SAND abstract number 212 from the BEACH program 2013–14

Subject: The prevalence of common chronic conditions in patients at general practice encounters 2012–14

Organisation conducting this study: Family Medicine Research Centre

Issues: The prevalence among patients at general practice encounters of: common chronic conditions; two or more chronic conditions; three or more chronic conditions; two or more chronic conditions classified to two or more different ICPC-2 chapters; three or more chronic conditions classified to 3+ different ICPC-2 chapters (complex multimorbidity).

Sample: 14,391 patients from 479 GPs; data collection period: 27/11/2012 - 31/03/2014.

Method: Detailed in the paper entitled SAND Method 2013–14 on this website: <sydney.edu.au/medicine/fmrc/publications/sand-abstracts/>. This study combines the results from two SAND prevalence substudies. The chronic conditions measured were consistent across both these studies.

Summary of results

The sex distribution of patients in this sample (with female patients accounting for 60.3%) did not differ from that of all patients at unweighted 2013–14 BEACH encounters. The age distribution did not differ from patients at all unweighted 2013–14 BEACH encounters.

The most prevalent chronic condition was hypertension, reported for one-quarter (26.3%) of patients sampled. The prevalence of other common chronic conditions were: osteoarthritis (23.4%); hyperlipidaemia (17.4%); depression (16.6%); anxiety (12.0%); gastro-oesophageal reflux disease (11.3%); chronic back pain (9.9%); type 2 diabetes (9.5%); asthma (8.8%); obesity (8.2%); ischaemic heart disease (7.5%); malignant neoplasms (5.9%); osteoporosis (5.9%); chronic obstructive pulmonary disease (4.6%); hypothyroidism (4.6%); atrial fibrillation (4.3%); insomnia (3.9%); other arthritis (3.0%); chronic renal failure (2.7%); congestive heart failure (2.6%); cerebrovascular accident (2.5%); dementia (2.3%); sleep apnoea (2.2%); peripheral vascular disease (1.6%); glaucoma (1.6%); rheumatoid arthritis (1.4%); type 1 diabetes (0.9%); and hyperthyroidism (0.6%).

When chronic conditions were classified by ICPC-2 chapter (largely based on body systems), one third of patients had at least one chronic musculoskeletal condition (33.0%). The prevalence of at least one chronic condition in other ICPC-2 chapters were: circulatory (32.2%); endocrine (31.1%); psychological (26.9%); respiratory (15.4%); digestive (15.1%); neurological (4.3%); male & female genital (4.1%); urinary (4.0%); skin (3.3%); general & unspecified (3.0%); eye (2.8%); blood & blood forming organs (1.8%); ear (0.7%); pregnancy (0.1%) and social (0.1%).

About half (52.0%, 95% CI: 50.1–54.0) the sampled patients at GP encounters had two or more chronic conditions. Over one third (37.5%, 95% CI: 35.5–39.4) of patients had three or more chronic conditions. The proportion of patients with chronic conditions within two or more ICPC-2 chapters was 48.3% (95% CI: 46.3–50.3). The proportion of sampled patients with complex multimorbidity (chronic conditions classified to three or more ICPC-2 chapters) was 30.3% (95% CI: 28.5–32.2).

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PLEASE READ CAREFULLY
The shaded section of the following forms asks questions about PATIENT'S CHRONIC CONDITIONS / PROBLEMS.
You may tear out this page as a guide to completing the following section of forms.

START Time

AM / PM
(please circle)

Start time
Record the time the consultation STARTED in hours and minutes and circle whether the time was AM or PM. For example: 9:10 AM.

INSTRUCTIONS
Answer these questions for EACH of the next 30 PATIENTS in the order in which the patients are seen. Please DO NOT select patients to suit the topic being investigated. Use your own knowledge, patient knowledge and your records as you see fit, in order to answer these questions.

Frequency of GP visits
Please write the approximate number of times (including today's visit) the patient has seen any GP for any reason in the past 12 months. Use patient recall, and/or your notes or knowledge, to give the best estimate.

Finish time
Record the time the consultation FINISHED in hours and minutes and circle whether the time was AM or PM. For example: 9:28 AM.

Patient chronic conditions/problems
The aim of these questions is to estimate the prevalence and patterns of multimorbidity in general practice patients. With an ageing population, the prevalence of multimorbidity is expected to increase and much of the care will fall on general practice. This study will highlight the complexity of multimorbidity and assist in planning for future health service needs.

If the patient has NO chronic problems please tick the box labelled ‘NO chronic problems in this patient’, and go to the ‘finish time’ question.

If the patient DOES have chronic conditions or problems, please use the tick boxes to indicate which ones they have (irrespective of whether you have managed them today). Tick as many as apply.

If the patient has a malignant neoplasm(s) please specify the primary site of the neoplasm.

If the patient has any other chronic problems or conditions that are not listed please specify these in the 'Other chronic problems not listed' section.

Approx. how many times has this patient seen any GP in the past 12 months (including today)?
No: ________
- Don’t know
- NO chronic problems in this patient → Go to last question

Abbreviations
- BMI = body mass index
- IHD = ischaemic heart disease
- CHF = congestive heart failure
- Periph Vasc Dis = peripheral vascular disease
- CVA = cerebrovascular accident
- COPD = chronic obstructive pulmonary disease
- GORD = gastro-oesophageal reflux disease

Psychological
- Depression
- Anxiety
- Insomnia
- Dementia (incl. Alzheimer's)

Endocrine / nutritional
- Hyperlipidaemia
- Diabetes Type 1
- Diabetes Type 2
- Obesity (BMI ≥30)
- Hypothyroidism
- Hyperthyroidism

Cardiovascular
- Hypertension
- IHD
- CHF
- CVA/stroke
- Atrial fibrillation

Other chronic problems:
- Asthma
- COPD
- Sleep apnoea
- Chronic renal failure
- GORD
- Glaucoma
- Malignant neoplasm → Site:

Other chronic problems not listed: (please specify)

FINISH Time

AM / PM
(please circle)