



1st World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

Abstract 83

Abstract Theme: Body - Biological sciences, Issues related to physical health and ageing

Time use of people with multiple chronic diseases in Australia

Tanisha Jowsey MA1,2, Robin Bunton PhD1,2, Michelle Banfield PhD1,2, Lesley Jones PhD1,2, Ian McRae PhD2, Paul Dugdale PhD3, Rebecca Taylor MPH3, James Gillespie PhD4, Marjan Kljakovic5 PhD MD, Jose M Valderas6 MD PhD MPH and Laurann Yen MPPsych1,2

1 Menzies Centre for Health Policy, Australian National University

2 Australian Primary Health Care Research Institute, Australian National University

3 Centre for Health Stewardship, Australian National University

4 Menzies Centre for Health Policy, University of Sydney

5 Medical School, Australian National University

6 Department of Primary Care Health Sciences, University of Oxford

Abstract key words: multi-morbidity, chronic illness, time use

Abstract content

Background: Australia's health system is geared toward caring for people with single illnesses. The number of people living with multiple chronic conditions (multi-morbidity) has been steadily rising as the population ages. Almost nothing is known about the lived experiences of people with multi-morbidity and how much time they spend managing their health.

Objective: To measure time spent on health related activities (HRA) undertaken by people with multiple chronic conditions, including but not limited to diabetes, hypertension, heart disease, arthritis, depression, cancer and respiratory diseases.

Methods: A sample of members of the National Diabetes Subsidy Scheme, Lung Foundation and National Seniors Australia nationally was surveyed in early 2011. The survey sought information about 20 health related activities; broadly classified as personal care, self-management and non-hospital health service use. The survey also collected information on self-rated health status. 2,519 responses were analysed.

Results: The five most prevalent conditions were hypertension (46.5%), arthritis (36.6%), respiratory disease (27.3%), cancer (26.3%), and diabetes (26.3%). There was a high prevalence of multi-morbidity (72.4%), with the most common associations being between stroke and hypertension (63.4%), arthritis and chronic pain (61.8%), and diabetes and hypertension (62.1%). We identified a clear trend of increased time use associated with increased number of chronic conditions. Some clusters of specific multi-morbid conditions were associated with higher time use than other clusters. For example, the median time spent on HRA for people with diabetes and stroke was 43 minutes per day, whereas for people with diabetes and osteoporosis the median time was 83 minutes.



1st World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

Conclusions:

Managing multiple chronic conditions is a time-consuming business. Implications of these findings will be discussed in terms of patient experience as well as health services planning and delivery.

CERTIFICATION BY THE PRINCIPAL AUTHOR: by submitting this abstract I further certify that the studies described in the abstract that involved human beings conformed to the principles of the Declaration of Helsinki World Medical Association (Clinical Research 1966:14:03) and met all the requirements governing informed consent of the country in which they were performed.

named are familiar with the data presented and given their consent for submission to WCHA. On behalf of all the authors, I hereby transfer copyright to **WCHA**