



**Whose illness is it anyway?**

**The NICE guidance on multimorbidity**

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Chair, NICE

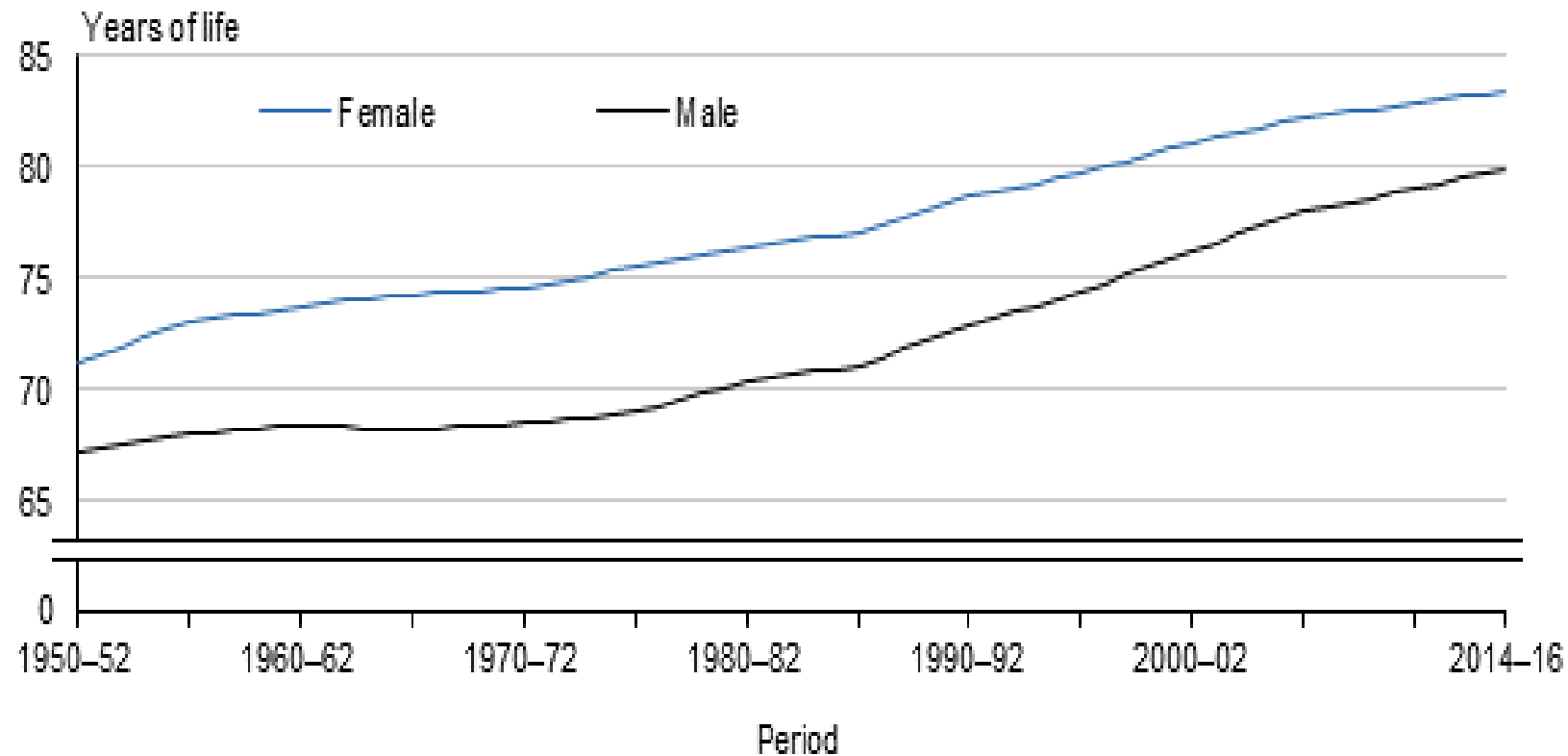
# Multimorbidity

- *...is the presence of two or more long term health conditions, which can include:*
- Physical and mental health pathologies
- Ongoing conditions such as learning disability
- Symptom complexes such as frailty or chronic pain
- Sensory impairment such as sight or hearing loss
- Alcohol and substance misuse

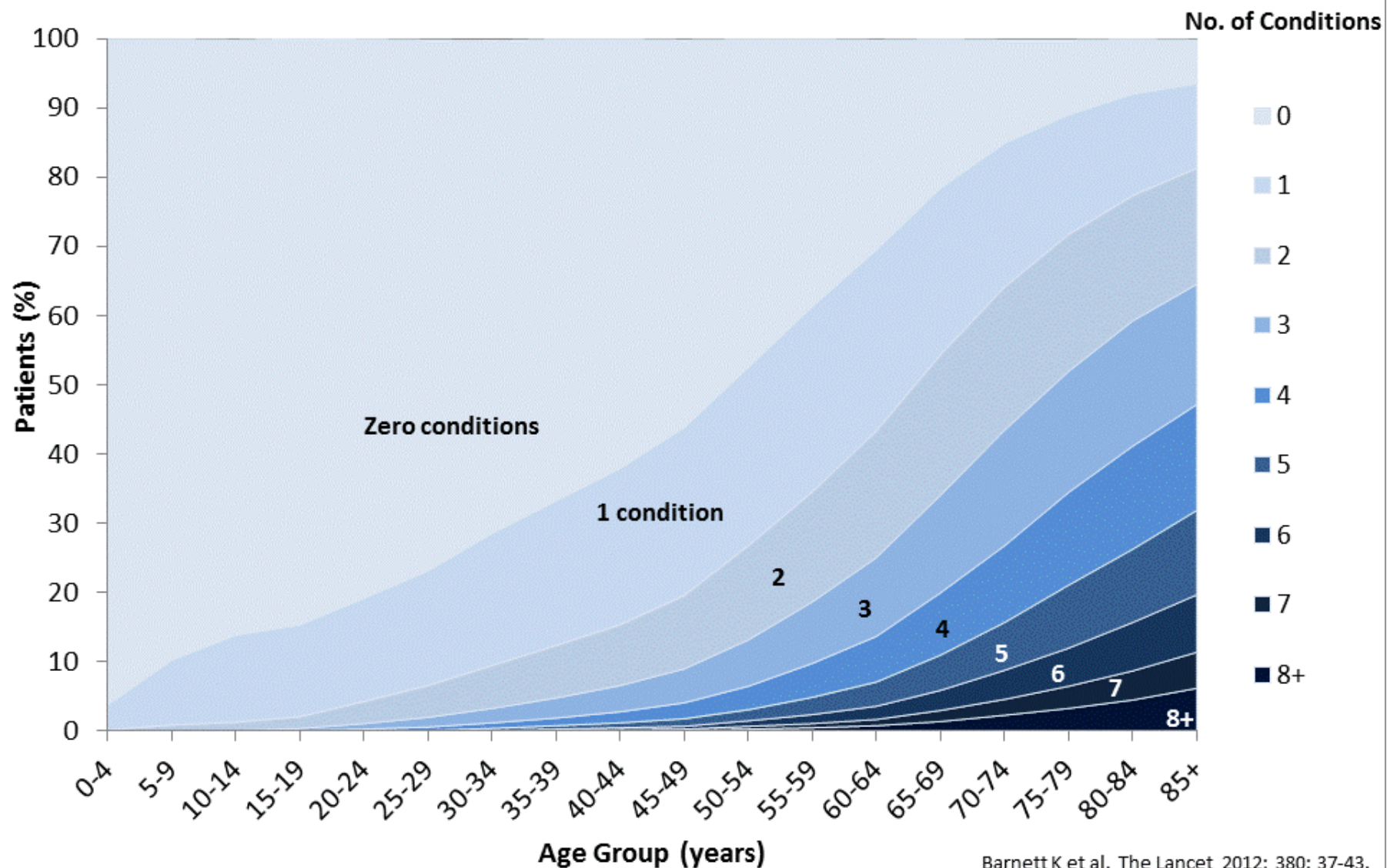
## Life expectancy at birth

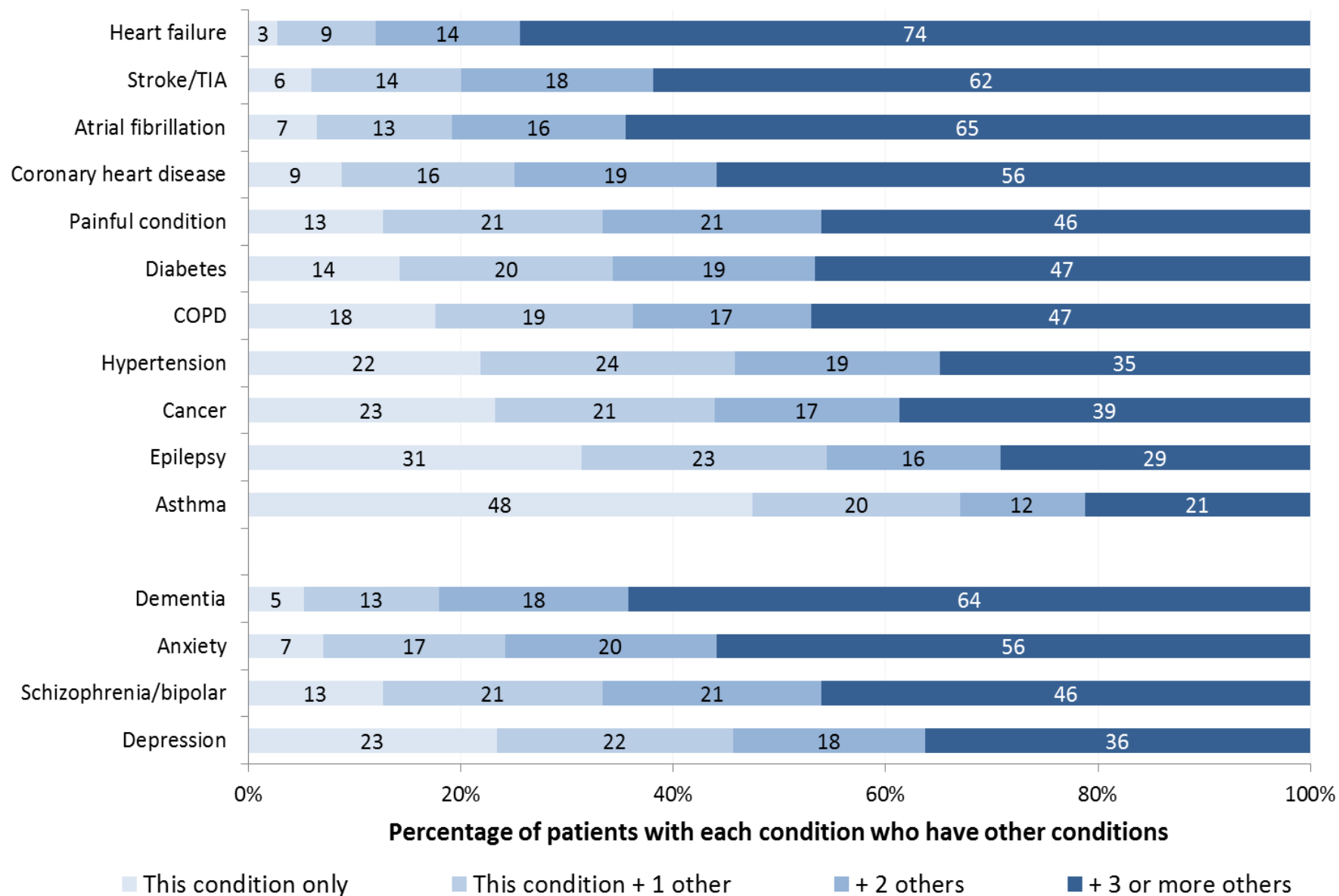
By sex

1950-52 to 2014-16



Source: Stats NZ





Barnett K et al. Lancet 2012;380,37-43

# NICE's overall aim

*“To be the national point of reference for **advice on safe, effective and cost effective practice in health and social care**, providing guidance, advice and standards aligned to the needs of its users and the **demands of a resource constrained system.**”*

- **Step 1: discuss the purpose of an approach to care that takes account of multimorbidity.**

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- **Step 2 – Establish disease and treatment burden**



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- **Step 4 - review medicines and other treatments taking into account evidence of likely benefits and harms for the individual patient and outcomes important to the person.**

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- Step 3 – Establish patient goals, values and priorities
- Step 4 - review medicines and other treatments taking into account evidence of likely benefits and harms for the individual patient and outcomes important to the person.
- **Step 5: agree an individualised management plan**



# Thank you

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