
Conference Abstract

Reinforcement of the health qualities of people with chronic diseases

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Abstract

Introduction: There is a growing believe that the disease management programs that are carried out in Holland for people with chronic diseases as diabetes mellitus and COPD are focusing too much on the treatment of the disease and the management of the risk factors that are connected with that particular disease. The aims of the treatment are not always in accordance with the goals of the patient who is focusing on quality of life and functioning. This is often particularly the case for patients with multimorbidity. In chronic care we should pay systematically attention to several health qualities and goals of the patients on better functioning and quality of life.

Aim: Introduction of the field of health qualities and health behavior in chronic care that is complementary to the field of disease and treatment of disease in patient centered care

Methods: The ICF (International Classification of Functioning, disability and health) is available to explore the field of health, health behavior and functioning. Nevertheless the ICF is not appropriate to use in primary care because of its size.

Together with a group of experts we developed a small ICF-based model to assess several aspects of functioning and participation of the patient, the experienced problems and his potential goals on these aspects.

This model must be embedded in the chronic care processes in primary care practice. In a process of shared decision making the patient and his GP or practice nurse are choosing aims and goals resulting in an individual care plan with an accord of the patient on the actions that are needed to achieve his goals.

In 2014 we are testing this model in a primary care setting with several GPs and practice nurses who are implementing the model in their usual chronic care for patients with diabetes.

In 2015 and further a research will be carried out on the effectiveness of the developed model.

We expect that the patients experience better care and a better understanding of their specific situation. We predict that their self management will be reinforced and that more quality of life will be one of the gains.

Keywords

patient centred care, focus on health aspects, international classification on functioning, primary care