



WHO Collaborating Centre  
for Evidence-Based Health Promotion in Hosp & HS  
Bispebjerg University Hospital



# Co-morbidity in drug and alcohol addicted patients

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# Background

## Important Factors for Clinical Pathway

- Disease / Diagnosis
- Treatment
- Organisation
- Patient-related health & co-morbidity
  - **Health status:** physical inactivity, malnutrition, smoking, harmful drinking and overweight
  - **Co-morbidity:** lung disease, cardiovascular disease, diabetes, stroke, etc



# Rehabilitation program: COPD

## Elements

- Tobacco cessation
- Alcohol intervention
- Nutrition
- Physical activity
- Psycho-social support
- Medicine after-treatment
- Patient education



# Rehabilitation program: Cardiac Patients

## Elements

- Tobacco cessation
- Alcohol intervention
- Nutrition
- Physical activity
- Psycho-social support
- Medicine after-treatment
- Patient education



# Rehabilitation program: Diabetes

## Elements

- Tobacco cessation
- Alcohol intervention
- Nutrition
- Physical activity
- Psycho-social support
- Medicine after-treatment
- Patient education



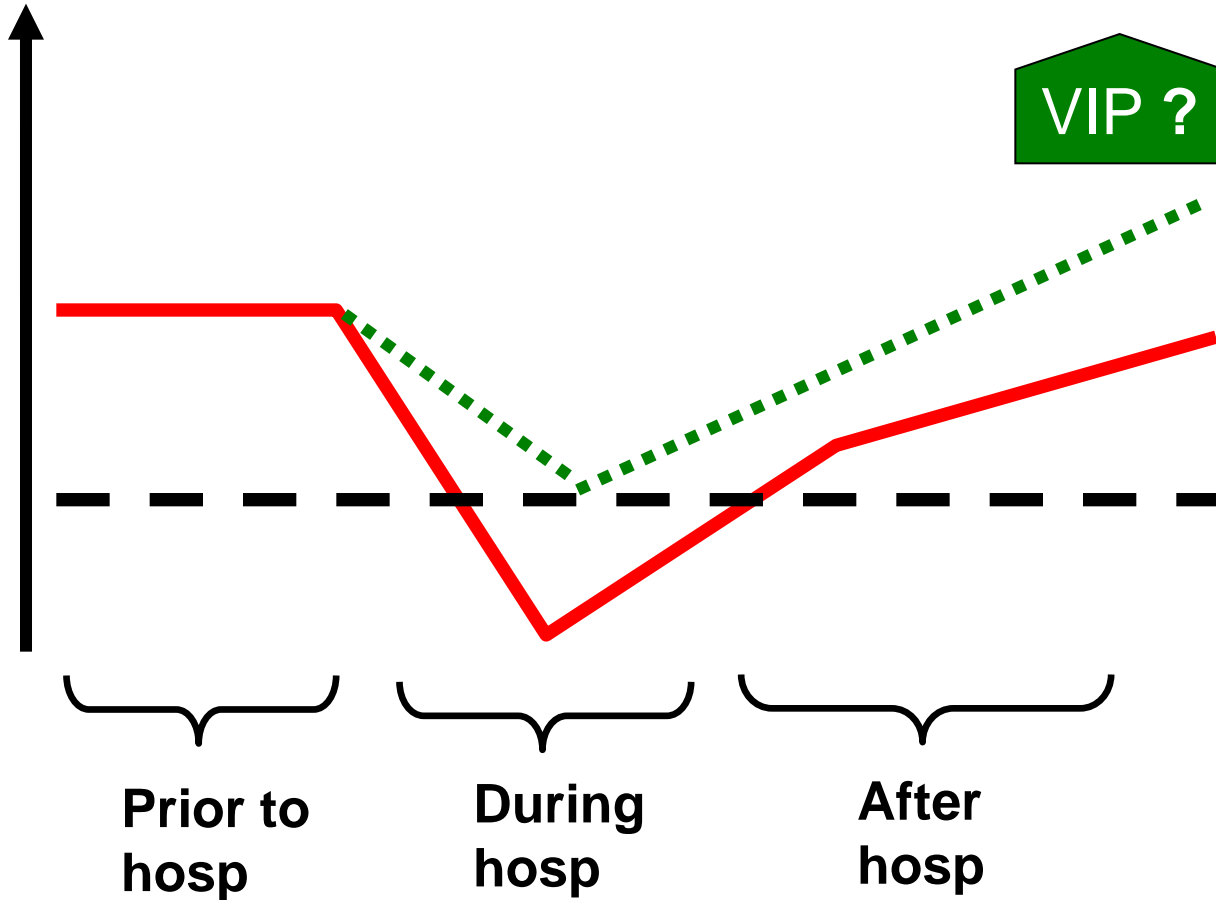
# Program for surgical patients

## Elements

- Tobacco cessation
- Alcohol intervention
- Nutrition
- Physical activity
- Psycho-social support
- Medicine after-treatment
- Patient education

# Possible effect of VIP ?

Functionality





# Aim

1. Identify the prevalence of co-morbidity and health risk factors
2. Evaluate the effect of adding the VIP programme to the usual treatment of AN patients in a RCT



# Outcomes

- Alcohol and drug-free period
- Duration of re-convalescence & use of health service
- Improved health determinants and chronic diseases
- Self-reported health related QoL,



# Design

Identification of needs for HP (ST2)

Pos HD + Co-  
morbidity

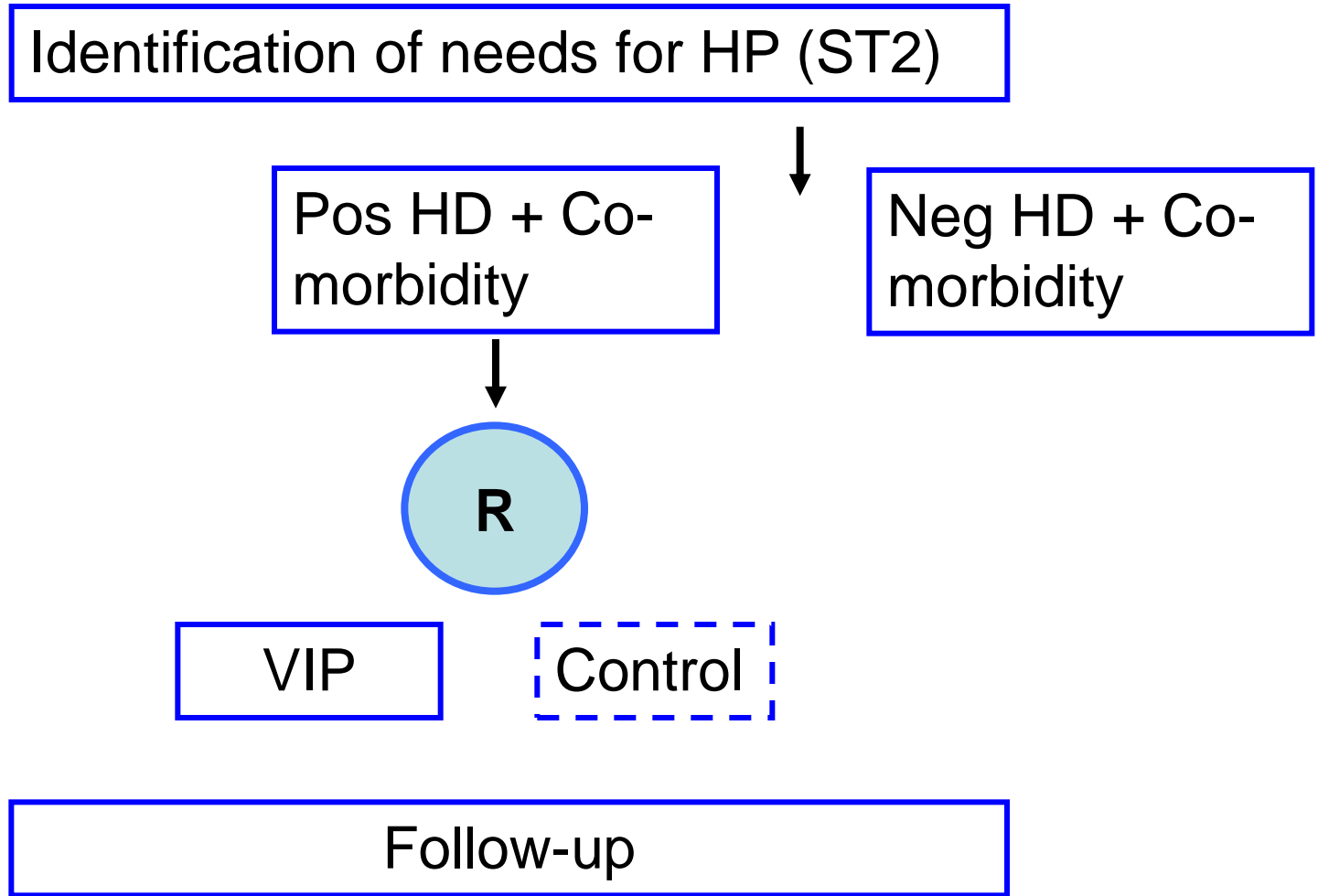
Neg HD + Co-  
morbidity

R

VIP

Control

Follow-up





# Methods

## ID

- HPH DATA
- Health examining incl ECG+Lung function+CO validation + blood samples
- SF 36, other questionnaires



# Methods

## RCT

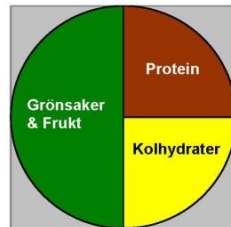
- VIP programme
  - 6 weeks gold standard programme
  - Inspired from comprehensive rehab for chronic medical diseases (NCD)
  - Gold standard programmes for single elements (smoking etc).

# ID Results: First pilot patients

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
<b>Smoking</b>	X		X	X	X	X	
<b>Nutrition probl</b>		X		X	X	X	X
<b>Physical inactivity</b>	X			X	X	X	X
<b>Lung / Cardiac</b>				X			X
<b>Diabetes</b>		X					
<b>Liver</b>	X		X	X			X

# VIP - Very Important Patient

Would you like to be  
our next VIP patient ?



Take a folder.  
There you will find  
the contact  
information



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# Background

- Most hospital patients have unhealthy lifestyle (70-90%) and co-morbidity (>50%)
- Tremendous potential effect of integrated multi-modal HP intervention
- Some evidence from mono-factor programs
- Multi-modal programs sparsely investigated