



WEB OF SCIENCE

FUNCTIONAL ASSESSMENT IN REHABILITATION OF PERSONS WITH MULTIPLE CHRONIC CONDITIONS

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Abstract

Introduction. The presence of 2 or more chronic conditions is common in the framework multimorbidity and ageing of the population. There have been developed several rehabilitation programs for people with multiple chronic conditions (MCC) targeted on improving the functional status that were implemented both communities based and / or in specialized hospital settings. The aim of our study was to reveal the most appropriate tools of assessment and monitoring persons with multiple chronic conditions from a functional and rehabilitation perspective.

Material and method. Search strategy including the combination of the key words and terms “multiple chronic conditions” AND “rehabilitation AND “assessment” was used to identify the most relevant data from the past 5 years using PubMed database.

Results. There were identified 4 major domains of assessment in rehabilitation programs for MCC namely physical function, cognition and affective state, quality of life (QoL), and healthcare utilization. PhysicSal functioning is one of the main domains of assessment for MCC and relies basically on typical scales and tests such as 6MWT, TUG, gait speed, numbers of falls, cognitive and affective status usually relies on short scales such as MMSE, PHQ-9, or HADS. For healthcare utilization the most used indicators were the number of hospitalities and hospital visits and for quality of life were used the EQ 5 scale or HR QoL.

Conclusion. Functional assessment for MCC usually is directed to more domains Physical function and cognitive affective status along with QoL were the most common domains in rehabilitation for persons with MCC.

Key words: *functional assessment, multiple chronic conditions, rehabilitation*