NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

NICE indicator guidance

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# Indicator NM184

The practice can produce a register of people with multimorbidity who would benefit from a tailored approach to care.

# Indicator type

General practice indicator suitable for use in the QOF.

# Introduction

Multimorbidity is associated with reduced quality of life, higher mortality, polypharmacy and higher treatment burden, higher rates of adverse drug events and greater use of health services including unplanned admissions and emergency care.

# Rationale

The register will support interventions that lead to improvement in health-related quality of life, care related decisions and patient safety and reduce adverse outcomes such as unplanned admissions. The indicator is also a measure of case-mix and potentially workload in general practice.

# Development

The NICE guideline on [multimorbidity](https://www.nice.org.uk/guidance/ng56) (NG56) defines multimorbidity as the presence of two or more long-term health conditions. The NICE indicator advisory committee originally explored creating a register based on presence on 2 or more ‘QOF registers’, however this limited the number of conditions significantly. It also resulted in a register of people who were likely already under regular review.

Bespoke analysis undertaken by the North East Quality Observatory Service for the NICE indicator advisory committee in a sample of 14 practices using a an adapted list of 30 conditions from the SPIRE project found that when developed into a systematic search of practice data, the number of people with two or more long term conditions was a substantial proportion of practice lists. Publications analysing general practice data ([Barnett et al. 2012](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)60240-2/fulltext), Cassell et al. 2018, and [Health Foundation, 2018](https://www.health.org.uk/sites/default/files/upload/publications/2018/Understanding%20the%20health%20care%20needs%20of%20people%20with%20multiple%20health%20conditions.pdf)) also found similar results.

Table 1: Percentage of people in general practice with long term conditions

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Number of conditions | [Barnet et al.](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2812%2960240-2) 2012  (all ages) | [Health Foundation](https://www.health.org.uk/sites/default/files/upload/publications/2018/Understanding%20the%20health%20care%20needs%20of%20people%20with%20multiple%20health%20conditions.pdf) 2018  (all ages - tbc) | Cassell et al. 2018 | NEQOS analysis SPIRE30  Conditions  (age 18+) | NEQOS analysis SPIRE30  Clusters  (age 18+) |
| 0 | 57.8% | 54.0% | - | 43.6% | 43.6% |
| 1+ | 42.1% | 46.0% | - | 56.4% | 56.4% |
| 2+ | 23.1% | 24.0% | 27.2% | 28.1% | 25.8% |
| 3+ | 13.5% | 13.8% | - | 13.8% | 10.3% |
| 4+ | 7.8% | 7.7% |  | 6.8% | 3.5% |
| 5+ | 1.2% | - | - | 3.2% | 0.96% |
| 6+ | 2.4% | - | - | 1.5% | 0.19% |

This NICE indicator uses the presence of 4 or more condition clusters as a pragmatic definition of severe multimorbidity that balances clinical validity with the size of the population identified. It reflects an appraisal of international evidence, analysis of primary care data, and discussions with national academic, GP and clinical leads alongside the NICE Indicator Advisory Committee to agree an acceptable and practical population size on which to focus subsequent interventions. The indicator makes use of existing data to allow the register of people with multiple conditions to be constructed.

**Table 2: Condition clusters: Multimorbidity register – people with conditions in 4 or more clusters**

|  |  |
| --- | --- |
| **Cluster** | **Condition** |
| Cancer | Cancer |
| Chronic pain | Painful condition (4 or more prescription only medicine analgesic prescriptions or 4 or more specified anti-epileptics in the absence of an epilepsy Read code in last 12 months) |
| Circulatory conditions | Coronary heart disease  Atrial fibrillation or atrial flutter  Heart failure  Hypertension  Stroke or TIA  Peripheral vascular disease |
| Diabetes | Diabetes |
| Digestive system conditions | Currently treated constipation (Four or more laxative prescriptions in the last 12 months)  Diverticular disease of intestine  Inflammatory bowel disease  Chronic liver disease |
| Learning disability | Learning disability |
| Mental health | Anorexia or Bulimia  Anxiety & other neurotic, stress related and somatoform disorders  Dementia (including Alzheimer’s)  Depression  Schizophrenia and related non-organic psychosis  Bipolar disorder  Alcohol problems  Psychoactive substance misuse |
| Musculoskeletal conditions | Rheumatoid arthritis  Other inflammatory polyarthropathies  Systemic connective tissue disorders |
| Neurological conditions | Currently treated epilepsy  Multiple sclerosis  Parkinson’s (of any cause) |
| Renal conditions | Chronic kidney disease |
| Respiratory conditions | Currently treated asthma  COPD  Bronchiectasis |

# Source guidance

[Multimorbidity: clinical assessment and management](https://www.nice.org.uk/guidance/ng56) (2016) NICE guideline NG56, recommendations 1.1.1 and 1.3.1.

# Specification

A register of people with four or more condition clusters or a determination what they would benefit from a tailored approach to care.

Exclusions: People under 18 years.

# Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.