

Oral presentations

058 EXPERIENCES AND PERCEPTIONS OF SELF-MANAGEMENT FOR OLDER ADULTS WITH MULTIMORBIDITY: A MULTI-STAKEHOLDER STUDY

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Background: For persons with multimorbidity (PwMs), self-management is a complex process that involves integration of knowledge and tasks for multiple, and often interacting, chronic diseases [1]. Patients are frequently required to prioritise conditions, and to reconcile conflicting information and clinical advice [2]. The current study aimed to understand experiences related to self-management of multimorbidity for older patients (aged over 65), and for key stakeholders in their care network. The data presented was collected as part of an extensive requirements gathering exercise to inform the design of a digital health ecosystem that aims to support self-management and improve integration of care for older PwMs.

Methods: Semi-structured qualitative interviews and focus groups were conducted with 19 older PwMs, 7 informal carers, 16 formal care workers, 6 general practitioners, 4 pharmacists, and 15 other healthcare professionals. Interviews and focus groups were transcribed and analysed using thematic analysis.

Results: A number of themes associated with self-management of multimorbidity emerged during the interviews and focus groups, including “symptom recognition”, “symptom monitoring”, “appointments”, “information for self-management”, “motivators for self-management” and “barriers to self-management”.

Conclusion: The findings from this rich, multi-stakeholder dataset highlight a number of key motivating factors and barriers to effective self-management for older PwMs in Ireland. This study highlights the importance of providing sufficient information, education and support to empower older PwMs to play a more active role in the management of their conditions.

References

1. Bayliss EA, Ellis JL, Steiner JF. Barriers to self-management and quality-of-life outcomes in seniors with multimorbidities. *Ann Fam Med* 2007; 5: 395–402.
2. Liddy C, Blazkho V, Mill K. Challenges of self-management when living with multiple chronic conditions: Systematic review of the qualitative literature. *Can Fam Physician* 2014; 60: 1123–1133.