

Managing Multicomplexity in the Homebound Patient – Discussion Guide with Facilitator Notes

Thank you for leading a group discussion regarding key learning points from the HCCI online education activity, *Managing Multicomplexity in the Homebound Patient*. This guide is intended to help you prepare to facilitate this discussion.

OVERVIEW

Purpose: The discussion’s purpose is to emphasize a treatment model that can be used when working with homebound patients who have multiple chronic diseases.

Audience: This discussion is intended for learners who have successfully completed the online education activity, *Managing Multicomplexity in the Homebound Patient*. The discussion should take no longer than 60 minutes to complete.

Materials:

- Hard copies of the *Next Steps* handout from the Resources screen in the course.
- *Optional:* A flipchart to capture comments and ideas to help focus discussions and/or save for future consideration.

Instructions: Use the question prompts provided to initiate group discussions.

Learning objectives:

- Recognize the challenges of treating homebound patients with multiple chronic diseases.
- Apply a management model for treating patients with multiple chronic diseases.
- Describe treatment and medication management approaches for four of the main chronic disease found in homebound patients: diabetes mellitus (DM), congestive heart failure (CHF), chronic pulmonary disease (COPD), and chronic kidney disease (CKD).
- Identify challenges faced by caregivers of patients with multiple chronic diseases and resources to support them.

AGENDA

#	Topic	~Minutes
1	Introduction	5 min
2	Treatment Challenges	5 min
3	Managing Multicomplexity Model	10 min
4	DM, CHF, COPD, CKD	20 min
5	Caring for the Caregiver	5 min
6	Debrief	5 min

TOPIC 1: INTRODUCTION

Question prompts:

- The course presented an example patient with multiple co-morbidities. Think about your patient population. How many co-morbidities do they commonly have?
- Do you think this population is more challenging to treat in home-based primary care vs. an inpatient office setting? Why or why not?

TOPIC 2: TREATMENT CHALLENGES

Question prompts:

- The course focuses on four chronic conditions. Are there more that you commonly see that are not discussed in the course?
- Which condition do you think presents the biggest challenge to treat and why?
- What strategies have you used or what lessons have you learned when treating these patients?

TOPIC 3: MANAGING MULTICOMPLEXITY MODEL

Question prompts:

- Which of the 4Ms in the Care of Older Adults do you think is most critical when treating patients with multiple co-morbidities? How does “What Matters” influence how you would approach your treatment plan?
- The course introduced the Plan, Do, Check, Adjust (PDCA) model for prioritizing the most acute issues/symptoms. What were the key actions you recall from each phase and what do they look like in your practice? (NOTE: You may wish to have the course pulled up and then go over each and ask for learners to share how they implement that action.)
- Are there any actions that you would recommend adding that are missing from the PDCA model?

TOPIC 4: DISEASE-SPECIFIC MANAGEMENT STRATEGIES

Question prompts:

- When considering both general and medication management strategies for DM...
 - Do you feel this condition is more difficult to treat in homebound patients? Why or why not?
 - What type of exercises do you recommend to your patients?
 - What strategies do you share with your patients to ensure consistent blood sugar testing?
 - What symptoms do you look for to prompt the patient to follow up with other specialists such as eye and foot doctors?
 - Are there any other medications that were not discussed that you feel should be added?

- When considering both general and medication management strategies for CHF...
 - Do you feel this condition is more difficult to treat in homebound patients? Why or why not?
 - What suggestions do you provide your patients to restrict salt and fluids?
 - What suggestions do you provide patients to stop smoking?
 - What symptoms do you tell your patients to look for and what to do if they experience them?
 - Are there any other medications that were not discussed that you feel should be added?
- When considering COPD general and medication management strategies...
 - Do you feel this condition is more difficult to treat in homebound patients? Why or why not?
 - How do you instruct patients on correct inhaler use?
 - What criteria do you use to determine the need for oxygen equipment?
 - Are there any other medications that were not discussed that you feel should be added?
 - Which of the shortness of breath strategies have been effective for your patients?
- When considering CKD management strategies...
 - Do you feel this condition is more difficult to treat in homebound patients? Why or why not?
 - What strategies have you used to delay the progression of kidney disease in complex homebound patients? What were the results?
 - Are there any new strategies that you learned that you would consider trying?

TOPIC 5: CARING FOR THE CAREGIVER

Question prompts:

- What resources do we have available to provide caregivers?
- What can we do better to support the caregivers for our patients?

TOPIC 6: DEBRIEF

Question prompts:

- Refer to the *Next Steps* handout. Review and mark which steps you would like to commit to taking next. Share your ideas for implementation.