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Conference Abstract

## Developing Efficient Managed Care programs for the Chronically Ill – Ethic, Economic, Legal and Social Aspects

**Sarah Mostardt**, *Researcher, Institute for Health Care Management and Research, University of Duisburg-Essen, Germany*

**Lennart Weegen**, *Researcher, Institute for Health Care Management and Research, University of Duisburg-Essen, Germany*

**Lasse Korff**, *Institute for Health Care Management and Research, University of Duisburg-Essen, Germany*

**Sonja Ivancevic**, *Institute for Health Care Management and Research, University of Duisburg-Essen, Germany*

**Anke Walendzik**, *Institute for Health Care Management and Research, University of Duisburg-Essen, Germany*

**Jürgen Wasem**, *Institute for Health Care Management and Research, University of Duisburg-Essen, Germany*

Correspondence to: **Sarah Mostardt**, *Institute for Health Care Management and Research, University of Duisburg-Essen, E-mail: [sarah.mostardt@medman.uni-due.de](mailto:sarah.mostardt@medman.uni-due.de)*

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### Abstract:

**Introduction:** Provision of chronic care constitutes a main aspect in international health care systems. According to data from the WHO, 46% of the world population are suffering from chronic diseases. By 2020, the number of those is expected to have increased to 60%. Care for the chronically ill in the German health care system has been characterized as deficient. Situations of over and under supply of care, or even lack of appropriate care indicate that there is still efficiency potential that must be leveraged. [1]. In this context, the coordination between different health care sectors (outpatient, inpatient, rehabilitative) and between different (medical) disciplines is a problem that has to be overcome. Preventive and rehabilitative measures are often disregarded and treatment is not based on the principles of evidence based medicine. The optimization of the care structures through managed care in order to eliminate existing deficits has become a common goal of relevant players within the health care system. The question concerning contents, outcomes and effectiveness of managed care programs is of high importance to improve care for the chronically ill.

**Aims:** Analysis of possibilities and requirements for efficient managed care and identification of potential limits by means of an interdisciplinary research project.

**Results:** A research project consisting of five work packages has been set up. Within a preparation phase, the two chronic diseases, Multiple sclerosis and Alzheimer's disease, have

been selected to be exemplarily analyzed, especially due to its strong need for interdisciplinary and intersectoral care. Work packages 1 and 2 constitute a systematic national and international literature review to identify deficits in the care of both diseases and to investigate evaluations regarding the effectiveness and cost-effectiveness of established care management programs. In addition, a standardized questionnaire has been sent to German statutory health insurances to identify the existence of care management programs and to analyze their contents and evaluations. Moreover, interviews about care deficits are conducted with representatives from e.g. patient organizations and associations of medical specialists. This national analysis is supplemented by an international situation review to identify managed care instruments regarding Multiple sclerosis and Alzheimer's disease which address the identified care deficits. Based on the findings of work packages 1 and 2, scenarios for optimization the care of MS and dementia will be developed using the Delphi Method. The deduction of recommendations for action and the dissemination of the project results are subject of the fourth respectively the fifth work package.

**Conclusions:** Currently, the project is still in process. First results of work package one have been identified care deficits for both diseases as being of structural nature. In this context, shortcomings, regarding diagnosis and therapy have been found. However, only a few manage care programs for MS and even less programs for dementia addressing these deficits do exist. Furthermore there is only a limited number of evaluations regarding the effectiveness and cost-effectiveness of the mentioned managed care programs.

## **Keywords**

chronic diseases, care management programs

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