



RESEARCH SPOTLIGHT ON

Multiple Chronic Conditions

Chronic conditions last a year or more and require ongoing medical attention or limit activities of daily living. They affect **one in four Americans**. For people ages 65 and older, the figure rises to three in four. Having multiple chronic conditions is associated with substantial healthcare costs, according to the Centers for Medicare and Medicaid Services.

Approximately **71 PERCENT** of total healthcare spending in the United States is associated with care for people who have more than one chronic condition.

Source: Centers for Disease Control and Prevention

Research Addressing Questions That Matter

PCORI funds **comparative clinical effectiveness research (CER)** to determine which healthcare options work best for which patients, based on their needs and preferences. CER produces evidence that helps people make better-informed healthcare choices.



PATIENT

Last year I was diagnosed with bipolar disorder. After starting medication I gained weight which, despite doing my best to change my diet and exercise, I have not been able to lose again. Could taking the drug metformin be an effective and safe long-term solution to this weight gain?



CLINICIAN

Many of my patients put non-health issues, like paying the electric bill, before their health. I understand why they do this, but when I'm unaware of these problems, it makes an already short appointment less useful for diagnosis and treatment. Would partnering with community health workers or patient navigators improve my patients' health outcomes?

STUDY SPOTLIGHTS

Patient Portals Can Boost Office Visits, Cut ER Use

A study showed that use of a patient portal was associated with significantly fewer emergency room visits and preventable hospital stays for patients with multiple complex conditions. By increasing patient office visits, a portal could help clinicians address unmet clinical needs and reduce health events that lead to emergency and hospital care. The study compared visit rates for 165,000 patients with and without portal access in a large healthcare system. More details are at www.pcori.org/Reed127.

Behavioral Health Homes Improve Outcomes

Behavioral health homes, a patient-centered way of coordinating care for patients with both mental and physical health needs, can help people with serious mental illnesses manage their conditions. Two ways of providing a behavioral health home—a patient self-directed approach and a clinician-supported approach—both significantly increased patients' knowledge and confidence to manage their own care and increased their engagement in care, but the provider-supported approach did so faster. More details are at www.pcori.org/Schuster128.

Building Capacity for Patient-Centered Research

PCORnet®, the **National Patient-Centered Clinical Research Network**, is a PCORI-funded initiative that enables patient-centered clinical research to be conducted faster, more easily, and more efficiently. It does so by tapping into rich sources of real-world data collected during routine care through electronic health records, patient-reported outcomes, health claims, and other sources and through partnerships among patients, clinicians, researchers, and health systems and plans.



PCORnet is facilitating research that will help people with multiple chronic conditions. For example, the **PCORnet Bariatric Study** analyzed 46,000 patients' outcomes to determine that adults who had gastric bypass lost more weight and kept it off better than those who had the newest procedure, sleeve gastrectomy, but had higher rates of major adverse events after surgery. The study is also assessing the impact of weight loss surgery on diabetes.

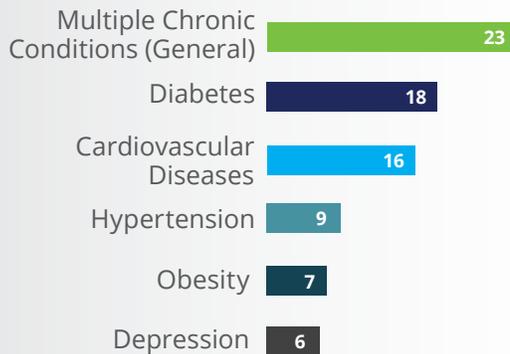
As of November 2020, PCORI has awarded

\$247 MILLION TO FUND **59**

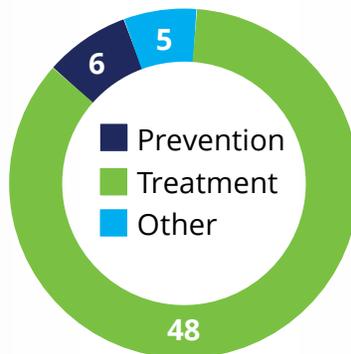
comparative clinical effectiveness research projects related to people with multiple chronic conditions.

BY THE NUMBER OF PROJECTS

Conditions Addressed



Areas of Care Addressed



Special Populations Included

