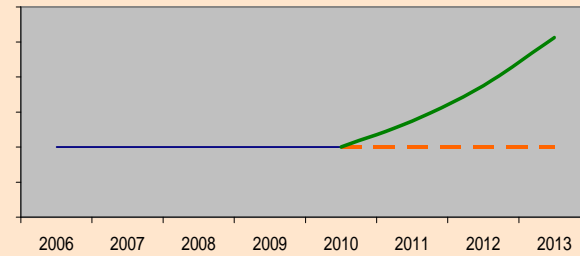
% of People Re-Admitted to Hospital within 28 days of Discharge



Uptake of Preventative Programmes



QOF Prevalence of Chronic Conditions in Comparison to the Expected Prevalence



Data Development:

- Quality of life indicators
- Working days lost through ill health
- % of people on 10 or more medications
- % of patients with an agreed care plan

Key:

— — — — — The route we will take if we do nothing

————— The curve we want to turn

The bars under each graph represent how the indicator impacts on the seven Cardiff outcomes for the city as seen below:

Healthy	Environment	Safe	Thriving & Prosperous	Full Potential	Live, Work & Play	Fair, Just, & Inclusive
---------	-------------	------	-----------------------	----------------	-------------------	-------------------------

Story behind the baselines

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Limited provision of education and awareness raising on subjects such as self care • Professionals and the public are unaware of the range of services available • Increasing sedentary lifestyle with decreasing levels of exercise • Increasing public awareness, knowledge and expectations • Ease of availability of items such as fast food, alcohol and tobacco • Decreasing emphasis on physical exercise in schools with a loss of playing fields • Increasing availability of computer games accompanied by an increasing perception of how safe it is to go outside and play • Increasing life expectancy • An increase in health and safety legislation and litigation causing an increase in risk averse behaviour • Increasing numbers of vulnerable adults and children | <ul style="list-style-type: none"> • Current economic crisis • Increasingly fragmented society with less family units increasing isolation • Capacity of services are not aligned with the needs of the population • Population and demographic changes • Limited coordination between health, social services and the voluntary sector • Inadequate information technology infrastructure • National policies creating perverse incentives • Increasing specialisation of professionals creating barriers • Limited engagement with carers • Limited signposting available to preventative and support programmes • Increasing levels of obesity, smoking and drugs use • Increasing levels of frailty and multi-pathology • Focus on medically led care rather than encouragement of self care and independence |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Partners with a role to play

- Cardiff and Vale University Health Board
 - Acute Services
 - Community Services
 - Pharmacy
 - Prescribing Advisors
 - Diagnostics
 - Nursing Homes
 - Referral Management Centre
- GP Practice
- Public Health Wales
- Independent Care Homes
- Community Pharmacies
- Patients
- Carers/Families
- Welsh Ambulance Trust
- Equipment Services
- Out Of Hours
- Welsh Assembly Government
- Cardiff Council
 - Adult Services
 - Leisure Services
 - Schools
 - Children's Services
 - Housing
- Neighbourhood Management Teams
- Third Sector
- Translation Services
- Community Facilities
- Patient Advocates
- Community Health Council
- South Wales Police
- Politicians
- Cardiff Health Alliance
- Children and Young People's Partnership
- Community Safety Partnership

What are we going to do?

- Increase the focus on the prevention of chronic conditions
- Improve the coordination of services for people with chronic conditions within the Health Service and across other partner organisations
- Enable improved communication and information sharing between professionals involved in the management of people with chronic conditions
- Continue the development of the Locality and Neighbourhood model to enhance integrated working
- Ensure effective lobbying of Government on issues related to the prevention and management of chronic conditions
- Promote self care and active lifestyles
- Engage with and increase the support for carers
- Invest in information technology systems to improve access to relevant information
- Fast track the implementation of evidence based interventions
- Develop a directory of services
- Increase the use of telehealth and telecare
- Provide GP's with population based data on prevalence