

Medicines Management and Support for Self-Management interventions are likely cost-effective for the management of multimorbidity in Aotearoa New Zealand

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Introduction

Multimorbidity is the co-existence of two or more chronic health conditions.

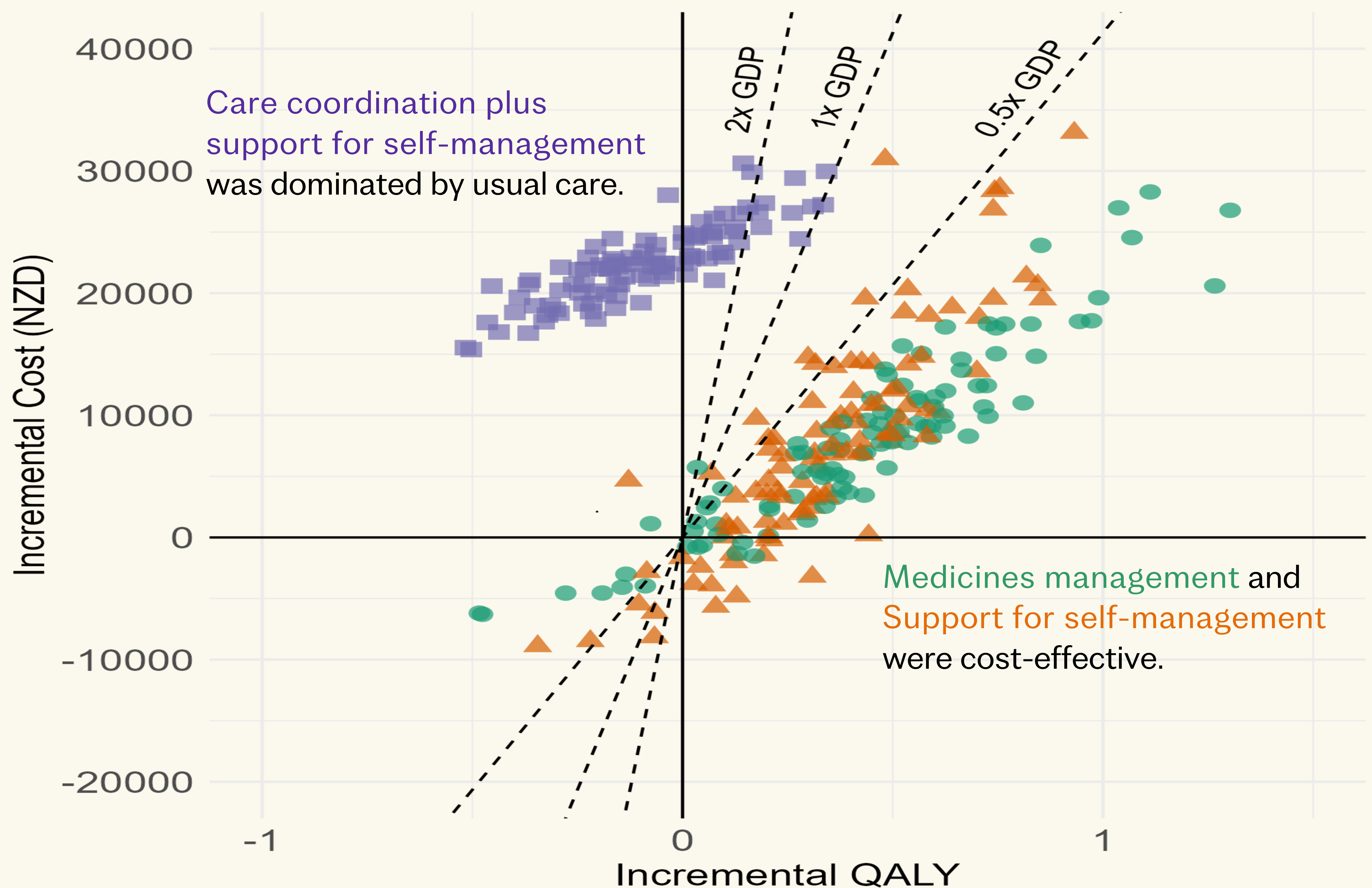
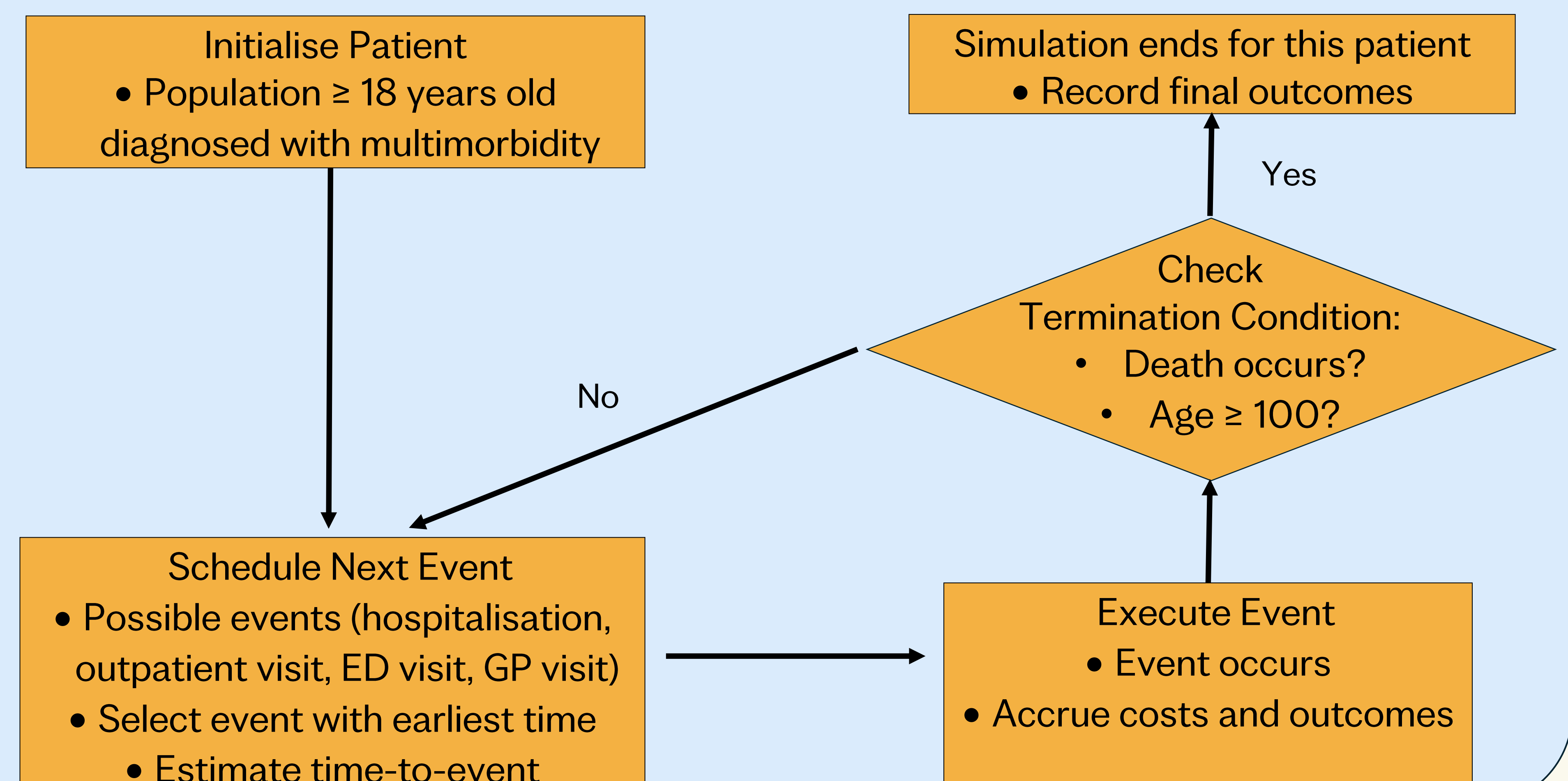
One in four adults in Aotearoa New Zealand (NZ) has multimorbidity.

Objective

To evaluate the cost-effectiveness of **medications management**, **support for self-management**, and **care coordination plus support for self-management**, compared to usual care, from the perspective of the health system in NZ.

Methods

We developed a discrete event simulation model of healthcare events associated with multimorbidity for each of the three interventions separately, compared to usual care alone, using {descem} package in R statistical software.



Conclusion

- This study provides valuable insights into the cost-effectiveness of interventions used to manage multimorbidity, highlighting significant implications for healthcare policy and practice.
- Medicine management and support for self-management interventions may be considered for broader adoption in healthcare systems.

