



Examples of LTCs for study

These characteristics are prioritised by the scoring this morning.

We now need to select LTCs which we can study in our systematic review.

Please choose 2 or 3 LTCs which fit the characteristics listed. Although we want to study a range of LTCs, you may choose the same LTC for more than one characteristic (the *rapid condition information aids* are available to provide background information).

72% of delegates scored this as crucially important.

Potential of treatment/(self) management to improve symptoms Limited benefit < ----- > Very effective <div style="text-align: center;">treatment</div>	
Examples of LTCs with limited potential for treatment/(self)management to improve symptoms 	Examples of LTCs with large potential for treatment/(self) management to improve symptoms

62% of delegates scored this as crucially important.

Impact of symptoms on lifestyle Normal activities (including work) < ----- > Severely limited (including <div style="text-align: center;">housebound)</div>	
Examples of LTCs in which normal activity is usually possible 	Examples of LTCs in which activity is severely limited

The next 2 characteristics were scored as crucially important by 34% of delegates.

Significant variability / risk of (serious/high cost) exacerbations	
Minimal variability < ----- > Highly variable	
Examples of LTCs with minimal variability and unlikely to experience exacerbations	Examples of LTCs with significant variability and with likely to experience exacerbations

Degree of complexity of medical/clinical/social/lifestyle self-care regimes	
Simple tasks < ----- > Complex daily regimes	
Examples of LTCs with simple self-care regimes	Examples of LTCs with complex self-care regimes

- Having chosen LTCs as examples of these priority characteristics, you will probably find that many of them will *also* fit the 'second tier' of characteristics below.
- If you have time, please consider whether any of your *previously selected* LTCs would also help answer questions about the 'second tier' characteristics below.

The below characteristics were scored by 20%-33% of delegates as crucially important.

Risk of significant complications or co-morbidity necessitating (self) monitoring	
Unlikely/not serious < ----- > Likely/significant	
Examples of LTCs with minimal risk of serious complications	Examples of LTCs with significant risk of complications or co-morbidity

Presence of co-morbidities (including depression)	
No co-morbid conditions < ----- > Significant co-morbidity	
Examples of LTCs with no co-morbidities	Examples of LTCs with significant co-morbidities

Potential of treatment/(self) management to be disease modifying Limited benefit < ----- > Very effective treatment	
Examples of LTCs with limited potential for treatment/(self) management to be disease modifying	Examples of LTCs with large potential for treatment/(self) management to be disease modifying

Prevalence (burden to healthcare system/society) Rare condition < ----- > Common condition	
Examples of rare LTCs	Examples of common LTCs

Risk of future progression/mortality necessitating (self) monitoring Unlikely/not serious < ----- > Common/ potentially fatal	
Examples of LTCs which are not generally progressive	Examples of LTCs which are generally progressive and/or may sometimes be fatal

Who provides care: predominantly self-management or reliant on professional input Largely self-care < ----- > High level of professional care	
Examples of LTCs which are largely self-managed	Examples of LTCs which are reliant on professional output

Impact on ability to self-manage and/or requiring significant assistance from (informal) carers Self-caring < ----- > Highly dependent	
Examples of LTCs which allow autonomous self-management	Examples of LTCs which result in a high reliance on carers

Presence or absence of on-going symptoms	
Asymptomatic < ----- > Persistent symptoms	
Examples of asymptomatic LTCs	Examples of LTCs with persistent symptoms

The below characteristics were scored by less than 20% of delegates as crucially important.

Evidence base / existing tools /skills required	
No evidence about self-management < ----- > Extensive evidence base	
Examples of LTCs with no existing tools or evidence base	Examples of LTCs with extensive evidence base

Stigma/social class/medically unexplained symptoms	
No stigma/inequity issues < ----- > Stigma	
Examples of LTCs with no stigma/inequity issues	Examples of LTCs with stigma issues

Age of onset	
Onset in childhood < ----- > Onset as adult	
Examples of LTCs with childhood onset	Examples of LTCs with adult onset

Genetics/familial nature of condition	
No significant familial component < ----- > Clear genetic condition	
Examples of LTCs with no significant genetic component	Examples of conditions with a clear genetic component

Please use the back to write additional comments.

Thank you very much.

