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Document Version

Presentation

Validation of the Long-Term Conditions Questionnaire (LTCQ)

Caroline Potter,[1*] Louise Geneen,[1] Laurie Batchelder,[2] Laura Kelly,[1] Diane Fox,[2] Elizabeth Gibbons,[1] Karen Jones,[2]
Crispin Jenkinson,[1] Angela Coulter,[1] Julien Forder,[2,3] Ray Fitzpatrick,[1] Michele Peters[1]

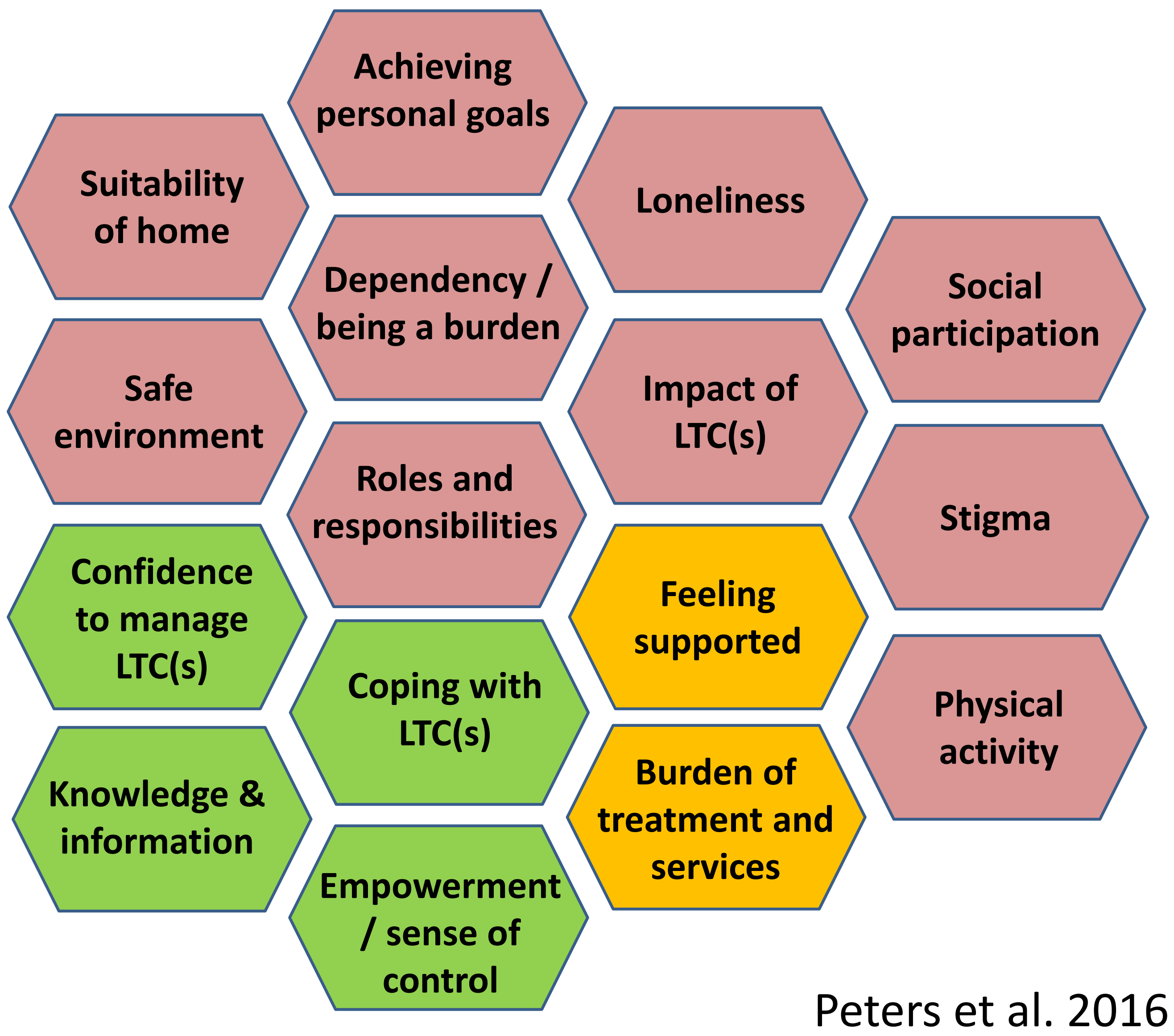
1. Health Services Research Unit, University of Oxford 2. Personal Social Sciences Research Unit, University of Kent 3. The London School of Economics and Political Science

*correspondence: caroline.potter@dph.ox.ac.uk

Background

- Long-term chronic conditions (LTCs) are the main challenge of health and social care services today due to their increasing prevalence and complexity , including multi-morbidity.
- Monitoring outcomes is a key focus of UK health care policy. The EQ-5D is the current measure of choice, but it does not capture all issues of importance for people living with LTCs.
- From previous research (Hunter et al. 2015), professional and lay stakeholders support the idea of a new measure for LTCs.
- **The aim of this work was to validate the Long-Term Conditions Questionnaire (LTCQ)**, a short self-report measure for people living with a broad range of LTCs. Conceptual development of items for the LTCQ has been previously reported (Peters et al. 2016).
- The LTCQ is intended to be used across both health and social care services, on its own or as a complement to the EQ-5D.

Conceptual framework for the LTCQ



Achieving personal goals
Suitability of home
Loneliness
Dependency / being a burden
Social participation
Safe environment
Impact of LTC(s)
Roles and responsibilities
Stigma
Confidence to manage LTC(s)
Feeling supported
Coping with LTC(s)
Physical activity
Knowledge & information
Burden of treatment and services
Empowerment / sense of control

Peters et al. 2016

Methods

1. Random selection of patients with at least one of eleven selected LTCs, identified by fifteen primary care practices across England
2. Concurrent identification of social care recipients with at least one LTC through a local authority in southern England
3. Survey 1 containing the LTCQ, EQ-5D-5L, Lorig self-efficacy scale, an Activities of Daily Living scale, the Bayliss multi-morbidity scale, and ASCOT (social care sample only) were mailed to potential participants
4. Participants returned Survey 1 anonymously OR provided contact details for a follow-up survey approximately two weeks later
5. A sub-sample who provided contact details (N=612) were sent Survey 2, containing the LTCQ and health change/demographic questions only

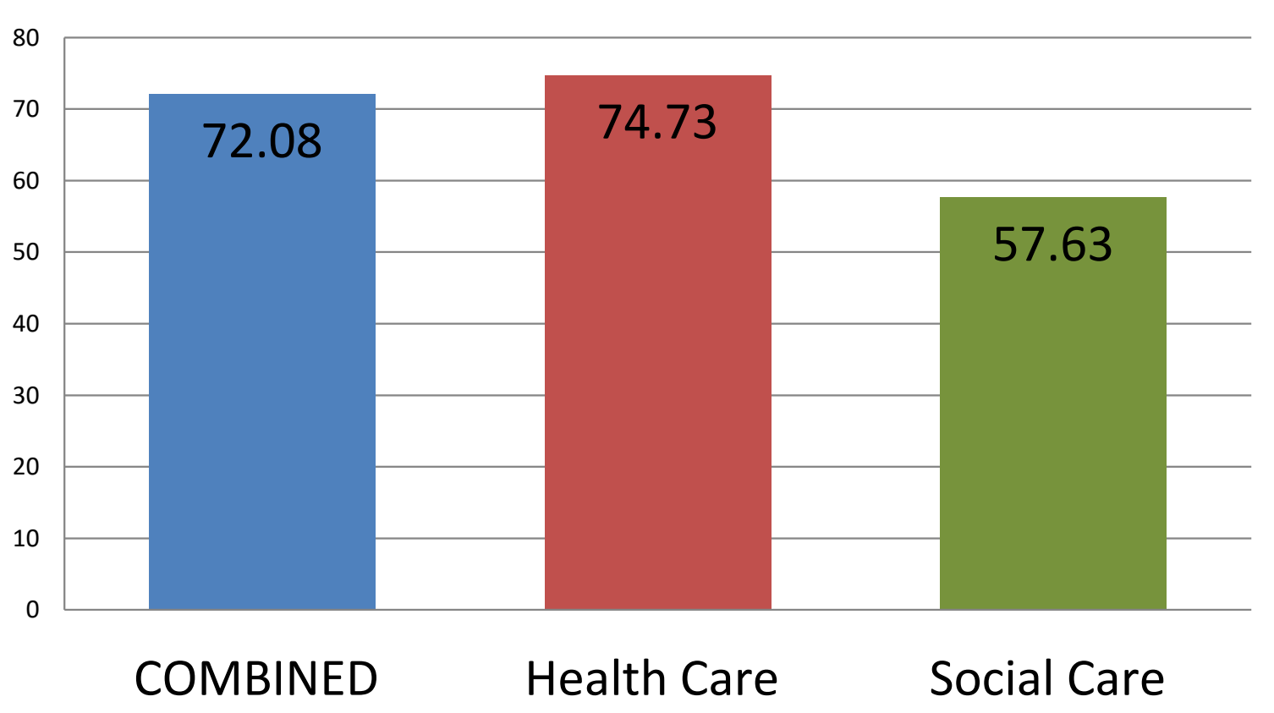
Participants (N=1,090)

Health Care sample (N=917)	Social Care sample (N=173)
52% female, 95% white British	65% female, 82% white British
Age range 18 to 101 (mean 66)	Age range 19 to 102 (mean 70)
12% permanently sick or disabled	41% permanently sick or disabled
2% completed by proxy	22% completed by proxy
Number of LTCs (mean): 6	Number of LTCs (mean): 7

Prevalence of recruiting conditions across the total sample:

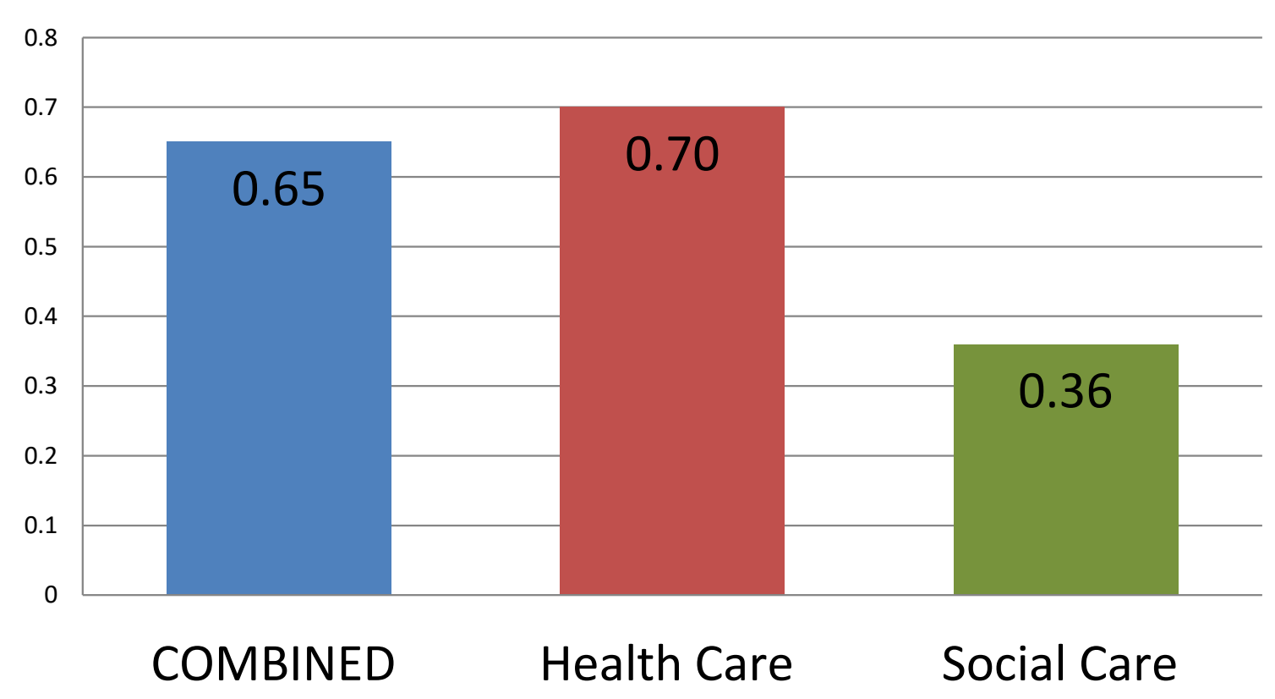
depression / anxiety (39%), chronic back pain / sciatica (37%), diabetes (26%), osteoarthritis (25%), heart disease (23%), colon problems (23%), COPD (15%), cancer in the last 5 years (14%), stroke (14%), bipolar / schizophrenia (7%), multiple sclerosis (5%)

A diverse sample: health and social care users



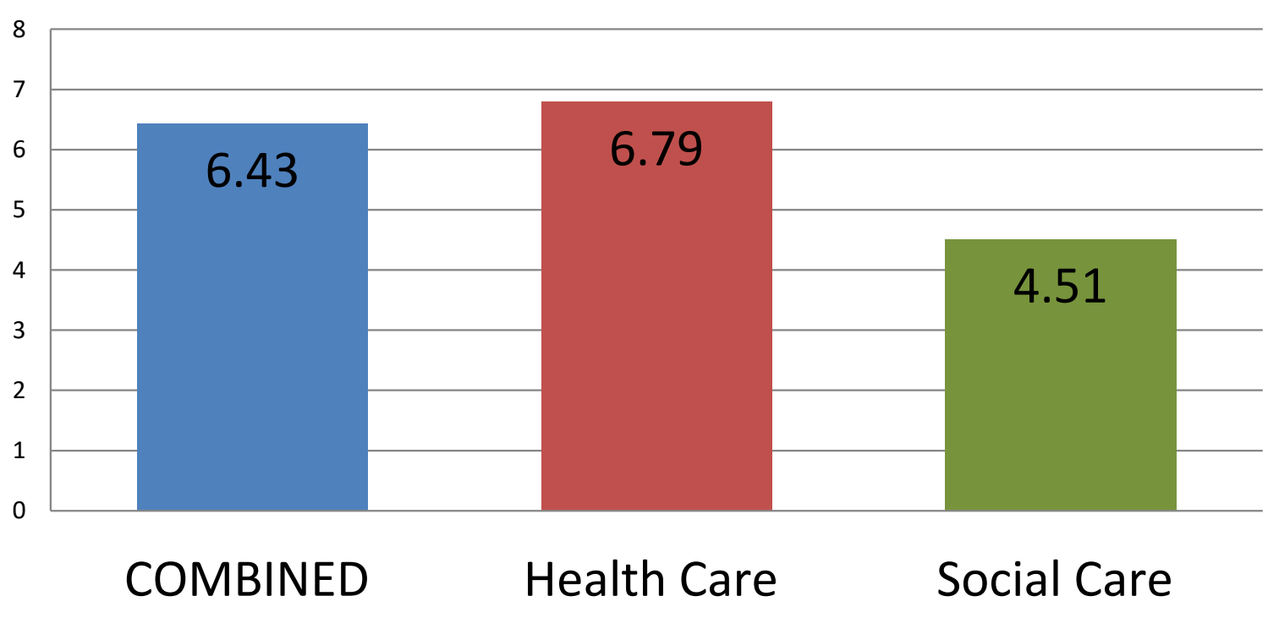
LTCQ summed scores (mean)

higher score = greater well-being in relation to LTCs



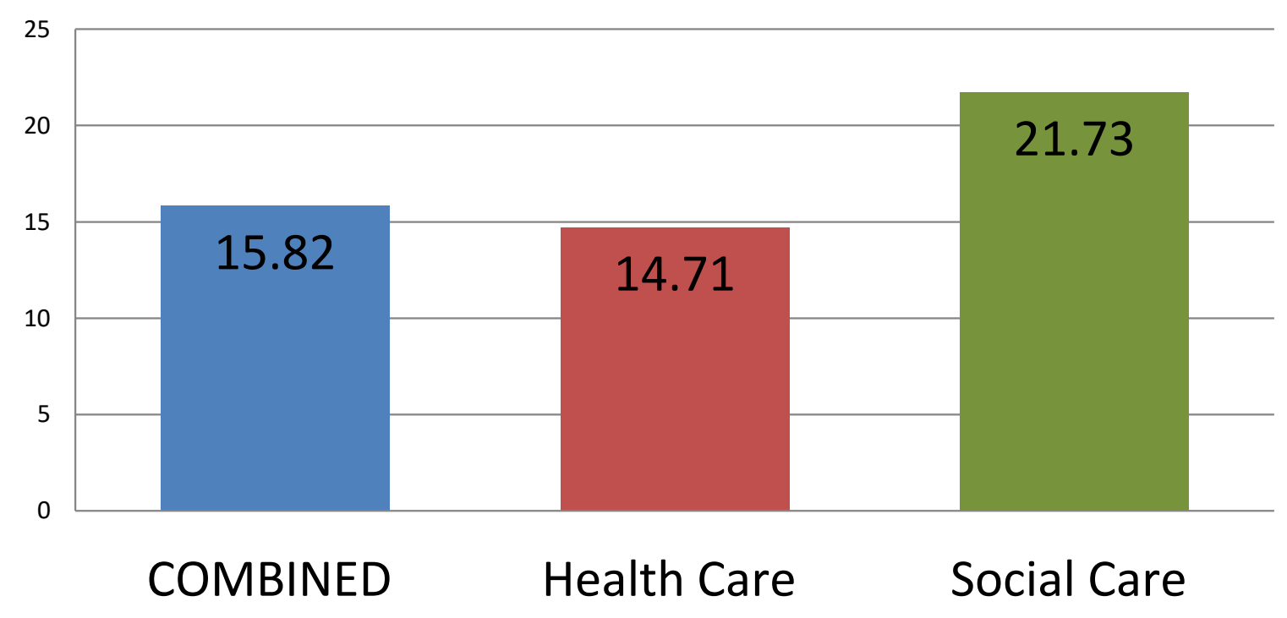
EQ-5D-5L index values (mean)

higher score = better health-related quality of life



Lorig self-efficacy scores (mean)

higher score = greater confidence to manage LTCs



Bayliss multi-morbidity (mean)

higher score = higher impact of LTCs on daily life

Summary of preliminary findings

- The LTCQ is a new measure for assessing well-being in people living with a wide range of long-term conditions. For preliminary analysis the score was calculated as the sum of all items, with maximum score of 100 and higher scores indicating greater well-being.
- The LTCQ was acceptable to a diverse sample of health and social care users, with low levels of missing data (≤ 2% per item).
- Preliminary analysis indicates excellent internal reliability (α=0.96) and test-retest reliability (ICC = 0.92, 95% CI 0.90 to 0.94)
- Further analysis will be undertaken to refine the scoring system and to clarify the interpretation of scores.

References: Hunter C, Fitzpatrick R, Jenkinson C, et al. 2015 Perspectives from health, social care and policy stakeholders on the value of a single self-report outcome measure across long-term conditions: a qualitative study. *BMJ Open.* 5(5):e006986.

Peters M, Potter CM, Kelly L, et al. 2016. The Long-Term Conditions Questionnaire: conceptual framework and item development. *Patient Related Outcome Measures* 7:109-125.

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University of Kent
LSE The London School of Economics and Political Science
University of Oxford
QORU quality and outcomes of person-centred care policy research unit
Collaboration for Leadership in Applied Health Research and Care Oxford