

# Multimorbidity of chronic communicable and non-communicable diseases in sub-Saharan Africa

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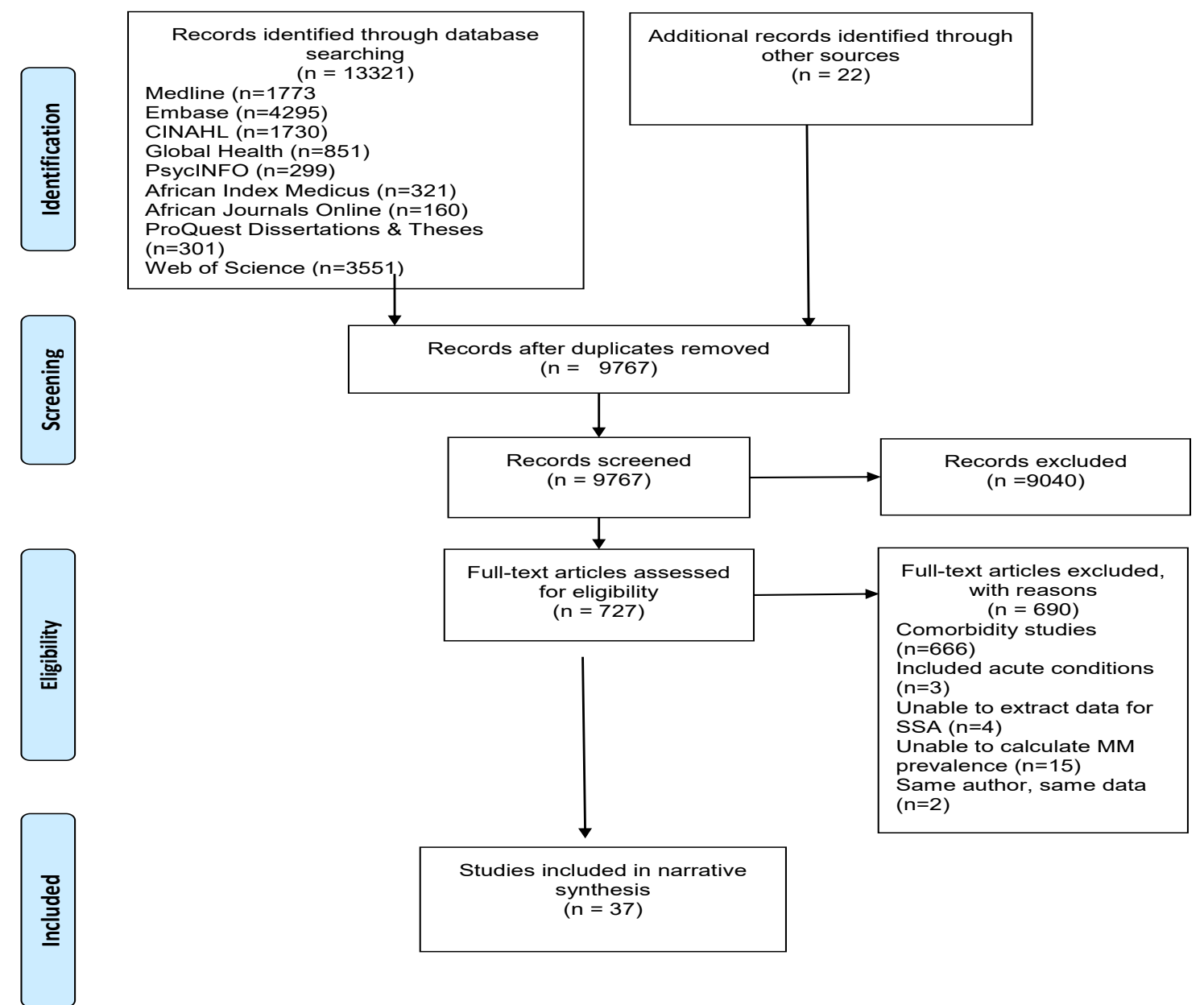


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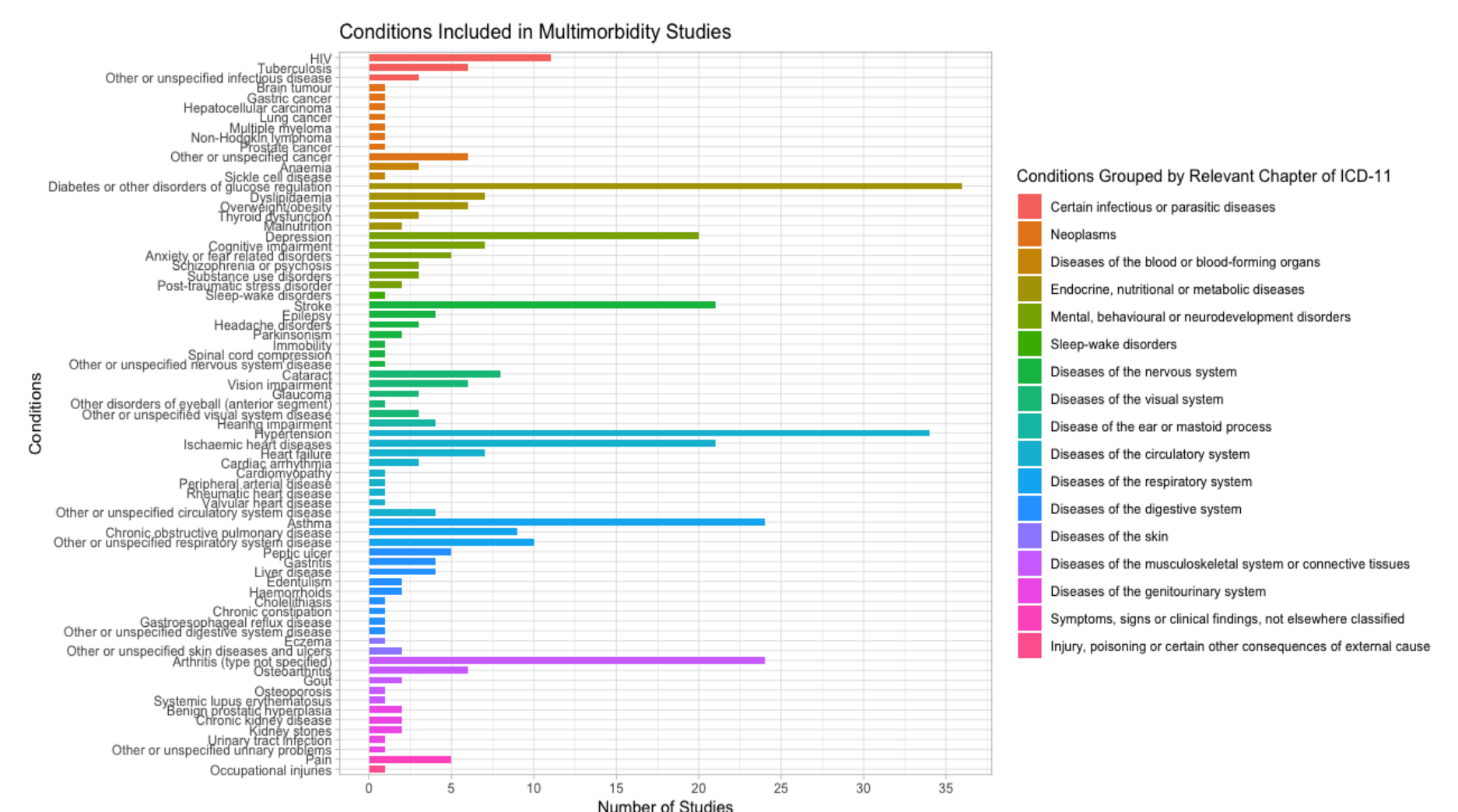
## Introduction

- Multimorbidity, the coexistence of two or more chronic conditions in an individual, is a growing public health issue worldwide..
- The growing burden of multimorbidity is associated with population ageing, a rapid increase in the prevalence of NCDs and their risk factors and low socio-economic status...
- Healthcare systems in sub Saharan Africa are challenged to deal with the coexistence of non-communicable diseases and communicable diseases such HIV & TB, alongside other health issues.
- Most of the evidence of multimorbidity is from high income countries and focuses on non-communicable diseases and older populations.



## Results

- 37 studies were included in the narrative synthesis, the majority of which were conducted in South Africa.
- Prevalence of multimorbidity ranged from 1.4% to 69.4%, and was higher among females and older adults..
- The number of conditions assessed to measure multimorbidity ranged from 3 to 30, with only 13 of the 37 studies including TB and HIV.
- Ten of the 37 studies reported on common co-morbidities: hypertension and HIV, hypertension and diabetes were most frequently reported as occurring together.



## Overall PhD Study Aims

**Systematic Literature Review:** To review the available evidence on epidemiology of chronic diseases multimorbidity in SSA (Reported here)

**Prevalence Study:** To examine the prevalence and sociodemographic factors associated with chronic disease multimorbidity among adults in Botswana (secondary analysis of the Botswana Demographic Survey,2017).

**Stakeholder Interviews:** To explore perceptions and experiences of healthcare providers and policymakers on the care and management of patients with multimorbidity in Botswana.

## Methods

- **Aim:** The purpose of the review was to systematically identify and synthesise the available evidence on prevalence and patterns of multimorbidity in sub Saharan Africa.
- **Searches:** A detailed protocol was developed prior. Relevant articles assessing the prevalence of chronic conditions were searched from Medline, EMBASE, CINAHL, Global Health, PsycINFO, African Index Medicus, African Journals Online, ProQuest Dissertations & Theses, Web of Science and Google Scholar from 2000 to 2020.
- **Inclusion:** Studies were included if they reported on prevalence and/or patterns of multimorbidity, conducted in sub Saharan African countries, and involved adults aged 18 years and above.

## Conclusion

- There was considerable variation in how multimorbidity was measured across different studies
- This made it difficult to accurately determine multimorbidity prevalence for the SSA region
- Generating evidence that takes into account these methodological differences is crucial for policy and resource allocation.
- Most of the studies used cross sectional data which was primarily collected for other studies; sources of secondary data (e.g.. national survey data) could be explored to collect information on the most burdensome chronic conditions.
- The recent Covid-19 pandemic has highlighted the need to strengthen healthcare systems- especially primary healthcare, to integrate care for non communicable and chronic communicable diseases.