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The chronic complex patient in Cantabria and Balearic Island (Spain). An Observational Study

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Background: Chronicity management is the greatest challenge that the Spanish national health system faces, having to invest 80% of health expenditure to deal with this problem. Complex Chronic Patients (CCPs) are those patients in with several chronic pathologies coexist with frequent de-compensation and high risk of functional loss. CCPs represent between 3-5% of the Spanish population and consume a high percentage of the resources.

Objective: To describe the level of dependence and cognitive impairment experienced by chronic complex patients in the urban area of Santander (Cantabria) and Palma (Balearic Islands).

Methods: A multicenter, cross-sectional study involving over 18 year old CCPs located at 3-4 level of the risk pyramid in the care model to chronicity. They are located in the urban area of Primary Care in Santander (Cantabria) and Palma (Balearic Islands). Barthel Index was used to assess dependence and cognitive deterioration was assessed through the Pfeiffer test.

Results: 20 health centers from Santander (n=2885) and 16 from Palma (n=1631) participated in the study. The average age of the selected chronic patients was 77 years (SD=12.3). 27.4% presented moderate, severe or total dependence and 23.6% moderate or significant cognitive impairment. A linear relationship was observed between the scores in the Pfeiffer test and the Barthel index ($r=-0.47$, $p<0.001$). The hospital admission rate correlated with the score in the Pfeiffer test ($r=0.2$, $p<0.001$) and in the Barthel index ($r=-0.19$, $p<0.001$).

Conclusion: Age, dependency level, cognitive deterioration and hospital admission rate are intimately related in complex chronic patients. Therefore, it is important to continue promoting care models aimed at reducing dependency.

Biography

Francisco José Amo Setién has received PhD in Health Sciences from University of Cantabria in 2017, an inter-university Master's degree in "Genetic, nutritional and environmental conditioning factors of growth and development" (UC) and a Nursing degree (UC). He has gained research experience in the field of nutrition, obesity in children and adolescents with intellectual disabilities, as well as in health related quality of life in patients with chronic diseases and he has been a full-time Teaching Assistant in the area of community health in the Nursing Department of the University of Cantabria since 2014.

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Notes:

Table 1. Categorized scores. Index of Barthel and Pfeiffer

Questionnaires	Categories	n _{global}	%	Palma		Santander		p ^a
				n	%	n	%	
Barthel Index	Independent	700	27,67	211	14,77	489	44,41	0,000
	Mild Dependence	1138	44,98	696	48,71	442	40,15	
	Moderate dependence	314	12,41	240	16,79	74	6,72	
	Severe dependence	170	6,72	129	9,03	41	3,72	
	Total dependence	208	8,22	153	10,71	55	5,00	
Pfeiffer Test	Normal	1086	62,85	495	46,74	591	88,34	0,000
	Mild	235	13,60	193	18,22	42	6,28	
	Moderate	216	12,50	195	18,41	21	3,14	
	Severe	191	11,05	176	16,62	15	2,24	

^aChi squared