

# CESEL MULTIPLE LONG-TERM (mLTC) CONDITION RESOURCE PACK FOR INTEGRATED NEIGHBOURHOOD TEAMS (INT)

*Treating each disease in a patient as if it exists in isolation will lead to less good outcomes and complicate and duplicate interactions with the healthcare system.*

Christopher J M Whitty  
Chief medical officer for England et al  
BMJ 2020;368:l6964

## WHY A RESOURCE PACK?

- Over the next decade, the number of people living with three or more long-term conditions is expected to increase by 30%.
- Proactive prevention, early detection, and effective management are essential to help people stay healthy and independent as they age.
- Healthcare has traditionally focused on single conditions, for people with mLTCs, this results in fragmented, uncoordinated, and inconvenient care, and increased costs for healthcare services.
- This resource pack brings together existing resources and emerging tools to support teams delivering mLTC care that ensure holistic whole person care, involving the full team, patients, and communities.
- This resource pack supports transition to a mLTC approach that is patient centred and convenient and provides best value for healthcare providers.

## EVIDENCE BASE

- The evidence for mLTC care is emerging and the resources will be updated regularly as evidence and shared learning evolves.
- There is a strong evidence base for the clinical management content of the resource pack. The evidence for non-clinical content based on current thinking, ideas and practice.
- Please feedback to the CESEL team what has been helpful in the guide, if there are things we have wrong or could improve this resource pack.

Email [clinicaleffectiveness@selondonics.nhs.uk](mailto:clinicaleffectiveness@selondonics.nhs.uk)

## References:

[Improving Clinical Coordination Of Multiple Long-Term Conditions | The King's Fund](#),  
[Chief Medical Officer's Annual Report 2023 - Health in an Ageing Society](#),  
[New Cross-NIHR Collaboration Established for Research on mLTC](#)  
[Making sense of the evidence: Multiple long-term conditions \(multimorbidity\) - NIHR Evidence](#)

## HOW TO USE THE RESOURCES

- Use the links below to access the different resources in this pack.
- Each section includes a list of contents to help you navigate and a suggested target audience.
- We have tried to provide links between the resources when we think this will help.
- Watch the introductory webinar (taking place on 7 May) to the resource pack.
- Ask for a visit for your team from CESEL to support the use of this pack

Email [clinicaleffectiveness@selondonics.nhs.uk](mailto:clinicaleffectiveness@selondonics.nhs.uk)

## WHO IS IT FOR?

This pack is for everyone involved in LTC care within Integrated Neighbourhood Teams, including:

- General Practice, Primary Care Network and Integrated Neighbourhood Teams - clinical and non-clinical
- Service planners
- Community groups

Initially, much of the focus is on general practice, where most planned LTC care is currently delivered.

As INTs develop, the pack will change to reflect the full neighbourhood team role in proactive LTC management.

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## The Building Blocks for mLTC Care

RESOURCE SECTIONS	WHAT'S INCLUDED?		WHO THIS IS FOR?	
<p><b>1. <u>Clinical mLTC care</u></b></p>	<p>Clustered condition care: cardiorenal metabolic conditions: prompts for clinical care</p> <ul style="list-style-type: none"> <li>• T2DM + CKD +/- HTN</li> <li>• HTN + T2DM</li> <li>• HTN+ CKD</li> </ul>		<p>Clinicians delivering cardiorenal metabolic reviews</p>	
<p><b>2. <u>Getting the basics right</u></b></p>	<p>Single condition care Moving to mLTC care Call and recall systems</p>		<p>Practice, PCN, INT leadership and management teams</p>	
<p><b>3. <u>Know your population</u></b></p>	<p>Multimorbidity in SEL Your population data 3+LTC SEL Data Ardens Resources</p>		<p>Practice, PCN, INT leadership and management teams</p>	
<p><b>4. <u>Make the best of the team</u></b></p>	<p>Building effective teams INT to support mLTC care Match team members to risk/need</p>		<p>Practice, PCN, INT leadership and management teams</p>	
<p><b>5. <u>Making Change</u></b></p>	<p>Making change and innovation Quality Improvement methods Try new things: The Bristol Model</p>	<p>Patient activation UCLP Proactive Care Framework Innovation and risk groups Group Consultations Point of Care Testing</p>	<p>Community of Practice Action Learning Sets Lifestyle Medicine Group Education Community of Practice SEL System Level Support</p>	<p>All those interested in delivering improvements General Practice, PCN, INT leadership and management teams Clinical and non-clinical teams</p>