



## **UWL REPOSITORY**

**repository.uwl.ac.uk**

UNDERSTANDING MULTIMORBIDITY IN OLD AGE:PUBLIC HEALTH SIGNIFICANCE

Khan, Hafiz T.A. ORCID: <https://orcid.org/0000-0002-1817-3730> (2024) UNDERSTANDING MULTIMORBIDITY IN OLD AGE:PUBLIC HEALTH SIGNIFICANCE. In: Multimorbidity Among 45 years and above population in Tribal and Non-tribal Areas (MATA), University of Assam, India, 23 January 2025, University of Assam, India. (Unpublished)

**This is the Presentation of the final output.**

**UWL repository link:** <https://repository.uwl.ac.uk/id/eprint/13143/>

**Alternative formats:** If you require this document in an alternative format, please contact: [open.research@uwl.ac.uk](mailto:open.research@uwl.ac.uk)

### **Copyright:**

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

**Take down policy:** If you believe that this document breaches copyright, please contact us at [open.research@uwl.ac.uk](mailto:open.research@uwl.ac.uk) providing details, and we will remove access to the work immediately and investigate your claim.

# UNDERSTANDING MULTIMORBIDITY IN OLD AGE: *PUBLIC HEALTH SIGNIFICANCE*

PROFESSOR HAFIZ T.A. KHAN  
PROFESSOR OF PUBLIC HEALTH AND STATISTICS  
UNIVERSITY OF WEST LONDON  
UNITED KINGDOM

*Workshop on Multimorbidity Among 45 years and above  
population in Tribal and Non-tribal Areas (MATA), University of Assam, India*

23 JANUARY 2025

# Motivation

## *Heart Health Research*

- Understanding multimorbidity in older adults in Niger State, North Central Nigeria.
  - - Abdusalam Ahmed, PhD 2023
- Self-management of hypertension among adults in the rural communities of Egbeda local government, Oyo state, Nigeria – PhD student: Abiola Adeosun
- Knowledge of Hypertension and Healthcare Seeking Behaviour among adult population (18+ years) in the Gambia – PhD student: Mustapha Sanyang

# Introduction



- Multimorbidity refers to the presence of multiple chronic conditions in an individual
- It is common in older adults and poses significant challenges for healthcare systems.

# Prevalence

The prevalence of multimorbidity increases with age.

More than half of adults aged 65 and older have three or more chronic conditions.



# Common conditions

Common chronic conditions in older adults include:

- Hypertension
- Diabetes
- Heart disease
- Arthritis
- Chronic kidney disease

# Impact on Quality of Life

Multimorbidity can significantly impact the quality of life of older adults.

It can lead to increased disability, reduced functional capacity, and higher healthcare utilisation.



# Challenges in Management

Managing multimorbidity in older adults is challenging due to:

- Polypharmacy
- Complex care needs
- Coordination of care among multiple providers
- Limited evidence-based guidelines for multimorbidity management

# Strategies for Management

Effective strategies for managing multimorbidity include:

- Comprehensive geriatric assessment
- Personalized care plans
- Interdisciplinary care teams
- Patient and caregiver education and support

# Future Directions



1

Developing evidence-based guidelines for multimorbidity management

2

Enhancing care coordination and integration

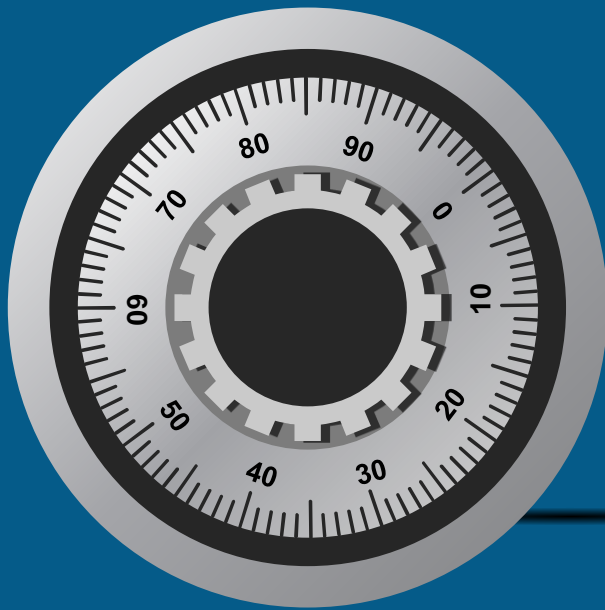
3

Addressing social determinants of health

3

Promoting healthy aging and prevention of chronic conditions

# Conclusion



- Multimorbidity is a significant challenge in the ageing population
- Addressing this issue requires a comprehensive, patient-centered approach to improve outcomes and quality of life for older adults

**Any questions?**

***Professor Hafiz T.A. Khan***  
***Hafiz.Khan@uwl.ac.uk***

