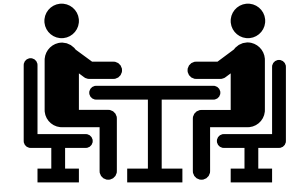


The INCLUDE study: INtegrating and improving Care for patients with inflAmmatory rheUmatological DisordErs in the community: Identifying multimorbidity: Study results for patients and GP practices.

Aim of the study

- To test a **nurse-led review (INCLUDE)** for **people with inflammatory conditions** such as rheumatoid arthritis, PMR and **ankylosing spondylitis** to look for other common health problems such as **heart disease, mood problems** and **osteoporosis** and signpost people to treatment or tests.



How did we do this?

- 4 GP Practices took part. People filled in **3 questionnaires** at 0,3,6 months. In two GP practices people were invited to attend a **review**.
- Some people took part in an **interview** after the review about tell us more about what they thought of the review.



Heart disease



Bone Health



Mood problems

What did we find?

- 333 patients filled in questionnaires. 169 patients attended a review.
- **Other health problems were common** (1 in 2 reported high blood pressure, 1 in 5 mood problems and 1 in 10 osteoporosis).
- Patients said the review was **acceptable** and **helpful**. People in the review practices were **more likely** to be receiving **treatment** for their other health problems at 12 months.

Thankyou for taking part in the study!

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On behalf of INCLUDE team