



# COMORBIDITIES AND CONUNDRUMS

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# AKNOWLEDGEMENT OF COUNTRY

We are meeting on the traditional Country of the Kaurna people of the Adelaide Plains and pays respect to Elders past and present.

We recognise and respect their cultural heritage, beliefs and relationship with the land. We acknowledge that they are of continuing importance to the Kaurna people living today. And we also extend that respect to other Aboriginal Language Groups and other First Nations.





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# COMORBIDITIES

CPTSD

Chronic Fatigue

ADHD

Depression

Visual Impairment

Fibromyalgia

Thalassemia

Anxiety

Asthma

Autism

Complex Trauma

Inflammatory Bowel Disease





# CHALLENGES



- Constant Admin
  - Maintenance vs Self Care
  - Treatment limitations due to medications and other conditions
  - Care teams that don't coordinate between conditions
  - Rising mental health needs
  - Financial strain and out-of-pocket costs
  - Challenges with receiving additional diagnosis due to label stigma
  - Longer hospital stays but not enough time for appointments
  - Complications and side effects of medications and procedures
  - Little support for multimorbidity
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**HOW CAN WE IMPROVE  
TREATMENT OUTCOMES  
AND PATIENT QUALITY  
OF LIFE?**





Making one whole document filled with patient details - update where required.

Mental Health Intervention Prior to Crisis

Acknowledgement of Circumstances

Comprehensive Overview of Treatment Options

Food Gift Cards

Engaging with Curiosity

Transparent Information

Default Longer Appointments

Discussion of in Hospital Treatments to Reduce Costs

Care Team Coordination When Possible



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**FEEDBACK FORM**

