

Exploring patient, informal carer & care professional perspectives to understand the key clinical & non-clinical care needs of those living with multiple long term conditions (MLTC)

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Introduction

- **MLTC** is the co-occurrence of two or more chronic LTCs.
- MLTC patients often have multifaceted care needs requiring a combination of clinical interventions, social care & wider social support.
- By understanding the experiences of patients, informal carers & care professionals, & analysing these perspectives, it is possible to gain a fuller picture of the wide-ranging & complex care needs of this cohort.

Methods

We used purposive sampling to capture a range of participant views. We interviewed 29 participants, recruited from:

- primary and secondary care
- adult social services
- 3rd sector/charities
- patients
- informal carers
- MLTC researchers

We used snowball sampling from the initial round of interviews to identify further participants. Telephone & video interviews were conducted during 2022.

Analysis

Thematic analysis was used based on Braun & Clarke's (2006) method. Team members independently coded a sample of transcripts of the interviews, then met to discuss their interpretations until consensus was reached leading to the formulation of a coding framework. Subsequent rounds of coding were conducted to refine the framework. Key themes were identified based on recurring patterns in the data.

Perspectives on clinical and non-clinical care needs among those living with MLTC

Perspectives on patients

- Physically restricted & mental health issues caused or exacerbated by MLTC.
- Importance of self-management of care.
- Developing coping mechanisms & strategies.
- Patients feeling empowered.
- Supporting independence.

Perspectives on informal carers

- Restricted lives.
- Health/wellbeing impacts associated with caring responsibilities, especially detrimental to mental health.
- Informal carer involvement in care decision-making.
- Carers needs rarely considered in discussions relating to care.

Social care and social perspectives

Social care:

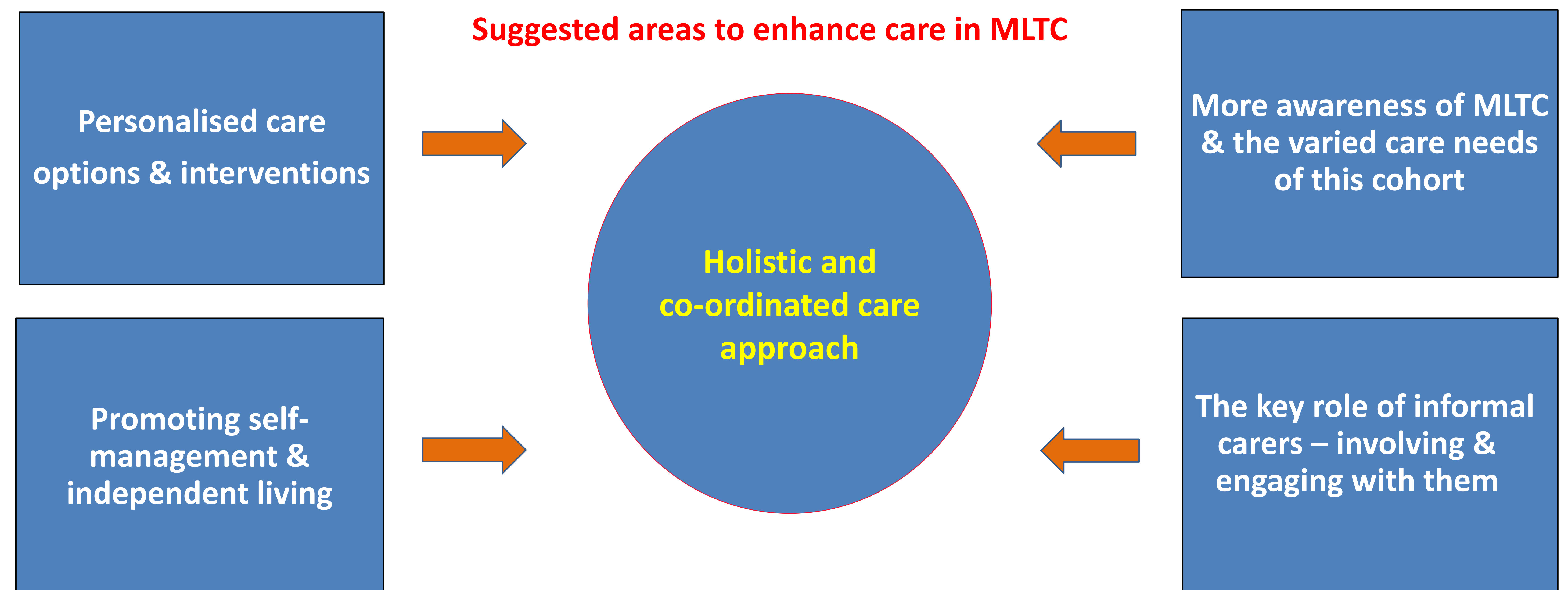
- A need for more specialist providers & skilled staff.
- Patients prefer same carer/care team for continuity of care.

Social issues:

- Limited awareness of services available to support social needs.
- Poor lifestyle & health behaviour contributing to poor health.
- Social isolation, participation & diminished quality of life.

Clinical Perspectives

- Lack of services & consideration of mental health in MLTC.
- Availability/accessibility of services locally (travelling, waiting times, short consultations).
- Care continuity, especially seeing the same clinician.
- Single disease focus in care provision which is working against holistic, personalised care for MLTC patients.
- Limited understanding of MLTC among some care providers.
- Challenges for patients navigating the care system.



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