

## **BMJ** Best Practice

# Supporting better outcomes in the acute setting

The new **BMJ Best Practice Comorbidities tool**; the only clinical decision support tool to treat the whole patient.

AVAILABLE ON THE APP BMJ Best Practice provides access to the latest clinical information in a concise, structured way that enables clinical decisions to be made quickly.

#### Tackling the comorbidity challenge

One in three adults over 65 years of age suffer from 3 or more multiple chronic conditions. This poses a significant problem for healthcare systems.

When comorbidities are not taken into account in the acute setting patients receive suboptimal care, leading to worse clinical outcomes and longer lengths of stay.

However, healthcare professionals can struggle to access relevant information when clinical guidelines only focus on single conditions.

"If the healthcare professionals recognise the comorbidities at an early stage and addresses them, the impact on that patient's stay in hospital will be significant"

Professor Gerry Rayman,

Lead Consultant for Diabetes and Endocrinology, Ipswich Hospital, East Suffolk and North Essex NHS Foundation Trust





"12.9% of Canadians report 2+ chronic diseases and ~4% report 3+ chronic diseases more widely known as multimorbidity. [1] "

#### Treating the whole patient

The BMJ Best Practice Comorbidities tool prompts healthcare professionals to consider a patient's comorbidities when accessing treatment information on an acute topic. When comorbidities are selected, a tailored patient management plan is produced instantly.

BMJ Best Practice is the only clinical decision support tool to do this.

Written by leading specialists, this tool provides treatment advice based on the latest evidence and is presented in a way that's realistic for daily practice. It emphasises the most important take-home points and, where evidence is scarce or equivocal, expert opinion is provided.

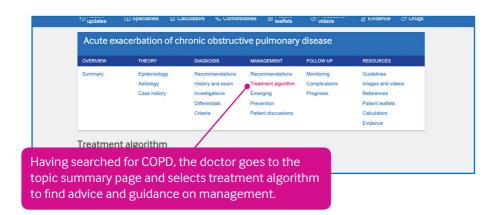
"We continuously consult with healthcare professionals around the world to ensure that BMJ Best Practice is developed in a way that meets real needs. Every feature we introduce has been researched, developed and tested thoroughly with them."

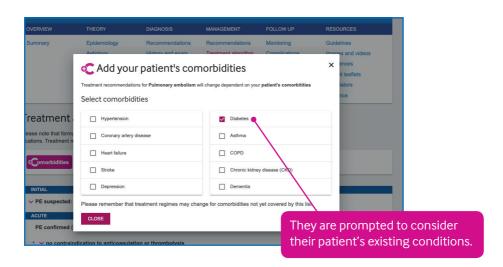
Dr Luisa Dilner,

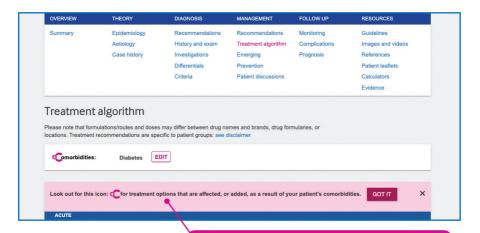
Head of BMJ Research and Development

### The Comorbidities tool in practice

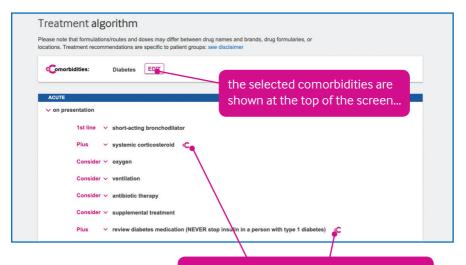
An 82 year old man comes to the emergency department with an acute exacerbation of COPD. He also has type two diabetes.



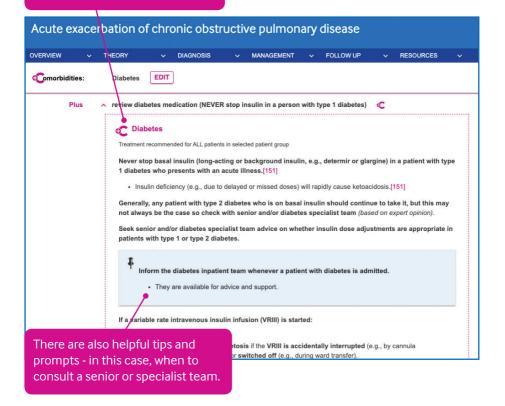




They are alerted that treatment options may be affected by the selected comorbidities



...and affected treatment recommendations and urgent considerations are clearly indicated by the Comorbidities symbol When the doctor selects the treatment option, the adjustment is highlighted
...with recommendations based on evidence and expert opinion



Treating the acute presentation alongside existing conditions enables healthcare professionals to quickly treat and stabilise patients with comorbidities. This improves the quality of care, and efficiencies are made through the effective management of the patient. This means better clinical outcomes, shorter hospital stays and fewer readmissions.

Contact us for more information:

bestpractice.bmj.com/info/comorbidities

[1] Prevalence and patterns of chronic disease multimorbidity and associated determinants in Canada. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4910465/