




BMJ Open Models of comprehensive care for older persons with chronic diseases: a systematic review with a focus on effectiveness

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ABSTRACT

Introduction Ageing entails a variety of physiological changes that increase the risk of chronic non-communicable diseases. The prevalence of these diseases leads to an increase in the use of health services. The care models implemented by health systems should provide comprehensive long-term healthcare. We conducted this systematic review to determine whether any model of care for older persons have proven to be effective.

Methods A systematic review of literature was carried out to identify randomised clinical trials that have assessed how effective a care model for older patients with chronic diseases. A searches electronic databases such as MEDLINE, Turning Research Into Practice Database, Cochrane Library and Cochrane Central Register of controlled Trials was conducted from January 1966 to January 2021. Two independent reviewers assessed the eligibility of the studies. Interventions were identified and classified according to the taxonomies developed by the Cochrane Effective Practice and Organisation of Care and Cochrane Consumers and Communication groups.

Results Of the 4952 bibliographic references that were screened, 577 were potentially eligible and the final sample included 25 studies that evaluated healthcare models in older people with chronic diseases. In the 25 care models, the most frequently implemented interventions were educational, and those based on the provision of healthcare. Only 22% of the outcomes of interventions were identified as being effective, whereas 21% were identified as being partially effective; thus, more than 50% of the outcomes were identified as being ineffective.

Conclusions It was not possible to determine a care model as effective. The interventions implemented in the models are variable. The most effective outcomes were focused on improving the patient–healthcare professional relationship in the early stages of the intervention. The interventions addressed in the studies were similar to public health interventions as their main objectives focused on promoting health. Most studies were of low methodological quality.

INTRODUCTION

Ageing increases the risk of suffering from chronic non-communicable diseases

STRENGTHS AND LIMITATIONS OF THIS STUDY

- ⇒ This review was conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses, and recommendations of the Cochrane Collaboration, which are well recognised approaches for conducting of systematic reviews.
- ⇒ A wide search strategy was carried out in the main electronic databases. In addition, the Cochrane Central Register of controlled Trials was reviewed.
- ⇒ Two reviewers independently completed the studies selection, data extraction and assessment risk of bias of the studies; disagreements were resolved by consensus and discussion.
- ⇒ All the interventions addressed in the 25 studies are similar to public health interventions as their main aims were the promotion of health. The most important problem identified refers to the low quality of the studies based on the results assessed using the risk of bias tool.

(CNCDS), especially cardiovascular diseases, cancer, chronic respiratory diseases and diabetes.¹ According to estimates by the WHO, the population aged over 60 years may increase from 605 million in 2000 to two billion by 2050,^{1 2} with a subsequent increase in the prevalence of CNCDS. Estimates in the United States indicate that in 2020, around 157 million people were living with some CNCDS and more than 81 million were suffering from more than one CNCDS, a condition known as multimorbidity (defined as the concomitant presence of two or more CNCDSs).^{1 3} CNCDSs are the leading cause of premature death and morbidity among adults aged 30–69 years, with over 12 million deaths annually in low-income to middle-income countries.^{4 5} As these countries continue to progress through the demographic transition, the prevalence of CNCDSs and multimorbidity in older individuals will continue to rise.^{4 5}

The health status tends to deteriorate among those with CNCs, which translates into increases in the use of healthcare services, associated costs and mortality.¹ This phenomenon affects both high-middle-income and low-income countries. In the USA, CNCs will account for an annual economic burden (treatment costs and loss of economic output) of US\$4.2trillion by 2023.⁶ On their part, middle-income countries in Latin America will have to cope with the increase in CNCs, including chronic mental health diseases such as depression, dementia and alcohol-related disorders.⁴

As health is determined by multiple genetic, cultural, environmental, educational, social and economic factors,⁷ the care models implemented by health systems should provide services that meet multifactorial needs through a multidisciplinary care model that adapts to the needs of each person and, to the different contexts in which they live and age.⁸ Therefore, the provision of long-term care at home, in institutions (nursing homes or prolonged hospital stays), and in the community needs to be considered.²

There are different models of comprehensive integrated care for older individuals, among which the Integrated Care for Older People guidelines by the WHO is notable. This model promotes the detection and management of the decrease in the intrinsic capacity of older individuals as well as interventions to support caregivers. However, these guidelines do not provide for the specific care of CNCs or multimorbidity.⁹

Various studies have analysed the impacts of multimorbidity in older people and the effects of implementing care models for older people with multimorbidity.^{10–14} For instance, the outcomes from a systematic review have revealed that multimorbidity is associated with disability and negatively affects the quality of life while increasing health service use and health care-related costs. Part of these costs result from preventable complications.^{10–11} Another review evidenced that personalised and collaborative care planning tends to yield modest beneficial effects in terms of physical and psychological health along with self-care and that these effects become more evident when the intervention is more intensive and comprehensive and is integrated into routine patient care.¹²

Most of the older people, especially those in low-income and middle-income countries, live and age within the community and have limited access to high-specialty care. For this reason, it would be necessary to focus the provision of healthcare services for older individuals on the community and in the primary healthcare level.¹

In response to the need for improving healthcare for older persons there have appeared different care models focused on providing continuous care for chronic problems within the community or at the first level of care.^{9–14} These models of care tend to have multiple components and different interventions. Their effectiveness has been measured in terms of various outcomes and there have been few efforts at doing systematic evaluations of the results. This systematic review is intended to identify and

describe the effectiveness of different models of care for people aged 60 years and above with a focus on the management of CNCs at the first level of care or on a community basis.

METHODS

A systematic review of literature was carried out to identify randomised clinical trials that had assessed a model of care for the comprehensive care and management of older patients with CNCs. Chronic disease was defined as any slowly progressive long-lasting NCD, which usually requires long periods of supervision, observation or care.¹⁵

Studies with institutionalised, terminally ill and hospitalised patients or studies with patients in emergency units were excluded.

We considered a model of care to be effective when the study presented statistically significant improvement or benefits in the outcomes they assessed.

Literature search

MEDLINE, Turning Research Into Practice Database, Cochrane Library and Cochrane Central Register of controlled Trials were searched during the period from January 1966 to January 2021 to identify articles published in English and Spanish. The search strategies were based on free text terms and Medical Subject Headings terms (see online supplemental file 1). The terms used included elderly, oldest, old, aged, older, adults, chronic disease, chronic condition, illness, chronic illness, chronically, multiple chronic conditions, comorbidity or multimorbidity, primary healthcare, community health services, and health planning, model of care, integrated care, healthcare intervention programmes, clinical trial, randomised clinical trial, among others.

Data collection and extraction

Two independent reviewers assessed the studies' eligibility for inclusion. Disagreements were resolved by consensus with the aid of a third reviewer.

A reviewer entered the data obtained in predesigned Excel tables (Microsoft Office Excel 2007) and a second reviewer double-checked them.

Data analysis

The interventions were categorised according to the taxonomy developed by the Cochrane Effective Practice and Organisation of Care (EPOC) group, which is used to classify interventions from healthcare systems. The taxonomy in detail had been previously published,¹⁶ and the four main domains assessed in the taxonomy were: delivery arrangements, financial arrangements, governance arrangements and implementation strategies.

In addition, the data were categorised according to the Cochrane Consumers and Communication group's taxonomy.¹⁷ This taxonomy identifies outcomes that are potentially relevant and meaningful for healthcare

professionals, patients (consumers), general public, administrators as well as policy or decision-makers. This tool provides a comprehensive list with three main domains (consumer-oriented outcomes, healthcare provider-oriented outcomes and health service delivery-oriented outcomes).¹⁸ The outcomes were classed into three epigraphs based on their efficacy. The first epigraph, which was named 'effective', included the outcomes with clinical and statistical significance in favour of the group that received the intervention during each of the periods measured. The second epigraph, named as 'partially effective', included the outcomes that showed clinical significance (according to the author) but not statistical significance. This epigraph also included the outcomes that had been measured using different scales as well as those that showed clinical or statistical significance in favour of the intervention, although only in some of its measurements, within the intervention period. The last epigraph, named 'ineffective', included those outcomes with no significant clinical or statistical difference between the group that received the intervention and the control group. Finally, the outcomes were identified as primary or secondary based on the Cochrane EPOC group classification, which indicates the outcomes that are most relevant to patients as well as decision-makers.

Additionally, two independent reviewers assessed the methodological quality of the studies using the risk of bias tool.¹⁹

A qualitative synthesis of the outcomes was performed and the results of the same are shown in tables. However, a combined analysis of the effect of the interventions was not possible given the heterogeneity in the results and measures of effect.

Patient and public involvement

In this review, the participation of patients and the public has not been considered. However, we consider that knowing the interventions implemented in care models focused on elderly, as well as their effectiveness, can support and improve patient care. In addition, it will allow to know needs and future strategies to be implemented.

RESULTS

A total of 4952 bibliographic references related to the study topic were identified. Once duplicated entries were eliminated, 3193 titles and abstracts were reviewed for eligibility; among these, 577 articles that had been identified as relevant were reviewed in full text, to finally select 25 studies (figure 1). A total of 20 randomised controlled trials (RCTs) and 5 cluster RCTs, evaluating 25 healthcare models implemented in older people with CNCs, were included. Most studies were conducted in the USA (n=14); three in the Netherlands; two in Germany and the rest were in UK, Canada, Australia, Italy, Spain and Sweden.

Characteristics of the care models and type of interventions

The studies included a total of 15888 adults aged over 60 years with multimorbidity. Of these, 9187 belonged to the group that received care through one of the models, whereas 6701 belonged to the group that received the usual care. The most commonly reported CNCs in the studies were cardiovascular diseases, arthritis, mental illness (depression), nervous system disease (chronic pain), diabetes, chronic obstructive pulmonary disease and cancer.

The different models assessed in the studies included multidisciplinary care teams, including health professionals such as nurses, pharmacists, social workers, primary care doctors, physiotherapists, specialist doctors (cardiology and endocrinology), psychologists, occupational therapists and people who had previously received training on care for older adults. Eight studies revealed that the care models only considered one type of health professional to provide patient care (doctor, nurse or pharmacist).²⁰⁻²⁷ One study reported that there was no requirement for a health professional, but caregivers with experience caring for patients with Alzheimer's or other dementias as well as people with multimorbidities at the community level were required (see table 1).²⁸

The follow-up of the studies ranged between 3 and 32 months. Regarding the funding, 10 studies^{20 21 29-36} received at least one type of support or funding from a combination of different funders, including public hospitals, medical or pharmaceutical benefit schemes, support from the department of veterans affairs, regional home services, fee-for-service, prepaid plans or health plans and even a non-profit model. The remaining 15 studies^{22-28 37-44} did not report having received any funding whatsoever. The main features of the studies are described in table 1.

Each intervention of the identified models was analysed and subsequently classified based on its characteristics into one or more subcategories following the taxonomy proposed by the Cochrane EPOC group. A total of 23 different subcategories were identified. Table 2 represents the frequencies of use of each subcategory for the 25 studies analysed. The most commonly used type of intervention corresponds to the subcategory called 'educational meetings', which is defined as the attendance of courses, workshops, conferences or other educational events. This type of intervention belongs to the 'Implementation Strategies' domain. Online supplemental table 1 shows the topics covered by the 'educational meetings' intervention. Despite the fact that the studies reported having implemented a care model or programme, eight studies were identified as having administered a single intervention (table 2).^{23 26 28 32 38 42-44}

Based on the taxonomy proposed by the Cochrane EPOC group. Implementation strategies are interventions designed to bring about changes in healthcare organisations, the behaviour of healthcare professionals or the use of health services by healthcare recipients.

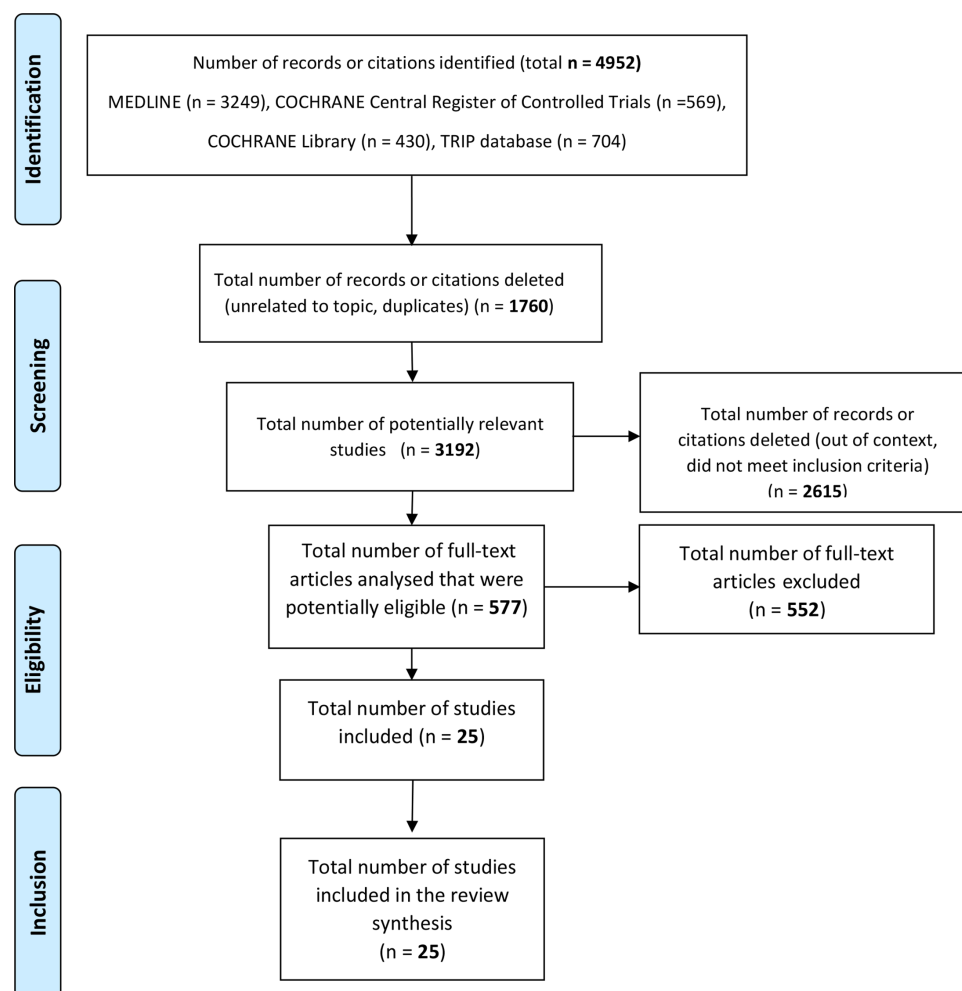


Figure 1 Flow chart demonstrating the study selection process. TRIP, Turning Research Into Practice.

In 12 studies, the administered intervention included the combination of 2 different subcategories.^{22 24 27 29–31 33 35 37 39–41} In most studies, at least one subcategory corresponded to ‘implementation strategies (educational),’^{22 24 27 29–31 33 35 37 39 41} in combination with some other strategy. For example, with the intervention of ‘prescribing’ which is defined as ‘the selection of a drug by a duly qualified health worker to treat a patient’s health condition’,¹⁷ or the ‘site of service delivery’, which is defined as ‘changes in the place where care is provided; for example, home vs health centre, hospitalisation vs outpatient, specialised centre versus non-specialised centre’.¹⁷

In two studies, a combination of three subcategories to conduct the intervention^{21 34} was observed. In these studies, there was at least one educational subcategory, which was not necessarily intended for the patient but for the health providers, for example, through the intervention called ‘interprofessional education’, which is defined as ‘continuing education for health professionals involving more than one profession in combined and interactive learning’.¹⁷ By way of example, other types of interventions administered included ‘site of service delivery’, ‘voucher schemes’, defined as ‘the provision

of vouchers that can be exchanged for health services at specific facilities’.¹⁷ Finally, in two studies, the intervention was classified into four different subcategories. A study by Battersby *et al*³⁵ sought to verify whether coordinated care could improve health outcomes. To do this, the intervention subcategories used comprised of ‘care pathways’ (defined as the link between evidence and daily practice in specific conditions), ‘case management’ (defined as the introduction, modification or elimination of strategies to improve the management of patients), ‘teams’ (defined as the delivery of care through a multi-disciplinary team of healthcare workers), ‘audit and feedback’ (defined as a summary of the performance of health workers over a specified period of time).¹⁷ In a study by Coleman *et al*,³¹ the objective was to try to reorganise the provision of primary care services to better meet the needs of older people with chronic diseases, and the following subcategories were used: ‘interprofessional education’, ‘educational outreach visits’ (defined as personal visits by a trained person to health workers in their own working settings to provide information aimed at changing practice), ‘tailored interventions’ (defined as interventions intended to change the selected practice based on an assessment of the obstacles that need

Table 1 Characteristics of the studies included

Study	Country	Design	Scope of development	Duration (months)	Objective	No of participants	Age in years	Conditions	Model or programme	Comparator	Health professionals
Battersby 2007 ³⁵	Australia	RCT	Primary care	20	Evaluate the coordinated care	4603 patients Intervention/control by area: central 271/138, southern 887/427, Eyre 1353/513, western 604/410	62–74	▲ COPD ▲ Diabetes	SA HealthPlus	Usual care	General practitioners Nurses Social workers
Beck 1997 ²⁹	USA	RCT	Primary care	12	Compare the impact of group outpatient visits.	321 patients Intervention 160/control 161	72–75	▲ Arthritis ▲ Hypertension	Cooperative Healthcare Clinic (CHCC)	Usual care	Cardiologist Endocrinologist Physical therapist Nurse
Boult 2013 ³⁶	USA	Cluster RCT	Primary care	32	Evaluate the effect of guided care (GC)	904 patients: intervention 485/control 419	77.2	▲ Chronic diseases	GC	Usual care	Nurses Primary care Physicians
Coleman 1999 ³¹	USA	RCT	Primary care	24	Improve outcomes of common geriatric syndromes in frail older adults	169 patients: intervention 96/control 73	77.4	▲ Diabetes	Chronic Care Clinics (CCC)	Usual care	Physicians Nurse Pharmacist Social worker
Coleman 2001 ³²	USA	RCT	Primary care	24	Reduce emergency department utilisation	295 patients: intervention 146/control 149	74.1–74.0	▲ Hypertension ▲ Diabetes ▲ COPD	A model of primary care group visit intervention	Usual care	Nurse Pharmacist Dietitian Social worker
Counsell 2007 ⁴²	USA	RCT	Primary care	24	Test the effectiveness of Geriatric Resources for Assessment and Care of Elders (GRACE)	951 patients: intervention 474/control 477	71.8 (5.6)	▲ Hypertension ▲ Arthritis ▲ Diabetes	GRACE	Usual care	Nurse Geriatrician Pharmacist Physical therapist Mental health Social worker
Cucinotta 2004 ⁴⁴	Italy	RCT	Primary care	6	Verify the effectiveness of home assistance	127 patients: Intervention 66/Control 61	83.21–85.20	▲ Diabetes	Model of home assistance	Usual care	General practitioner Trained person
Dubbert 2002 ²⁰	USA	RCT	Primary care	12	Evaluate the effects of Seniors Telephone Exercise Primary Care Study (STEPS)	181 patients: Intervention 1 (n=59); Intervention 2 (n=62); Control (n=60)	60–80	▲ Diabetes ▲ Arthritis ▲ Cardiovascular and cerebrovascular diseases	* STEPS	No calls	Nurse
Duggleby 2018 ³⁸	Canada	RCT	Primary care	6	Evaluate the effectiveness of My Tools 4 Care (MT4C) in carers	199 patients: Intervention 101/Control 98	80.5 (7.4)	▲ Alzheimer's and other types of dementia	MT4C	Educational control	Carers of community

Continued

Table 1 Continued

Study	Country	Design	Scope of development	Duration (months)	Objective	No of participants	Age in years	Conditions	Model or programme	Comparator	Health professionals
Ford 2019 ²⁷	UK	Cluster RCT	Primary care	6	Assess the feasibility of goal setting	52 patients: Intervention 24/Control 28	77.18–80.42	▲ Chronic diseases	Goal setting	Usual care	General practitioners
Fried 2017 ²⁸	USA	RCT	Primary care	–	Study examines the effect of Tool to Reduce Inappropriate Medications (TRIM)	128 patients: Intervention 64/Control 64	>70	▲ Hypertension ▲ Diabetes	TRIM	Usual care	Clinician
Harpole 2005 ⁴³	USA	RCT	Primary care (18 clinics)	12	Determine the response of multidisciplinary treatment	1801 patients: Intervention 906/Control 895	71.0–71.4	▲ Depression ▲ Hypertension ▲ Arthritis ▲ Chronic pain	Improving Mood-Promoting Access to Collaborative Treatment (IMPACT)	Usual care	Nurse Psychologist General practitioner Psychiatrist.
Hochhalter 2010 ⁴¹	USA	RCT	Primary care	6	Test the efficacy of a patient engagement intervention	64 patients: Int1 20; Int2 23/Control (n=21)	73–76	▲ Arthritis ▲ COPD ▲ Diabetes ▲ Hypertension ▲ Depression	Making the most of your healthcare	Usual care	Physicians, Nurses
Jonkers 2012 ²³	Netherlands	RCT	Primary care	9	Examine the effects of Minimal Psychological Intervention (MPI)	361 patients: Intervention 183/Control 178	70.8 (6.5)	▲ COPD ▲ Diabetes ▲ Depression	MPI	Usual care	Nurses
Köberlein 2016 ⁴⁰	Germany	Cluster RCT	Primary care	15	Study the efficacy of inter-professional medication management	162 patients	76.8 (6.3)	▲ Hypertension, dyslipidaemia ▲ Chronic ischaemic heart disease	Case Management	The intervention group is its own control	Primary care physician Homecare specialist Pharmacist
Lamers 2010 ²²	Netherlands	RCT	Primary care	9	Evaluate the effectiveness of a nurse-led MPI	361 patients: Intervention 183/Control 178	70.6 (6.8)	▲ COPD ▲ Diabetes ▲ Depression	MPI	Usual care	Nurses
Leveille 1998 ³⁰	USA	RCT	Primary care	12	Evaluate the impact of a senior centre.	201 patients: Intervention 101/Control 100	77.2 (5.2)	▲ Arthritis ▲ Hypertension	Collaborative model*	Usual care	Geriatric nurse practitioner
Lin 2006 ³⁴	USA	RCT	Primary care (seven distinct regions)	12	Investigate whether collaborative care decreases pain and disability	1001 patients: Intervention 506/Control 495	72.0 (7.4)	▲ Osteoarthritis ▲ Depression	IMPACT	Usual care	Nurse Psychologist Physician

Continued

Table 1 Continued

Study	Country	Design	Scope of development	Duration (months)	Objective	No of participants	Age in years	Conditions	Model or programme	Comparator	Health professionals
Meng 2005 ²¹	USA	RCT	Primary care	24	Test the effect of healthcare service	1394 patients Int1 365; Int2 323; Int3 37/ Control 330	79.6–80.6	▲ Chronic diseases	The Medicare Primary and Consumer-Directed Care Demonstration.	Usual care	Nurse
Moral 2015 ²⁵	Spain	Cluster RCT	Primary care	18	Evaluate the effectiveness of Motivational Interviewing (MI)	154 patients: Intervention 70/ Control 84	75.6 (5.9)	▲ Hypertension ▲ Diabetes ▲ COPD ▲ Asthma	MI	Usual care	Family physicians
Poot 2019 ³⁷	Netherlands	RCT	Primary care	12	Investigate changes in the satisfaction care	754 patients: Intervention 151/ Control 603	78.5–87.2	▲ Chronic diseases	Integrated Systematic Care for Older People (SCOPE)	Usual care	Nurses General practitioners
Schäfer 2018 ³⁹	Germany	Cluster RCT	Primary care	12	Reduce the no of medications	604 patients: Intervention 299/ Control 305	73.3 (4.8)	▲ Cardiovascular disease ▲ Heart disease ▲ Diabetes	Chronic Care Model and Narrative Based Medicine	Usual care	General practitioners Physician Sociologist
Scott 2004 ³³	USA	RCT	Primary care	24	Evaluate the effect of CHCC	294 patients: Intervention 145/ Control 149	74.2 (7.6)	▲ Arthritis ▲ Hypertension ▲ Myocardial infarction	CHCC	Usual care	Physician Pharmacist Nurse Physical therapists
Toots 2019 ³⁸	Sweden	RCT	Primary care	12	Investigate exercise effects on falls	186 patients: Intervention 93/ Control 93	84.4 – 85.9	▲ Alzheimer ▲ Vascular dementia ▲ Depression	Umeå Dementia and Exercise Study	Usual care	Physiotherapists Occupational therapists
Touchette 2012 ²⁴	USA	RCT	Primary care	3	Evaluate the effect of Medication Therapy Management (MTM)	637 patients: Int1 211; Int2 218; Control 208	74.5 (6.6)	▲ Hypertension ▲ Arthritis ▲ Chronic pain	MTM	Usual care	Pharmacist
CHCC, Cooperative Healthcare Clinic; COPD, chronic obstructive pulmonary disease; RCTs, randomised controlled trials.											

Table 2 Type of interventions classified based on care models

		Interventions	Beck, 1997 ²⁹	Leveille 1998 ³⁰	Coleman 1999 ³¹	Coleman 2001 ³²	Dubbert 2002 ²⁰	Cucinotta 2004 ⁴⁴	Scott 2004 ⁴³	Harpole 2005 ⁴³	Meng 2005 ²¹	Lin 2006 ³⁴	Battersby 2007 ³⁵	Counsell 2007 ⁴²	Hochhalter 2010 ⁴¹	Lamers 2010 ²²	Jonkers 2012 ²³	Touchette 2012 ²⁴	Boult 2013 ³⁶	Moral 2015 ²⁵	Köberlein 2016 ⁴⁰	Fried 2017 ²⁶	Schäfer 2018 ³⁹	Duggleby 2018 ²⁸	Toots 2019 ³⁸	Poot 2019 ³⁷	Ford 2019 ²⁷	
Implementation Strategies	Inter professional education																											
	Educational meetings																											
	Continuous quality improvement																											
	Patient-mediated interventions																											
	Tailored intervention																											
	Educational outreach visits or academic detailing																											
	Triage																											
	Educational materials																											
	Reminders																											
	Audit and feedback																											
Delivery arrangements	Site of service delivery																											
	Continuity of care																											
	Group versus individual care																											
	Shared care																											
	Care pathways																											
	Teams																											
	Triage																											
	Health information systems																											
	Comprehensive geriatric assessment																											
	Case management																											
Governance arrangements	Voucher schemes and Shared care																											
	Prescribing																											

Continued

Continued

Table 2 Continued

Interventions	Voucher schemes									
	No of interventions									
Beck, 1997 ²⁹	3									
Leveille 1998 ³⁰		3								
Coleman 1999 ³¹			4							
Coleman 2001 ³²		1	2							
Dubbert 2002 ²⁰		1		3						
Cucinotta 2004 ⁴⁴					3					
Scott 2004 ⁴³			1							
Harpole 2005 ⁴⁵				3						
Meng 2005 ²¹					3					
Lin 2006 ³⁴						4				
Battersby 2007 ³⁵							1			
Counsell 2007 ⁴²								2		
Hochhalter 2010 ⁴¹									2	
Lamers 2010 ²²										1
Jonkers 2012 ²³										2
Touchette 2012 ²⁴										3
Bout 2013 ³⁶										2
Moral 2015 ²⁵										2
Köberlein 2016 ⁴⁰										1
Fried 2017 ²⁶										2
Schäfer 2018 ³⁹										1
Dugleby 2018 ³⁸										1
Toots 2019 ³⁸										3
Poot 2019 ³⁷										2
Ford 2019 ²⁷										2

change), and 'shared care' (continuous collaborative clinical care provided by primary care physicians and specialists).

Effectiveness of interventions

The types of outcomes were classified according to the taxonomy proposed by the Cochrane Consumers and Communication group. This tool allowed for the stratification and identification of 42 categories to which each of the outcomes were assigned. Effectiveness was in turn classified into three categories: 'effective', 'partially effective' and 'ineffective' (table 3 and online supplemental table 2). Table 3 shows how more than 50% of the total outcomes evaluated are concentrated in the consumer-oriented outcomes domain. The classification of the type of result allowed the assignment within the same subcategory (table 4); however, to obtain it, each study required different scales and measures of effect.

One of the model characteristics identified as 'effective' is, for example, the training received by health professionals before the commencement of the intervention, which was focused on improving professional-patient communication skills²⁵ or on the management of depression in older people.²³ Another common factor shared by the models is that their interventions sought to establish a close relationship between the professional and the patient during the initial phases of each intervention, despite being carried out according to different methods. For example, in one of the models, the objective of the first stage was for the patient to share his/her feelings with the healthcare professional and for the latter to understand the origin of the symptoms as well as the patient's daily routine.²³ In another model, healthcare professionals adhered to the following principles during the development of the intervention: (1) to resist the urge to correct, (2) to understand the patient's own motivations, (3) to listen with empathy and (4) to empower the patient.²⁵ Finally, another model allowed the professional to know details about each patient's personal situation by carrying out an interview as part of the exhaustive phase for the medication review.⁴⁰ This approach in the three models allowed the health professionals to understand aspects that were relevant in the daily life of older adults, and therefore, their motivations or needs. Thus, the suggestions made by the professionals with regard to the changes needed to be made by the patients became more precise.

We identified three studies^{23 25 40} that reported favourable outcomes in the group of older adults integrated into some of the models of care (Minimal Psychological Intervention, Motivational Interviewing and Case Management) compared with the usual care. None of the outcomes provided by these three studies reported data on clinical outcomes. Besides, most of these types of studies prioritised outcomes related to the quality of life or the reduction of hospital admissions.⁴⁵

On the other end, we find three models of care^{28 37 39} that evidence that none of the implemented interventions

Table 3 Effectiveness of interventions in the studies (care models)

Type of outcome	Effective	Partially effective	Ineffective
Improved communication with provider*			X ²⁶
Patient satisfaction with the information provided*		X ³²	
Advance directives*	X ³²		
The decision/s made (eg, types of care plans agreed)*			X ²⁶
Availability of patient-held records or notes when required*		X ¹⁹	
Consumer–professional interactions experience*		X ³⁴	
Partner or family support*		X ¹⁹	
Communication skills/techniques*	X ²⁵		
Level of dependency*	X ³⁴		
Patient compliance (with treatment, medication)*	X ²⁴		
Self examination*		X ³⁰	
Diet*			X ²⁹
Other (consumption of alcoholic beverages)**		X ²⁹	
Complications, complication rate*	X ¹⁹	X ³⁰	
Level of patient-centred care†			X ²⁶
Choices offered†			X ³⁴
Quality of life, life satisfaction*	XX ^{32 41}	XXX ^{21 34 42}	XXXXX XX ^{19 26} 27 29 30 35 38
Admission to hospital‡	X ³²	XX ^{28 31}	XXXXX XX ^{23 29} 30 34 35 41 43
Readmission rate to hospital‡	XX ^{31 43}	X ²⁸	XXX ^{29 35 41}
Usage of specific services (eg, Use of outpatient treatment)‡		X ³⁴	XXXXX ^{23 28 32} 35 38
Rate of prescribing medications†	X ²³	X ³⁴	XXXX ^{25 26 32 38}
Level of anxiety, depression, mood, well-being*	XX ^{21 22}	X ⁴²	XXX ^{19 29 30}
Satisfaction with care*	XX ^{28 32}	XX ^{30 35}	XXX ^{36 38 41}
Level of activities of daily living*	X ²²	XX ^{30,41}	XXX ^{26 32 41}
Self-care abilities, self efficacy*	X ²³	XX ^{34 37}	XX ^{27 38}
Morbidity, mortality*	X ⁴³		XXX ^{26 35 41}
Costs of care (eg, costs of in-patient care, costs of home-care)‡	XX ^{32 34}		XX ^{29 30}
Carer satisfaction*	X ²⁸		X ³⁰
Length of stay in hospital‡	X ²⁹		XX ^{28 41}
Provision of or use of technical aids*	XX ^{28 29}	X ³⁰	
Agreement between personal values for outcomes and choice*	XX ^{23 26}		
Social activity*	X ²²	X ²⁹	
Factors affecting compliance*	X ²⁴		X ²⁵
Exercise*		X ¹⁹	X ²⁹
Side effects of drugs*		X ²³	X ³⁰
Costs of specific interventions (eg, educational, medical)‡		X ²⁸	X ³⁴
Reporting of adverse events‡	X ³⁹	X ²³	
Quality of care‡	X ³⁹		X ²⁵
Priority setting‡		X X ^{20 33}	
Use of services (eg, screening or vaccination programmes)*	X ³⁴	X ²⁸	
Knowledge of risk, accurate risk perception*		X ³²	
Knowledge about expected and undesired effects of treatment*			X ³⁸

Continued

Table 3 Continued

Type of outcome	Effective	Partially effective	Ineffective
Total no of outcomes reported in the studies	31	32	56
Based on the taxonomy by the Cochrane Consumers and Communication group. *Belong to the consumer-oriented outcomes domain. †Belong to the healthcare provider-oriented outcomes domain. ‡Belong to the health service delivery-oriented outcomes domain.			

improved the outcome for the patients whatsoever. The remaining models^{20–22 24 26 27 29–36 38 41–44} did not evidence a clear benefit for the participants, that is, despite some of their measurements indicating some type of improvement, the remaining outcomes shared a similar or lower value than that obtained in the control group (online supplemental table 2).

Out of the 25 healthcare models, only 22% of the 119 reported outcomes improved the conditions of patients. A total of 57% of the outcomes did not provide any benefit for the model's experimental group, whereas 21% of the outcomes did not show a clear effect regarding the benefit granted to the patients, mainly because they did not remain constant throughout the study period (table 4).

For the assessment of the methodological quality of the studies, the risk of bias tool was applied, which allowed us to observe that most of the studies had a high risk of bias (18 studies) or were at least unclear (7 studies). This indicates that the studies had low methodological quality as they did not use an appropriate method to allocate the interventions or for the randomisation process and were not blinded or did not describe the methods used during the study performance (online supplemental figures 1 and 2).

DISCUSSION

A total of 25 models of care were found in this systematic review that included 20 RCTs, and 5 cluster RCTs. The models of care were highly heterogeneous, as was expected since no restriction was set on the condition or disease at which they were aimed. Multiple strategies and interventions were found to be part of these models of care and it is not possible to assess accurately whether any specific combination of them rendered the outcomes observed for each model. However, some observations can be made.

Effective interventions

Across the 25 models of care, we identified 26 positive outcomes, which were the ones categorised as effective using the Cochrane Consumers and Communication group's taxonomy. We looked at the specific strategies or interventions that were present in the models of care that produced such positive outcomes and found a total of 14 different interventions. The most frequent interventions that rendered positive outcomes were strategies for

modifying site of service delivery, educational meetings, interprofessional education, educational outreach visits or academic detailing, and prescribing.

Regarding the site of service delivery, six out of eight studies which included a variant of this strategy—usually some form of home care—rendered significant outcomes, although in every case they were combined with a different set of interventions. An overview of systematic reviews examined the impact of home care versus alternative locations of care on health outcomes for older persons. They found heterogeneous evidence favouring home support but insufficient evidence to determine whether alternate locations of care had better impact than home care.⁴⁶ Our findings suggest that some forms of home care may contribute to produce favourable outcomes of the following types: quality of life, life satisfaction, morbidity, mortality, satisfaction with care, level of anxiety, depression, mood, well-being, provision of or use of technical aids, quality of care and reporting of adverse events.

Educational strategies were also frequent among the implementation strategies included in the models of care with effective outcomes in our systematic review.

Three studies were noticeable for having the most relevant outcomes.^{23 25 40} Of these, two studies focused on improving drug management and therapeutic adherence,^{25 40} whereas the third focused on reversing symptoms associated with depression, for example, to improve self-efficacy, daily functioning and social participation.²³ Another element shared by the studies is that their interventions intended to establish a close relationship between the professional and the patient during the initial phases of each intervention. In the model proposed by Jonkers *et al*,²³ the objective of the first stage was for the patient to share his/her feelings with the health professional and for the latter to understand the origin of the symptoms as well as the patient's daily routine. In the model of a study by Moral *et al*,²⁵ healthcare professionals adhered to the principles of resisting the urge to make corrections, understanding the patient's own motives, listening with empathy and empowering the patient. Finally, the model evaluated by Köberlein-Neu *et al*⁴⁰ allowed for the professional to find out details about the personal situation of each patient through an interview as part of the exhaustive phase of the medication review.

Ineffective interventions

Three studies produced only ineffective outcomes.^{28 37 39} Interestingly, these studies implemented interventions

Continued

Table 4 Type of outcomes based on healthcare models

Type of outcome	Beck 1997 ²⁹	Leveille 1998 ³⁰	Coleman 1999 ³¹	Coleman 2001 ³²	Dubbert 2002 ³⁰	Cucinotta 2004 ⁴⁴	Scott 2004 ⁴³	Harpole 2005 ⁴⁵	Meng 2005 ²¹	Lin 2006 ³⁴	Battersby 2007 ³⁵	Counsell 2007 ⁴²	Hochhalter 2010 ⁴¹	Lamers 2010 ²²	Jonkers 2012 ²³	Touche 2012 ²⁴	Boult 2013 ³⁶	Moral 2015 ²⁵	Köberlein 2016 ⁴⁰	Fried 2017 ²⁶	Schäfer 2018 ³⁹	Dugdaley 2018 ²⁸	Toots 2019 ³⁸	Poot 2019 ³⁷	Ford 2019 ²⁷
Consumer oriented outcomes																	X								
Agreement between personal values for outcomes and choice																									
Improved communication with provider																									
The decision (s) made																									
Quality of life, life satisfaction	X	X	X	X	X		X	X			X	X	X	X							X	X	X		
Morbidity, mortality						X						X													
Satisfaction with care	X	X	X				X					X									X		X		
Self-care abilities, self-efficacy											X										X	X	X		
Knowledge about expected and undesired effects of treatment																				X					
Factors affecting compliance																				X					
Patient compliance (with treatment, medication)																		X							
Side effects of drugs			X														X								
Level of activities of daily living	X	X					X					X	X	X											
Level of anxiety, depression, mood, well-being	X	X	X	X				X						X	X										
Social activity																	X								
Advance directives																									
Knowledge of risk, accurate risk perception																		X							
Patient satisfaction with the information provided																		X							
Exercise			X																						
Partner or family support																									
Availability of patient-held records or notes when required																									

Table 4 Continued

[illegible]

Continued

Table 4 Continued

Type of outcome	Beck 1997 ²⁹	Leveille 1996 ³⁰	Coleman 1999 ³¹	Coleman 2001 ³²	Dubbert 2002 ²⁰	Cucinotta 2004 ³⁴	Scott 2004 ³³	Harpole 2005 ⁴³	Meng 2005 ²¹	Lin 2006 ³⁴	Battersby 2007 ³⁵	Counsell 2007 ⁴²	Hochhalter 2010 ⁴¹	Lamers 2010 ²²	Jonkers 2012 ²³	Touchette 2012 ³⁴	Boult 2013 ³⁶	Moral 2015 ²⁵	Köberlein 2016 ⁴⁰	Fried 2017 ²⁶	Schäfer 2018 ³⁹	Duggleby 2018 ²⁸	Toots 2019 ³⁸	Poot 2019 ³⁷	Ford 2019 ³⁷
Costs of care (eg, costs of in-patient care, costs of home-care)		X	X				X				X														
Priority setting									X																
Total=119	10	12	9	2	6	3	10	2	1	1	11	7	1	2	4	6	6	2	2	5	6	2	1	1	7

Effectiveness of interventions: effective partially effective ineffective.
HCPOO, Healthcare Provider-Oriented Outcomes.

proved effective in other studies included in the review. Specifically, Duggleby *et al* implemented educational meetings²⁸; Schäfer *et al* implemented educational outreach visits and prescribing³⁹ and Poot *et al* implemented a combination of educational outreach visits, audit and feedback, and multidisciplinary teams.³⁷ However, neither attained any effective outcomes. Moreover, selection bias, lack of blinding of participants or outcome, were not reported in these three studies. It is not uncommon in systematic reviews to find similar studies producing contradicting results. These contradictory findings might be attributed to methodological reasons.

Remarks

Each of the 25 identified studies presented interventions with specific scopes. These interventions were integrated through different components, which allowed them to interact; however, establishing causal chains linking the intervention with the outcome is highly complex⁴⁷ and hence, the effectiveness of each of the studies depend on the objectives of the study or the needs of the participating population.

In addition, the lack of a standard definition or consensus on which conditions should be considered within multimorbidity, the impact of the context in which the intervention is developed (eg, the differences between countries in terms of the type of income, funding modes, the target population, ie, the general public or a specific socioeconomic level) as well as the source of the identified and collected measurements (electronic files, interviews, evaluation scales, as well as the context of the study) should also be considered as they are variables that affect the outcomes and hinder the comparability among studies.¹

The scarcity of effective interventions found in this review is in line with the findings of another systematic review by Smith *et al* that focused on interventions for improving outcomes for patients with multimorbidity in primary care and community settings.¹¹ Although it did not focus exclusively on older persons, most of the 17 RCTs included in it recruited participants in that age group. The single most relevant outcome found in that systematic review was an improvement in mean depression scores, with high-quality evidence supporting it. There was moderate-quality evidence that some interventions improved the healthcare providers' behaviour and enhanced health-related patient behaviours such as increased physical activity. The effect in other outcomes was less clear, with probable slight improvements in patient reported outcomes and medication adherence. However, no clear effect on clinical outcomes or in health service use was noted. Moreover, it was not possible to compare costs across studies.¹¹

Both in our systematic review and the one by Smith *et al*, the most common intervention types were educational strategies aimed either at patients or healthcare providers, implementation or enhancement of

multidisciplinary care and organisational modifications to delivery of care.¹¹ However, there is a growing claim for the inclusion of diverse approaches tailored to people living with complex multimorbidity or advanced illnesses. Mas Miquel *et al* propose an integrated model of care for older persons with complex chronic conditions, after identifying the following evidence-based clinical practices to include in the comprehensive care of these populations: multidimensional assessment by a multidisciplinary team; education of the patient and caregiver; anticipation to health crises; activation to alternatives to conventional hospitalisation; proactive care provision in case of hospital admission; health and social status changes monitoring in transitions; end-of-life care planning.⁴⁸ While these methods and arguments are compelling, these models will be empirically tested in the near future.

CONCLUSIONS

Out of the 25 studies identified, 3 studies were rated as effective, overall.

All the interventions addressed in the 25 models are similar to public health interventions as their main aims were the promotion of health and the prevention of disease complications at the community level. The most effective outcomes focused on improving the relationship between the patient and the healthcare professional in the early stages of the intervention; therefore, following this guideline is recommended. However, the most important problem identified in this review refers to the low quality of the studies based on the results assessed using the risk of bias tool. The multiplicity of variables and outcomes measured in each study also hinder their interpretation. To improve comparability among studies, a standardised reporting system for outcomes is warranted.

The evidence here presented suggests that enhancing, rearranging or building on the status quo is not enough where effectiveness of care delivery for older persons with chronic diseases is concerned. There is a need for innovative approaches that emphasise on patient-centredness, but also on integrated, continuous, easy-to-navigate care, while addressing methodological issues that guarantee good-quality evidence.

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Supplementary file 1. Search strategies in the databases.

MEDLINE
aged[MeSH Terms]
aged, 80 and over[MeSH Terms]
frail elderly[MeSH Terms]
middle aged[MeSH Terms]
OLDER ADULT
"Elderly" OR "Oldest Old" OR "Nonagenarians" OR "Nonagenarian" OR "Octogenarians" OR "Octogenarian" OR "Centenarians" OR "Centenarian" OR "Elderly, Frail" OR "Frail Elders" OR "Elder, Frail" OR "Elders, Frail" OR "Frail Elder" OR "Functionally-Impaired Elderly" OR "Elderly, Functionally-Impaired" OR "Functionally Impaired Elderly" OR "Frail Older Adults" OR "Adult, Frail Older" OR "Adults, Frail Older" OR "Frail Older Adult" OR "Older Adult, Frail" OR "Older Adults, Frail"
#1 OR #2 OR #3 OR #4 OR #5 OR #6
chronic disease[MeSH Terms]
"Chronic Diseases" OR "Disease, Chronic" OR "Diseases, Chronic" OR "Chronic Illness" OR "Chronic Illnesses" OR "Illness, Chronic" OR "Illnesses, Chronic" OR "Chronically Ill"
multiple chronic conditions[MeSH Terms]
comorbidity[MeSH Terms]
Multimorbidity[MeSH Terms]
chronic illnesses
"Chronic Conditions, Multiple" OR "Multiple Chronic Health Conditions" OR "Multiple Chronic Medical Conditions" OR "Multiple Chronic Illnesses" OR "Chronic Illnesses, Multiple"
#8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14
primary health care[MeSH Terms]
"Care, Primary Health" OR "Health Care, Primary" OR "Primary Healthcare" "Healthcare, Primary" OR "Primary Care" OR "Care, Primary"
#16 OR #17
community health services[MeSH Terms]
community health planning[MeSH Terms]
"Health Services, Community" OR "Community Health Service" OR "Health Service, Community" OR "Service, Community Health" OR "Services, Community Health" OR "Community Health Care" OR "Care, Community Health" OR "Health Care, Community" OR "Community Healthcare" OR "Community Healthcares" OR "Healthcare, Community" OR "Healthcares, Community"

"Community Health Plannings" OR "Health Planning, Community" OR "Health Plannings, Community" OR "Planning, Community Health" OR "Plannings, Community Health" OR "Population-Based Planning" OR "Planning, Population-Based" OR "Plannings, Population-Based" OR "Population Based Planning" OR "Population-Based Plannings" OR "Community Health Systems" OR "Community Health System" OR "Health System, Community" OR "Health Systems, Community" OR "System, Community Health" OR "Systems, Community Health"
community medicine[MeSH Terms]
"Medicine, Community"
public health[MeSH Terms]
"Health, Public" OR "Community Health" OR "Health, Community" OR "Environment, Preventive Medicine and Public Health" OR "Environment, Preventive Medicine and Public Health"
#19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26
"Clinical model" OR "care model" OR "Models of Care"
models, educational[MeSH Terms]
"Instructional Models" OR "Instructional Model" OR "Model, Instructional" OR "Models, Instructional" OR "Educational Models" OR "Educational Model OR "Model, Educational"
#28 OR #29 OR #30
"Management, Medication Therapy" OR "Therapy Management, Medication" OR "Drug Therapy Management" OR "Management, Drug Therapy" OR "Therapy Management, Drug" OR "MEDICARE Prescription Drug" OR "Improvement and Modernization Act of 2003"
"management of chronic conditions"
medication therapy management[MeSH Terms]
#32 OR #33 OR #34
self management[MeSH Terms]
management, safety[MeSH Terms]
"self-management support"
"self-management"
#36 OR #37 OR #38 OR #39
public policy[MeSH Terms]
"Policies, Public" OR "Policy, Public" OR "Public Policies" OR "Migration Policy" OR "Migration Policies" OR "Policies, Migration" OR "Policy, Migration" OR "Affirmative Action" OR "Action, Affirmative" OR "Social Protection" OR "Protection, Social" OR "Population Policy" OR "Policies, Population" OR "Policy, Population" OR "Population Policies" OR "Social Policy" OR "Policies, Social" OR "Policy, Social" OR "Social Policies"
"health system"
#41 OR #42 OR #43
healthy people programs[MeSH Terms]
"social protection"

"healthy People Program" OR "Healthy People 2010" OR "Healthy People 2020" OR "Healthy People 2020s" OR "People 2020, Healthy" OR "Healthy People 2000"
"social protection systems"
"healthcare intervention programs"
#45 OR #46 OR #47 OR #48 OR #49
"Integrated Care AND "Older People"
"Integrated Care" AND "Older People"
"Integrated Care for Older People"
#52 OR #53
(#7 AND #15 AND #18) AND #31
(#7 AND #15 AND #18) AND #31
(#7 AND #15 AND #18) AND #31
(#7 AND #15 AND #18) AND #35
(#7 AND #15 AND #18) AND #40
(#7 AND #15 AND #18) AND #44
(#7 AND #15 AND #18) AND #50
(#7 AND #15 AND #18) AND #54
(#7 AND #15 AND #27) AND #31
(#7 AND #15 AND #27) AND #35
(#7 AND #15 AND #27) AND #40
(#7 AND #15 AND #27) AND #44
(#7 AND #15 AND #27) AND #50
(#7 AND #15 AND #27) AND #54

Trip Database	
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services)	
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services)	
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services) from:1966	
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services) from:1966	
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services) from:1966	
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services)	
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services)	

(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services) from:1966
(Older Adult AND Chronic Disease)(Primary Health Care OR Community Health Services) from:1966
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(title:(middle aged OR aged OR aged 80 and over OR frail elderly) AND (chronic condition OR chronic illnesses OR Chronic Disease OR Multiple Chronic Conditions OR Comorbidity OR Multimorbidity))(title:community based OR Population Based OR Health Care Community)

Cochrane Library
Older Adult in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections (Word variations have been searched)
Chronic Disease in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Multiple Chronic Conditions in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Comorbidity in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Multimorbidity in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
#1 AND (#2 OR #3 OR #4 OR #5) in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special

Collections
Primary Health Care in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Community Health Services in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
((#1 AND (#2 OR #3 OR #4 OR #5)) AND (#7 OR #8)) in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
((#1 AND (#2 OR #3 OR #4 OR #5)) AND #7) in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
(#2 OR #3 OR #4 OR #5) in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Middle Aged in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Aged in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Aged, 80 and over in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Frail Elderly in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
(#1 OR #12 OR #13 OR #14 OR #15) in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Care, Primary Health OR "Health Care, Primary" OR "Primary Healthcare" OR "Healthcare, Primary" OR "Primary Care" OR "Care, Primary" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
#7 OR #17 in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Health Services, Community OR "Community Health Service" OR "Health Service, Community" OR "Service, Community Health" OR "Services, Community Health" OR "Community Health Care" OR "Care, Community Health" OR "Health Care, Community" OR "Community Healthcare" OR "Community Healthcares" OR "Healthcare, Community" OR "Healthcares, Community" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Community Health Planning in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Community Medicine in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Community Health Systems in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
community-based approaches in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
#8 OR #19 OR #20 OR #21 OR #22 OR #23 in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Models, Educational OR "Instructional Models" OR "Instructional Model" OR "Model, Instructional" OR "Models, Instructional" OR "Educational Models" OR "Educational Model" OR "Model, Educational" OR "care model" OR "clinical model" OR "Models of Care" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Medication Therapy Management OR "Management, Medication Therapy" OR "Therapy Management, Medication" OR "Drug Therapy Management" OR "Management, Drug Therapy" OR "Therapy Management, Drug" OR "MEDICARE Prescription Drug" OR "Improvement and Modernization Act of 2003" OR "management of chronic conditions" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
self-management OR "Self Management" OR "Management, Self" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Public Policy OR "Healthy People Programs" OR "Policies, Public" OR "Policy, Public" OR "Public Policies" OR "Migration Policy" OR "Migration Policies" OR "Policies, Migration" OR "Policy, Migration" OR "Affirmative Action" OR "Action,

Affirmative" OR "Social Protection" OR "Protection, Social" OR "Population Policy" OR "Policies, Population" OR "Policy, Population" OR "Population Policies" OR "Social Policy" OR "Policies, Social" OR "Policy, Social" OR "Social Policies" OR "Healthy People Program" OR "Healthy People 2010" OR "Healthy People 2020" OR "Healthy People 2020s" OR "People 2020, Healthy" OR "Healthy People 2000" OR "Health system" OR "public health" OR "Public health intervention" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
healthcare intervention programs OR "social protection systems" OR "social protection" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
Integrated Care Older People OR "Integrated Care for Older People" in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
randomized controlled trial in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
(#16 AND #11 AND #18 AND #31) AND #25 in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
(#16 AND #11 AND #18 AND #31) AND #26 in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections
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(#16 AND #11 AND #24 AND #31) AND #30 in Cochrane Reviews, Cochrane Protocols, Clinical Answers, Editorials, Special Collections

Cochrane CENTRAL

Older Adult in Trials (Word variations have been searched)

Chronic Disease in Trials
Multiple Chronic Conditions in Trials
Comorbidity in Trials
Multimorbidity in Trials
#1 AND (#2 OR #3 OR #4 OR #5) with Cochrane Library publication date Between Jan 1966 and Aug 2020, in Trials
Primary Health Care in Trials
Community Health Services in Trials
((#1 AND (#2 OR #3 OR #4 OR #5)) AND (#7 OR #8)) in Trials
((#1 AND (#2 OR #3 OR #4 OR #5)) AND #7) in Trials
(#2 OR #3 OR #4 OR #5) in Trials
Middle Aged in Trials
Aged in Trials
Aged, 80 and over in Trials
Frail Elderly in Trials
(#1 OR #12 OR #13 OR #14 OR #15) in Trials
Care, Primary Health OR "Health Care, Primary" OR "Primary Healthcare" OR "Healthcare, Primary" OR "Primary Care" OR "Care, Primary" in Trials
#7 OR #17 in Trials
Health Services, Community OR "Community Health Service" OR "Health Service, Community" OR "Service, Community Health" OR "Services, Community Health" OR "Community Health Care" OR "Care, Community Health" OR "Health Care, Community" OR "Community Healthcare" OR "Community Healthcares" OR "Healthcare, Community" OR "Healthcares, Community"
Community Health Planning in Trials
Community Medicine in Trials
Community Health Systems in Trials
community-based approaches in Trials
#8 OR #19 OR #20 OR #21 OR #22 OR #23 in Trials
Models, Educational OR "Instructional Models" OR "Instructional Model" OR "Model, Instructional" OR "Models, Instructional" OR "Educational Models" OR "Educational Model" OR "Model, Educational" OR "care model" OR "clinical model" OR "Models of Care" in Trials
Medication Therapy Management OR "Management, Medication Therapy" OR "Therapy Management, Medication" OR "Drug Therapy Management" OR "Management, Drug Therapy" OR "Therapy Management, Drug" OR "MEDICARE Prescription Drug" OR "Improvement and Modernization Act of 2003" OR "management of chronic conditions" in Trials
self-management OR "Self Management" OR "Management, Self" in Trials

Public Policy OR "Healthy People Programs" OR "Policies, Public" OR "Policy, Public" OR "Public Policies" OR "Migration Policy" OR "Migration Policies" OR "Policies, Migration" OR "Policy, Migration" OR "Affirmative Action" OR "Action, Affirmative" OR "Social Protection" OR "Protection, Social" OR "Population Policy" OR "Policies, Population" OR "Policy, Population" OR "Population Policies" OR "Social Policy" OR "Policies, Social" OR "Policy, Social" OR "Social Policies" OR "Healthy People Program" OR "Healthy People 2010" OR "Healthy People 2020" OR "Healthy People 2020s" OR "People 2020, Healthy" OR "Healthy People 2000" OR "Health system" OR "public health" OR "Public health intervention" in Trials
healthcare intervention programs OR "social protection systems" OR "social protection" in Trials
Integrated Care Older People OR "Integrated Care for Older People" in Trials
(#16 AND #11 AND #18) AND #25 in Trials
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(#16 AND #11 AND #24) AND #29 in Trials
(#16 AND #11 AND #24) AND #30

Supplementary Table 1. Topics covered by the educational meeting interventions

Study	Topics of educational meetings		Aimed at
Beck 1997²⁹	1. Medications and drug-related problems 2. Exercise 3. Nutrition 4. Alternate care	5. Skilled nursing facilities 6. Home safety 7. Advance directives 8. Use of emergency care services	Patients
Leveille 1998³⁰	1. Nutrition tip sheets 2. Health promotion course, 3. Physical activity (walking, swimming, dancing, tai chi and a supervised endurance, strength and flexibility training programme)	4. Home exercise options 5. Chronic Illness Self-Management Course, (disease self-management concepts)	Patients
Coleman 1999³¹	1. Polypharmacy and medications associated with functional decline. 2. Self-management skills and group problem solving for chronic health problems	3. Topics about physical activity, nutrition and advanced care planning (individual groups)	Patients
Scott 2004³³	1. Patient care notebooks 2. Routine health maintenance 3. Pharmacy brown bags 4. Advanced directives 5. Emergency care and 6. Continuing care 7. Chronic pain	8. Nutrition 9. Exercise 10. Home safety 11. Disease processes such as stroke, hypertension, arthritis, osteoporosis and Alzheimer's disease	Patients
Meng 2005²¹	1. Information and assistance on hiring and firing in-home workers 2. Instructions and assistance relating to billing and income tax issues 3. Relevant knowledge and skills on how to conduct disease self-management	4. Health-behaviour change strategies (empower individuals to engage in behaviour change, develop and sustain motivation, develop behavioural skills and participate in community activities)	Patients and caregivers
Lin 2006³⁴	1. Education and behavioural activation 2. Identify depression treatment preferences	3. Arthritis-related problems 4. Problem-Solving	Patients

Hochhalter 2010⁴¹	1. Prepare for healthcare appointments 2. Communicate effectively and gather information and support during healthcare appointments and	3. Follow through on plans of care	Patients
Lamers 2010²²	1. Responsibility for day-to-day management of their own illness and its consequences 2. Cognitive-behavioural therapy & self-management	3. Reattribution of negative cognitions, and problem solving	Patients
Touchette 2012²⁴	1. Provide education and counselling to improve enrollees' understanding of their medications	2. Improve adherence to medications	Patients
Moral 2015²⁵	1. Patient safety and medication adherence	2. Motivational interviewing	Patients
Toots 2019³⁸	1. Exercise (high-intensity functional exercise programme)		Patients

Supplementary table 2. Effectiveness of the interventions administered in the studies

Studio	Model	Intervention	Type of result			Funding mode	Study conclusion
			Effective	Partially effective	Ineffective		
Battersby 2007³⁵	SA HealthPlus	<ul style="list-style-type: none"> § Audit and feedback ± Care pathways ± Case management ± Teams 	<ul style="list-style-type: none"> • Level of dependency • Use of services (e.g. screening or vaccination programmes) • Costs of care (e.g. costs of in-patient care or costs of homecare) 	<ul style="list-style-type: none"> • Consumer-professional interactions experience • Self-care abilities, self-efficacy • Quality of life, life satisfaction • Rate of prescribing medications • Usage of specific services (e.g. Use of outpatient treatment) 	<ul style="list-style-type: none"> • Choices offered • Costs of specific interventions (e.g. educational, medical) • Admission to hospital 	<ul style="list-style-type: none"> * Public hospitals, * Medical Benefits Schedule (MBS) * Pharmaceutical Benefits Schedule (PBS), * Department of Veterans Affairs and regional domiciliary services 	The two-year trial was not able to demonstrate a sufficient reduction in hospital admissions to pay for the costs of coordinated care.
Beck 1997²⁹	Cooperative Health Care Clinic (CHCC)	<ul style="list-style-type: none"> § Inter-professional education § Audit and feedback ± Site of service delivery 	<ul style="list-style-type: none"> • Satisfaction with care • Carer satisfaction • Provision of or use of technical aids 	<ul style="list-style-type: none"> • Use of services (e.g. screening or vaccination programmes) • Readmission rate to hospital • Costs of specific interventions (e.g. educational, medical) • Admission to hospital 	<ul style="list-style-type: none"> • Level of activities of daily living • Duration of hospitalisation • Usage of specific services (e.g. use of outpatient treatment) 	Covered by one Health Maintenance Organisation (HMO)	Group visits for chronically ill patients reduce repeat hospital admissions and emergency care use, reduce cost of care, deliver certain preventive services more effectively and increase patient and physician satisfaction.
Boult 2013³⁶	Guided care (GC)	<ul style="list-style-type: none"> ± Teams ± Site of service delivery & Comprehensive geriatric assessment 	-	<ul style="list-style-type: none"> • Satisfaction with care 	<ul style="list-style-type: none"> • Quality of life and life satisfaction • Morbidity and mortality • Admission to hospital • Readmission rate to hospital • Usage of specific services (e.g. use of outpatient treatment) 	Covered by fee-for-service Medicare Parts A and B, a Kaiser Permanente Medicare health plan or TriCare insurance.	Guided Care improves high-risk older patients' ratings of the quality of their care and reduces their use of home care, but it does not appear to improve their functional health.
Coleman 1999³¹	Model 'Chronic Care Clinics' (CCC)	<ul style="list-style-type: none"> § Inter-professional education § Educational outreach visits or academic detailing § Tailored interventions ± Shared care 	<ul style="list-style-type: none"> • Carer satisfaction 	<ul style="list-style-type: none"> • Satisfaction with care • Provision of or use of technical aids • Self-examination 	<ul style="list-style-type: none"> • Level of anxiety, depression, mood and wellbeing • Quality of life, life satisfaction • Side effects of drug • Costs of care (e.g. costs of in-patient care and homecare) • Admission to hospital 	Covered by one HMO	The findings suggest the need for developing greater system-wide support for managing geriatric syndromes in primary care.

Coleman 2001 ³²	A model of primary care group visit intervention	‡ Triage	<ul style="list-style-type: none"> Readmission rate to hospital 	<ul style="list-style-type: none"> Admission to hospital 	-	Covered by one HMO	Monthly group visits reduce emergency department utilisation for chronically ill older adults.
Counsell 2007 ⁴²	The Geriatric Resources for Assessment and Care of Elders (GRACE) model.	‡ Site of service delivery	<ul style="list-style-type: none"> Quality of life, life satisfaction 	-	<ul style="list-style-type: none"> Satisfaction with care Level of activities of daily living Morbidity, mortality Admission to hospital Length of stay in hospital Readmission rate to hospital 	None	Integrated and home-based geriatric care management resulted in improved quality of care and reduced acute care utilisation in a high-risk group.
Cucinotta 2004 ⁴⁴	Model of home assistance	‡ Site of service delivery	<ul style="list-style-type: none"> Morbidity, mortality Readmission rate to hospital 	-	<ul style="list-style-type: none"> Admission to hospital 	None	A lower rate of mortality, readmission to hospital and institutionalisation in older subjects receiving home care were observed.
Dubbert 2002 ²⁰	Seniors Telephone Exercise Primary Care Study (STEPS)	§ Educational materials § Reminders	<ul style="list-style-type: none"> Complications, complication rate 	<ul style="list-style-type: none"> Availability of patient-held records or notes when required Partner or family support Exercise 	<ul style="list-style-type: none"> Level of anxiety, depression, mood, wellbeing Quality of life, life satisfaction 	Participants were paid \$15 for completing each visit to help defray their expenses	Simple and relatively inexpensive nurse contacts can motivate older primary care patients to walk for exercise, and this activity is associated with measurable health benefits.
Duggleby 2018 ²⁸	My Tools 4 Care (MT4C)	§ Educational meetings	-	-	<ul style="list-style-type: none"> Quality of life, life satisfaction Self-care abilities, self-efficacy 	None	Despite no significant differences between groups in terms of the primary outcome variable (mental component score), the significant differences in terms of one of the hope factors suggest that MT4C had a positive influence on the lives of participants.
Ford 2019 ²⁷	Goal setting	§ Educational outreach visits or academic detailing ‡ Continuity of care	<ul style="list-style-type: none"> Agreement between personal values for outcomes and choice 	-	<ul style="list-style-type: none"> Improved communication with provider The decision/s made Quality of life, life satisfaction Morbidity, mortality Level of patient-centred care Rate of prescribing medications 	None	Participants set between one and three goals on a wide range of subjects, such as chronic disease management, walking, maintaining social interactions and leisure, interests and weight management. Participants found goal setting acceptable and would have liked more frequent follow-up. GPs unanimously liked goal setting and felt it delivered more patient-

							centred care, and they highlighted the importance of training.
Fried 2017²⁶	Tool to Reduce Inappropriate Medications (TRIM)	‡ Health information systems	<ul style="list-style-type: none"> • Carer satisfaction • Communication skills/techniques 	-	<ul style="list-style-type: none"> • Factors affecting compliance • Rate of prescribing medications • Quality of care 	None	TRIM improved communication around medications and accuracy of documentation. While there was no association with prescription, the small sample size provided limited power to examine medication-related outcomes.
Harpole 2005⁴³	Pre-planned analyses of Improving Mood-Promoting Access to Collaborative Treatment (IMPACT)	§ Educational meetings	-	<ul style="list-style-type: none"> • Level of anxiety, depression, mood, wellbeing • Quality of life, life satisfaction 	-	None	The presence of multiple comorbid medical illnesses did not affect patient response to a multidisciplinary depression treatment programme. The IMPACT collaborative care model was equally effective for depressed older adults with or without comorbid medical illnesses.
Hochhalter 2010⁴¹	Making the Most of Your Healthcare	§ Educational meetings ‡ Triage	-	<ul style="list-style-type: none"> • Level of activities of daily living 	-	None	The intervention requires refinement to reach persons not already engaged in their healthcare and to strengthen its effects.
Jonkers 2012²³	Minimal Psychological Intervention (MPI)	‡ Comprehensive geriatric assessment	<ul style="list-style-type: none"> • Level of activities of daily living • Self-care abilities, self-efficacy • Level of anxiety, depression, mood, wellbeing • Social activity 	-	-	None	We recommend further evaluation of the MPI, including emphasis on detection and watchful waiting.

Köberlein 2016 ⁴⁰	Case Management	<ul style="list-style-type: none"> ‡ Site of service delivery ▣ Prescribing 	<ul style="list-style-type: none"> • Quality of care • Reporting of adverse events 	-	-	None	Inter-professional collaboration increased medication safety. Working across disciplinary boundaries allowed for a decrease in drug-related problems and brought up aspects outside the purview of the primary care physician.
Lamers 2010 ²²	Minimal Psychological Intervention (MPI)	<ul style="list-style-type: none"> § Educational meetings ‡ Site of service delivery 	<ul style="list-style-type: none"> • Level of anxiety, depression, mood, wellbeing 	<ul style="list-style-type: none"> • Quality of life, life satisfaction 	-	None	The nurse-led MPI appears to be a feasible and moderately effective method of managing minor-to-moderate depression in chronically ill older persons. However, we cannot rule out attention-placebo effects and the recent disappointing economic finding. The evaluation showing only a 63% chance of the MPI being cost effective. From a clinical point of view, however, it is of interest to further evaluate adaptations of the MPI, with a stronger emphasis on detection, watchful waiting and mental health problems in general.
Leveille 1998 ³⁰	Collaborative model	<ul style="list-style-type: none"> § Inter-professional education § Patient-mediated interventions ‡ Site of service delivery 	<ul style="list-style-type: none"> • Provision of or use of technical aids • Duration of hospitalisation 	<ul style="list-style-type: none"> • Others (consumption of alcoholic beverages) • Level of activities of daily living • Social activity 	<ul style="list-style-type: none"> • Level of anxiety, depression, mood and wellbeing • Quality of life and life satisfaction • Diet • Exercise • Costs of care (e.g. costs of in-patient care, costs of homecare) • Admission to hospital • Rate of readmission to hospital 	Covered by two independent HMO	The Collaborative model improves function and reduces hospitalisation rates in chronically ill older adults. Linking organised medical care with complementary community-based interventions may be a promising area for research and practice.

Lin 2006 ³⁴	Improving Mood, Providing Access to Collaborative Treatment IMPACT	<ul style="list-style-type: none"> § Inter-professional education ± Site of service delivery ▣ Prescribing 	-	<ul style="list-style-type: none"> • Priority setting 	-	<ul style="list-style-type: none"> * Fee-for-service * Veterans Affairs * Prepaid plans 	Systematic depression management was more effective than usual care in decreasing pain severity among patients with arthritis with lower initial pain severity but did not have greater benefits than usual care on pain among patients with higher initial pain severity.
Meng 2005 ²¹	The Medicare Primary and Consumer-Directed Care Demonstration	<ul style="list-style-type: none"> § Educational meetings ▣ Voucher schemes ▣ Voucher schemes & Shared care 	-	<ul style="list-style-type: none"> • Priority setting 	-	<ul style="list-style-type: none"> *Centres for Medicare and Medicaid Services *Medicare provided payment (\$60 per-office visit) to the primary care physicians * Covered by one HMO 	The implementation of disease-management–health-promotion nursing interventions should not lead to a greater probability of skilled home health care or personal assistance services use, whereas the provision of consumer-directed vouchers should result in an increased probability of personal assistance services use, as intended.
Moral 2015 ²⁵	Motivational Interviewing (MI)	<ul style="list-style-type: none"> § Educational meetings § Educational outreach visits or academic detailing* 	<ul style="list-style-type: none"> • Factors affecting compliance Patient compliance (with treatment, medication) 	-	-	None	A face-to-face motivational approach in primary care helps older patients with chronic diseases being treated by polypharmacy to achieve an improved level of treatment adherence than traditional strategies of providing information and advice.
Poot 2019 ³⁷	Integrated Systematic Care for Older People (ISCOPE)	<ul style="list-style-type: none"> § Audit and feedback § Educational outreach visits or academic detailing ± Teams 	-	-	<ul style="list-style-type: none"> • Satisfaction with care 	None	The satisfaction of General Practitioner care does not change during the administration of improved person-centred integrated care.
Schäfer 2018 ³⁹	Chronic Care Model and Narrative Based Medicine	<ul style="list-style-type: none"> § Educational outreach visits or academic detailing ▣ Prescribing 	-	-	<ul style="list-style-type: none"> • Knowledge about expected and undesired effects of treatment • Satisfaction with care • Self-care abilities, self-efficacy • Quality of life, life 	None	Intensifying the doctor–patient dialogue and discussing the patient's agenda and personal needs did not lead to a reduction of medication intake and did not alter

					satisfaction <ul style="list-style-type: none"> • Rate of prescribing medications • Usage of specific services (e.g. use of outpatient treatment) 		health-related quality of life.
Scott 2004 ³³	Cooperative Health Care Clinic (CHCC)	§ Educational meetings § Continuous quality improvement ‡ Group versus individual care	<ul style="list-style-type: none"> • Advance directives • Satisfaction with care • Quality of life, life satisfaction • Costs of care (eg. costs of in-patient care, costs of homecare) • Admission to hospital 	<ul style="list-style-type: none"> • Knowledge of risk, accurate risk perception • Patient satisfaction with the information provided 	<ul style="list-style-type: none"> • Level of activities of daily living • Rate of prescribing medications • Usage of specific services (e.g. use of outpatient treatment) 	Non-profit group model	The CHCC model resulted in fewer hospitalisations and emergency visits and increased patient satisfaction and self-efficacy, but no effect on outpatient use, health or functional status.
Toots 2019 ⁶⁸	Umeå Dementia and Exercise Study (UMDEX)	§ Educational meetings	-	<ul style="list-style-type: none"> • Self-care abilities, self-efficacy 	-	None	In older people with dementia living in nursing homes, a high-intensity functional exercise programme alone did not prevent falls when compared with control group.
Touchette 2012 ²⁴	Medication Therapy Management (MTM)	§ Educational meetings ▣ Prescribing	<ul style="list-style-type: none"> • Agreement between personal values for outcomes and choice • Rate of prescribing medications 	<ul style="list-style-type: none"> • Reporting of adverse events Side effects of drugs	<ul style="list-style-type: none"> • Admission to hospital • Usage of specific services (e.g. use of outpatient treatment) 	None	This specific design of MTM was associated with reduced drug-related problems (DRPs) but did not reduce potential risk or health care visits.

§ Implementation Strategies, ‡ Delivery Arrangements, ▣ Governance Arrangements, ° Financial Arrangements

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Beck 1997	+	?	-	?	+	+
Leveille 1998	+	?	-	?	+	+
Coleman 1999	+	?	?	+	+	+
Coleman 2001	?	?	?	?	+	+
Dubbert 2002	?	?	?	+	+	+
Cucinotta 2004	?	?	?	+	-	?
Scott 2004	+	?	?	?	-	?
Harpole 2005	?	?	?	?	?	-
Meng 2005	?	?	?	?	?	-
Lin 2006	?	?	?	?	?	?
Battersby 2007	-	?	+	?	-	-
Counsell 2007	-	?	-	?	+	+
Hochhalter 2010	+	?	+	-	+	+
Lamers 2010	+	?	?	+	-	-
Jonkers 2012	+	?	?	+	+	-
Touchette 2012	?	?	?	+	+	?
Boult 2013	+	?	+	?	-	+
Moral 2015	?	?	?	?	+	-
Köberlein 2016	-	-	-	-	+	-
Fried 2017	?	?	?	-	+	-
Schäfer 2018	+	?	-	+	+	+
Duggleby 2018	+	-	-	?	+	+
Toots 2019	+	?	+	+	+	+
Poot 2019	?	?	?	?	-	+
Ford 2019	?	+	+	+	+	+

