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Treatment Burden

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The evidence

Treatment Burden

- The "work" of chronic disease self-management
- Increasing because of:
  - Changing demographics
  - Multimorbidity
  - Polypharmacy
  - Fragmentation
  - Increasing Specialisation

Courtesy of BMJ 29 august 2009 Vol 339. May, Montori, Mair. We need Minimally Disruptive Medicine.

Improvement potential

- Treatment Burden should become a barometer of quality of care for GP clusters
- Patient centred rather than disease centred care should be promoted - targets set locally should relate to overall wellbeing rather than just individual disease markers.
- The use of new measures such as the Patient Experience with Treatment and Self-management (PETS): a patient-reported measure of treatment burden should be tested
- GP clusters have the ability to reduce treatment burden through improving care co-ordination, information provision and better 'signposting'.

Thank You

Questions?

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