

High Emergency Department Users: Older Adults with Diabetes and Multiple Chronic Conditions | Ontario

What is the Issue?

There are approximately 2.5 million people 65 and older living in Ontario and more than 20% of them are living with diabetes. Often older adults with diabetes have at least one other health condition, and half of them have 2 or more conditions.

Key Features of this Study:

Using health data from Ontario, we studied two groups of community-living older adults with diabetes:

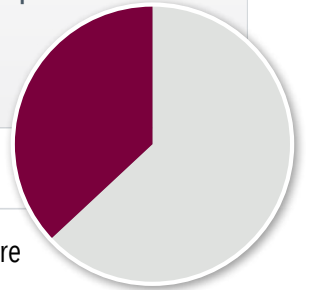
- 1) High-Emergency Department User Group:** Those in the top 10% for number of emergency department visits within a year.
- 2) Population-Based Group:** A random sample of community-living older adults living with diabetes.



Did you know?

37%

of the Population-Based Group visit the emergency department at least once a year.



The **High-Emergency Department User Group** and the **Population-Based Group** were compared on how often they also experienced other common health conditions. Shown below is the prevalence of selected conditions for each group.

High-Emergency Department User Group		Population-Based Group
45%	MENTAL HEALTH	35%
25%	CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)	12%
25%	CONGESTIVE HEART FAILURE	10%
69%	HYPERTENSION	57%
43%	ARTHRITIS	35%

People identified in the High-Emergency Department User Group were more likely to:



Live in a Rural Area



Live in a Low-Income Neighborhood



Have More Visits with Physicians



Have a higher chance of death within one year



Be Older

Key Messages: Implications for Clinical Practice and Policy Considerations

- The high frequency of multiple chronic conditions suggests clinicians need to address diabetes in the context of all health challenges faced by patients.
- Frequent emergency department use is related to both socio-demographic factors and health conditions.

A comprehensive long-term strategy needs to be developed that focuses on all of these factors.

This infographic was developed on behalf of the ACHRU-CPP Research Team in collaboration with Lynne Mansell (patient/caregiver public partner) and Paige Blainey (ACHRU trainee). References available upon request. | achru.mcmaster.ca