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Conference Abstract

The relationship between activities of daily living and multimorbidity. A view from telecare

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Abstract

Introduction: The Public Telecare Service of the Basque Government (betiON) provides home care for dependent and older people through a technological device that guarantees a permanent connection with an interdisciplinary team of professionals who are trained in remote socio-health care.

In 2013, the 77.57% of the telecare population were aged above 80 years, 80.69% of users were female and 65% lived alone. Most of the population of betiON lived in the most economically depressed areas.

One of the main objectives of betiON is to promote the permanence of their users in their usual social environment. Moreover, this connection with health care devices allows implementing shared information systems with health and social data, which enable a characterization of the attended population and the development of integrated models for health and social provision.

The users of telecare service have at least one of the following characteristics:

- People over 75 who live alone
- People over 65 who are in a situation of acknowledged dependency or in situation of vulnerability recognized by social services

- People with intellectual, physical or sensory disability and recognized dependency at any degree
- People who have a diagnosed mental illness and present a situation of recognized dependency or risk of social exclusion.

It is well known that multimorbidity, coexistence of two or more diseases, is very common in the older population and it negatively affects the quality of life related to health.

Objectives: The purpose of this study is to describe the quality of life of telecare service users collected by EQ-3D questionnaire and to establish its relationship with multimorbidity.

Methods: It will be extracted information from the stratification database of the Basque Country (PREST) of more than 30,000 users of betiON. PREST has been created to classify all Basque citizens based on their future health care needs in a hundred mutually exclusive groups, Adjusted Clinical Groups (ACG), provided by the case-mix developed at Johns Hopkins University (Baltimore). This database contains demographic, socioeconomic (deprivation index of the residence area) and clinical variables, from data registered in the MBDS and annotations in electronic health records of specialist care and primary care.

To detect chronic disease, it will be used information about diagnoses and prescriptions. For quality of life related to health, it is using the EQ-3D questionnaire by telephone between the users of betiON . Also it will be collect social variables (family unit, heating system, use of social services...)

Multiple regression analysis on EQ-3D index will be conducted to determine the simultaneous effect with chronic diseases, social and demographic variables on quality of life related to health in our study population.

Results and Conclusions: The results will be presented at the Congress, as well as, future findings.

Applications: This study will have applications in the development of specific interventions in subgroups with similar characteristics to improve the quality of life and for management of multimorbidity.

Keywords

active aging; chronicity; socio-health coordination; multimorbidity; telecare
