



SPECIAL EU PROGRAMMES BODY

Project Case Study: CHITIN Project - MyComrade+ Trial

THEME:

Health & Social Care

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MATCH FUNDERS:

Department of Health
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LEAD PARTNER:

Public Health Agency,
Northern Ireland

PROJECT PARTNERS

Health Research Board,
Ireland

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[https://
research.hscni.net/chitin](https://research.hscni.net/chitin)



@CHITINProject

The Cross-border Healthcare Intervention Trials In Ireland Network (CHITIN) is a unique partnership between the Public Health Agency in Northern Ireland and the Health Research Board in Ireland, who are working together to deliver 11 Healthcare Intervention Trials (HITs). The HITs will help prevent and cure illness and promote improved health and well-being. The Multimorbidity Collaborative Medication Review And DEcision Making Plus (MyComrade+) project is just one of such interventions: testing a new programme to support general practitioners and practice-based pharmacists to review the medications prescribed to people living with more than one long-term condition (known as multimorbidity).

People living with multimorbidity are often prescribed as many as 10 or 15 medications, which can cause problems. The condition is becoming more and more common with for example, people living with type 2 diabetes, hypertension and arthritis. Although it is recommended for GPs to take a look at the medications prescribed to people living with multimorbidity on a regular basis, GPs can find this hard, given the lack of guidance for them to draw on in their decision making.

The MyComrade+ intervention was designed to target the main barriers to actively reviewing the medications prescribed to people with multimorbidity. These barriers were identified through research studies with GPs. The intervention centres around professional social support, and invites pairs of GPs to put time aside and use an evidence-based medication review checklist, to review their patients medications. The intervention aims to reduce GPs' sense of uncertainty, concern about communicating to patients about changing medications, and facilitate and motivate this activity given the many demands on their time.

Launched in January 2019 the pilot study has grown its core team to 12, including GPs, researcher nurses, a health psychologist and a pharmacist, and are based in Galway, Sligo, and Belfast. 15 primary care practices, including 25 GPs and seven practice-based pharmacists, have been recruited in the study, as well as 119 people living with multimorbidity.

The intervention activities have been completed in Irish practices and are about to begin in Northern Ireland practices. Very positive feedback from primary care providers has been received. The projects GP fellows, Dr Laura McQuillan and Dr Sarah Mulligan recently delivered a presentation at the Academic University Departments of General Practice Ireland's annual conference, comparing approaches to recruiting primary care practices on both sides of the border. A cross-border group of people living with multimorbidity has been established to provide public and patient Involvement input into the project. This group of four people have been guiding the researchers on the best ways to communicate with members of the public about the study, and on questions to ask in interviews with study participants, which will take place in the next phase of the study.

