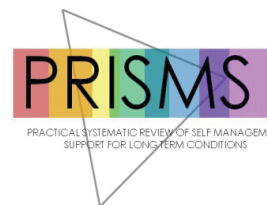


## Characteristics of LTCs (score sheet)

Please score these characteristics of LTCs, on a scale of 1 to 5, according to their importance in terms of designing services to support self-management.



**Scale 1 = not important 5 = crucially important**

Potentially relevant characteristics and the spectrum	1 <sup>st</sup> Scoring	Median
Presence or absence of on-going symptoms		
Impact of symptoms on lifestyle		
Risk of future progression/mortality necessitating (self) monitoring		
Risk of significant complications or co-morbidity necessitating (self) monitoring		
Significant variability / risk of (serious/high cost) exacerbations		
Potential of treatment/(self) management to improve symptoms		
Potential of treatment/(self) management to modify disease		

<b>Impact on ability to self-manage and/or requiring significant assistance from (informal) carers</b>		
<b>Predominantly self-management or reliant on professional input</b>		
<b>Degree of complexity of medical/clinical/social/lifestyle self-care regimes</b>		
<b>Genetics/familial nature of condition</b>		
<b>Age of onset</b>		
<b>Presence of co-morbidities (including depression)</b>		
<b>Stigma/social class/medically unexplained symptoms</b>		
<b>Prevalence (burden to healthcare system/society)</b>		
<b>Evidence base / existing tools /skills required</b>		