National Disease Management Guidelines (NDMG) Programme

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German Health Practice Collection
Showcasing health and social protection for development

GIC Forum on Health and Social Protection
Universal Health Coverage: From Promise to Practice
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Gustav-Stresemann-Institut, Bonn, Germany
AGENDA

NDMG Programme:
• Background
• Methodology
• Experiences (e.g. costs, duration of the development process)
• Dissemination and Implementation
Agenda – NDMG Programme

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Background – German National Disease Management Guidelines Programme

- NDMGs are evidenced-based recommendations for highly prevalent chronic diseases with a special focus on coordination of care.

- 2002 - Set up by the German Medical Association to provide evidence based guidance for Disease Management Programme.

- Since September 2003 a joint project of German Medical Association, National Association of Statutory Health Insurance Physicians (NASHIP), Association of Scientific Medical Societies (AWMF).

- Organised by us: German Agency for Quality in Medicine, Berlin.
Coordination of care

Recommendations: When to refer, important issues when cooperating
Consider (preferably) all relevant aspects of diseases

- comorbidities
- multimorbidity/geriatric aspects
- acute decompensation

Special Features

- prevention/screening
- diagnosis
- general measures
- causal therapy
- pharmacotherapy
- device therapy/VAD
- transplantation
- complementary therapies
- monitoring
- rehabilitation
- palliative care
- psychosocial aspects
- coordination of care

Example: National Disease Management Guideline on Heart Failure, 2010
Agenda – NDMG Programme

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Organization of Guideline Groups

Guideline groups in National Disease Management Guidelines

- CHD
- Asthma
- COPD
- DM-Retinopathy
- DM-Foot syndrom
- Depression
- Low Back Pain
- DM-Education
- Heart Failure
- DM-Nephropathy
- DM-Neuropathy
- Asthma 1st update
- CHD 1st update
- DM-Management
- Dementia

Medical Societies  other nonmedical organisations (e.g. patients, nursing)
Methodology of adaptation has always been the basis of the NDMG development, i.e. they are primarily adapted guidelines which use other high quality guidelines as the main source of evidence.
Methodology – stepwise approach I

1. Selection of guideline topics
2. Composition of guideline development group and formulate key questions
3. Systematic search for guidelines
4. Appraise potential source guidelines in accordance to German Instrument for Methodological Guideline Appraisal (DELBI)
5. Synopsis of the guidelines focusing on the key questions
6. For those questions which are not adequately addressed in the source guidelines, we do an additional systematic search for other sources of aggregated evidence (e.g. systematic reviews, meta-analyses and HTA reports) and primary studies
Methodology – stepwise approach II

- Critical appraisal of the additional evidence
- Development of the background text as evidence summaries
- Formulation and grading of recommendations using formal consensus methods
- Consultation and peer review (3 months)
National and international guidelines were used as sources of evidence:

- 2 German guidelines (German Cardiac Society, German College of General Practitioners and Family Physicians)
- 2 International Guidelines (Scottish Intercollegiate Guidelines Network, Canadian Cardiovascular Society)
- Other guidelines were considered for specific questions

Additionally, we performed systematic literature searches for the topics:

- Rehabilitation
- Complementary therapies
- Disease management approaches (e.g. telemedicine)
Agenda – NDMG Programme

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### Duration and costs of NDMG development process

**NDMG for Diabetic Neuropathy in Adults**

<table>
<thead>
<tr>
<th>Duration of development</th>
<th>244 weeks</th>
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<tbody>
<tr>
<td>Experts</td>
<td>19</td>
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<tr>
<td>Meeting days</td>
<td>15</td>
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<tr>
<td>Telephone conferences</td>
<td>5</td>
</tr>
<tr>
<td>Material and staff costs</td>
<td>approx. 195.365 € = 241.461 US $</td>
</tr>
</tbody>
</table>

## Duration and costs of NDMG development process

### NDMG for Heart Failure

<table>
<thead>
<tr>
<th>Duration of development</th>
<th>157 weeks</th>
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<tr>
<td>Experts</td>
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<tr>
<td>Meeting days</td>
<td>11</td>
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<tr>
<td>Telephone conferences</td>
<td>10</td>
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<tr>
<td>Material and staff costs</td>
<td>approx. 138.535 € = 171.248 US $</td>
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</table>

Agenda – NDMG Programme

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Dissemination & Implementation

National Disease Management Guidelines

Free Access

Supplementary Tools (e.g. checklists)

Long, short version and app of the guidelines

Patient Guidelines

Quality indicators

CME based on guidelines

Contracts between payer and care provider – e.g. DMP

Improving current practice
Current Developments

- improvement of strategies for effective implementation
- continued updating – National Disease Management Guidelines as ‘living guidelines’
- specific recommendations for special populations e.g. gender, migrants, comorbidity (polypharmacy)
Method report for NDMG guideline development in English available at:

www.azq.de
Thank you for your attention!

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