



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

### Aligning Priorities of Complex Patients and Their Primary Care Provider

Primary care visits are often brief, making it difficult for people with multiple chronic conditions and their primary care providers to manage these complex health issues. This study aims to help them optimize their time. The research team is comparing the effectiveness of having patients use a simple, tablet-based tool to record their priorities in the waiting room to visits without such an aid. Further details about this project may be found at [www.pcori.org/Grant022](http://www.pcori.org/Grant022).

### Managing High-Risk Patients via Care Coordination

It can be effective to have a nurse or social worker coordinate the care of people with multiple chronic conditions across their multiple healthcare providers. However, this case management is resource-intensive and it's not known which elements are most vital or which patients are most likely to benefit. This study is comparing case management of older patients with multiple chronic conditions with standard care of similar patients to answer these questions. More information about this project is at [www.pcori.org/Smith023](http://www.pcori.org/Smith023).

## Building Capacity for Patient-Centered Research

PCORI is investing in people and infrastructure to support high-quality patient-centered research for years to come. **PCORnet, the National Patient-Centered Clinical Research Network**, will enable us to learn from the data and experiences of 100 million Americans. It is building capacity for research and other studies by supporting patient-driven networks and helping them connect with researchers who are studying similar topics, including multiple/comorbid chronic health conditions.



For example, the **PCORnet Bariatric Surgery Study** examines patients who have had one of the three most common types of bariatric/weight-loss surgery. The study compares patients' weight loss and regain, diabetes improvement or relapse, and a variety of complications or advantages to patients' comprehensive health and well-being.

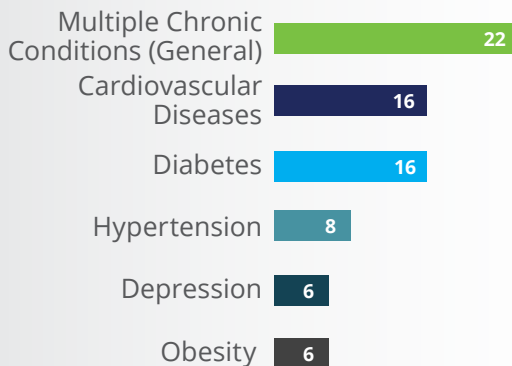
As of August 2018, PCORI has awarded

**\$240** MILLION TO FUND **57**

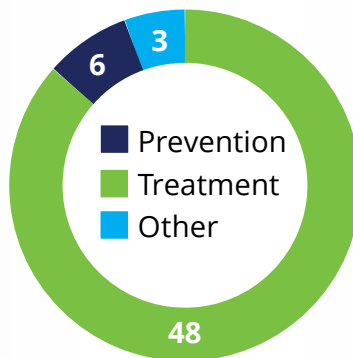
comparative clinical effectiveness research projects related to people with multiple chronic conditions.

### BY THE NUMBER OF PROJECTS

#### Conditions Addressed



#### Areas of Care Addressed



#### Special Populations Included

