

Managing Multimorbidity: A New Patient-Centered Approach

FROM DISEASE-FOCUSED TO PATIENT-CENTERED

Comorbidity (Disease-Centered)



✗ Views other illnesses in relation to one primary disease.



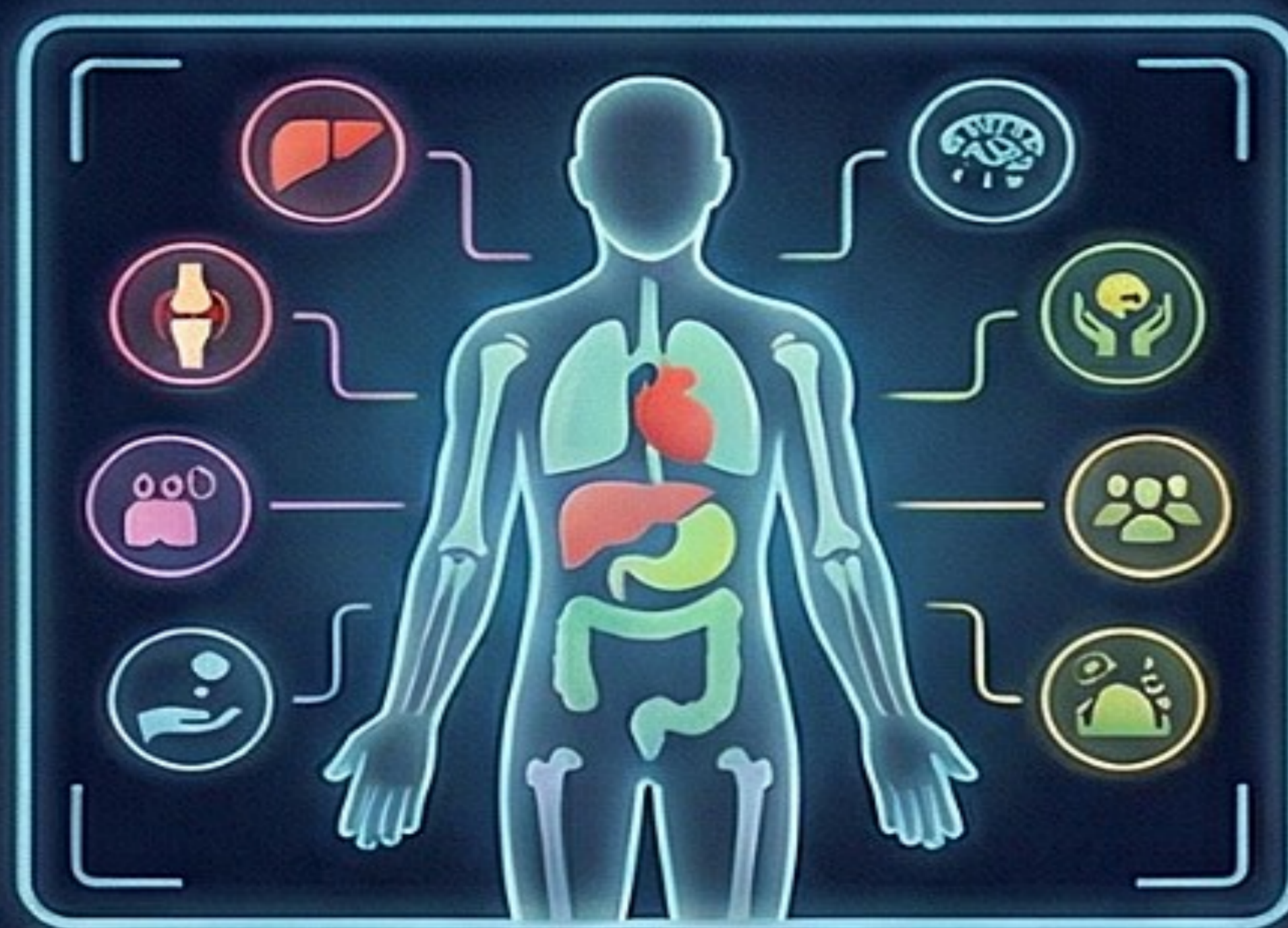
Multimorbidity (Patient-Centered)



✓ Views all health and life factors as interconnected parts of the patient's reality.

Multimorbidity is more than just a list of illnesses. It's the co-occurrence of multiple chronic health issues, risk factors, and life events.

THE 4-STEP METHOD FOR COORDINATED CARE



1. Create a Holistic Diagnosis
Systematically list all of the patient's health elements—not just diseases, but also risk factors, life events, and psychosocial issues.



2. Form 'Coherent Functional Groups'
Instead of a simple list, group related health elements to understand their connections.



3. Identify the 'Therapeutic Domino Effect' (Effet domino)
Find the one element that, if improved, could trigger a positive cascade effect on other elements in a group.



4. Define the 'Main Axis of Intervention' (Axe principale d'intervention)
In partnership with the patient, choose one central goal that is feasible, acceptable, and offers the best domino effect. This becomes the focus of the personalized health plan.