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UNDERSTANDING MULTIMORBIDITY IN OLD AGE:PUBLIC HEALTH SIGNIFICANCE

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UNDERSTANDING MULTIMORBIDITY IN OLD AGE: *PUBLIC HEALTH SIGNIFICANCE*

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*Workshop on Multimorbidity Among 45 years and above
population in Tribal and Non-tribal Areas (MATA), University of Assam, India*

23 JANUARY 2025

Motivation

Heart Health Research

- Understanding multimorbidity in older adults in Niger State, North Central Nigeria.
- - Abdusalam Ahmed, PhD 2023
- Self-management of hypertension among adults in the rural communities of Egbeda local government, Oyo state, Nigeria – PhD student: Abiola Adeosun
- Knowledge of Hypertension and Healthcare Seeking Behaviour among adult population (18+ years) in the Gambia – PhD student: Mustapha Sanyang

Introduction



- Multimorbidity refers to the presence of multiple chronic conditions in an individual
- It is common in older adults and poses significant challenges for healthcare systems.

Prevalence

The prevalence of multimorbidity increases with age.

More than half of adults aged 65 and older have three or more chronic conditions.



Common conditions

Common chronic conditions in older adults include:

- Hypertension
- Diabetes
- Heart disease
- Arthritis
- Chronic kidney disease

Impact on Quality of Life

Multimorbidity can significantly impact the quality of life of older adults.

It can lead to increased disability, reduced functional capacity, and higher healthcare utilisation.



Challenges in Management

Managing multimorbidity in older adults is challenging due to:

- Polypharmacy
- Complex care needs
- Coordination of care among multiple providers
- Limited evidence-based guidelines for multimorbidity management

Strategies for Management

Effective strategies for managing multimorbidity include:

- Comprehensive geriatric assessment
- Personalized care plans
- Interdisciplinary care teams
- Patient and caregiver education and support

Future Directions



1

Developing evidence-based guidelines for multimorbidity management

2

Enhancing care coordination and integration

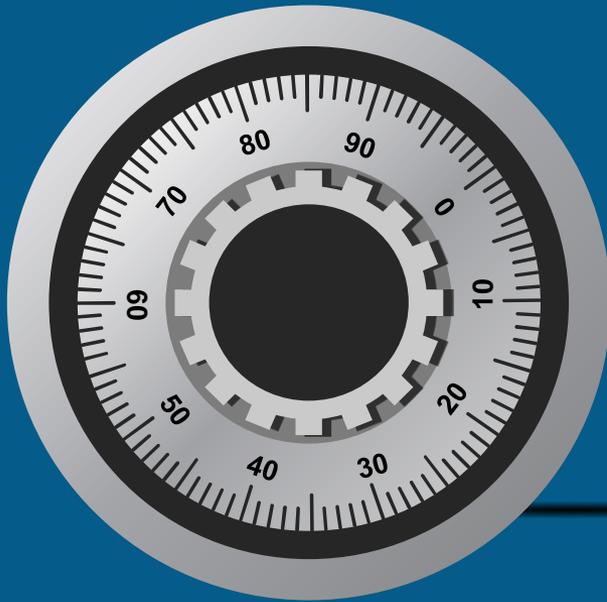
3

Addressing social determinants of health

3

Promoting healthy aging and prevention of chronic conditions

Conclusion



- Multimorbidity is a significant challenge in the ageing population
- Addressing this issue requires a comprehensive, patient-centered approach to improve outcomes and quality of life for older adults

Any questions?

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