

# A SYSTEMATIC REVIEW OF CHRONIC DISEASE MANAGEMENT

SCHOOL OF PUBLIC HEALTH AND  
COMMUNITY MEDICINE

Zwar N  
Harris M  
Griffiths R  
Roland M  
Dennis S  
Powell Davies G  
Hasan I

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## POLICY CONTEXT

Worldwide, chronic disease is on the rise, placing an increasing burden on those affected, their carers and the health system. In Australia many chronic diseases are predominantly managed in primary health care (PHC) and there is a need to understand how to do this more effectively. A systematic review was conducted on chronic disease management in primary health care using the [Chronic Care Model](#) (CCM) as the conceptual framework. The key findings of the review are listed below:

## KEY FINDINGS:

- [Self-management support](#), in particular, patient education and motivational counselling, improve physiological measures of disease as well other patient outcomes including: patient quality of life, health and functional status, patient service use and satisfaction with service and patients' knowledge about their disease
- [Delivery system design](#), in particular, a multidisciplinary team-approach is effective in improving physiological measures of disease and health care professional's adherence to disease management guidelines
- Combinations of multidisciplinary-team approach and patient education and/or motivation improve physiological measures of disease and other patient outcomes
- [Decision support](#) to health care professionals in the form of evidence-based guidelines and other educational materials and educational meetings, audit and feedback improve professionals' adherence to disease management guidelines and patients' disease measures

For more details, go to the [three page report](#)

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