



## IMPEND: Identifying multimorbidity patterns and events among Indians – September 2023



The George Institute  
for Global Health India

### Facts:

- With increasing life expectancy, people are living longer but not healthier - a phenomenon known as expansion of morbidity.
- Multimorbidity is a major challenge in India, affecting approximately 23% of the population aged 60 and older. However, there are no reliable estimates of multimorbidity patterns in India.
- Accelerating rates of multimorbidity can have multifactorial causation.

### Background:

- Multimorbidity is defined as the coexistence of two or more chronic conditions, including mental health conditions and infectious diseases of long duration.
- Multimorbidity is a growing public health concern and increasingly prevalent in low- and middle-income countries, including India.
- Creating programs or allocating resources to manage multimorbidity is challenging due to a lack of knowledge regarding disease clustering and increased risk factors for specific disease combinations, as well as outcomes associated with these combinations.

### Aims:

- To review and appraise methods for identifying clusters of conditions and conduct a comparative analysis of selected methods.
- To study characteristics, health outcomes, healthcare usage and expenditure of clusters of patients with multimorbidity in India, using data from nationally representative surveys.
- To examine patterns of multimorbidity in hospitals using medical records and identify subgroups that are the most intense users of healthcare.
- To investigate multimorbidity clusters and their impact on patients with diabetes and chronic kidney disease, who commonly have additional chronic conditions, using a combination of existing cohort data or routine clinical data and primary data on multimorbidity.

### Project Cycle:

2023 – 2027

### Partners:

The George Institute India

### Supporters:

DBT/Wellcome Trust India Alliance

### Principal Investigator:

Dr. Arpita Ghosh

### Methods:

- The study will utilise multiple approaches, including reviews of various analytical methods, secondary analysis of publicly available survey data, and analysis of medical records and cohort-based studies.

### Impact:

- The study aims to synthesise existing knowledge and generate new comprehensive evidence on multimorbidity patterns in India.
- The project will include a public participation strategy engaging a wide range of stakeholders to generate valid recommendations for integrated care for individuals with multimorbidity.

### Contact:

To find out more about this project and its principal investigators or The George Institute please contact contact Abhishek Shandilya +91 11 4158 8091-93 or AShandilya@georgeinstitute.org.in

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