CLINICAL PRACTICE GUIDELINES & RESOURCES

MultipleChronicConditions | RESOURCE CENTER

A resource added to the *HealthCom Media* collection

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January 2025

Implementing Best Patient Care – Preventing Clinical Inertia

The amount of time from bench (research) to bedside (patient care) can take anywhere from 10-15 years. Despite the advances in newly reported data, guideline revisions and standard-of-care recommendations – healthcare providers can lag when initiating or intensifying specific therapies to manage multiple chronic conditions. This behavior is defined as *clinical inertia*. Recognition of a problem with failure to act.

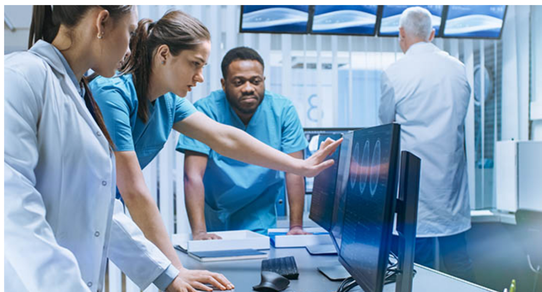
Traditionally, providers focus on the relief of symptoms – but to effectively manage common conditions such as hypertension, diabetes and hyperlipidemia, they are without symptoms. An elevated blood pressure, increased lipids or abnormal hemoglobin A1c warrant treatment without further clinical evaluation. Limitations in effectively managing these disorders are often a result of clinical inertia.

Clinical inertia has been identified by three problems:

- Overestimation of current care provided.
- No justification to avoid an intensification of specific therapy based on guideline recommendations.
- Lack of education, training and practice patterns aimed at achieving therapeutic patient-specific goals.

Clinical inertia contributes to poor patient outcomes by not adhering to guideline recommendations that promote optimizing best practice. Failure to appropriately intensity pharmacologic management for example, in hypertension, diabetes and hyperlipidemia in routine care contributes to inadequate chronic disease management.

Health care providers can identify a lack of patient adherence or self-management skills to prevent optimal outcomes. A landmark paper by Phillips et al suggests that providers are responsible for their own clinical inertia – which cannot be blamed on the patient, clinical setting or limited time spent with the patient.



Recommendations to avoid clinical inertia:

- Ongoing education that focuses on implementation of evidence-based guidelines.
- Include the concept of the dangers of clinical inertia in all levels of healthcare provider education.
- Clinical education that not only focuses on disease, diagnosis and therapy – but on strategies that facilitate good care.
- Preform a systematic self-measurement of clinical practice performance.
- Routine interaction with peers or opinion leaders to obtain clinical performance feedback.

Phillips et al., Clinical Inertia. Ann Internal Med 2001;135:825-834

The Multiple Chronic Conditions Resource Center offers FREE access to current clinical guidelines and resources to support the comprehensive care for the nation's largest patient population – those living with two or more chronic conditions.

Resource Center

NEW PODCAST:

PODCAST: *Medication Safety: Knowledge is Power*

Dr. Kim Kuebler DNP, APRN, ANP-BC, FAAN Editor in Chief, Multiple Chronic Conditions Resource Center | Chief Executive Officer Advanced Disease Concepts LLC | Advanced Practice Provider | *Chronic Conditions, Pain and Symptom Management, Palliative Care, Spine and Orthopedics*

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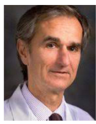
MORE PODCASTS:

PODCAST: *A Paradigm Shift: Integrating Palliative*



Symptom Management in Multiple Chronic Conditions

Dr. Eduardo Bruera MD Chair, Department of Palliative, Rehabilitation, & Integrative Medicine | University of Texas MD Anderson Cancer Center
Cancer, Pain and Symptom Management, Research, Palliative Care

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PODCAST: *Dr. Paul Ciechanowski discusses the benefits of integrated behavioral health models in primary care*

In the fifth edition of the MCCRC Podcast, **Dr. Kim Kuebler** sits down with **Dr. Paul Ciechanowski** talks about the benefits of integrated behavioral health models in primary care, why integrated care is a preferable model to hiring psychiatrists or social workers as part of a co-located model, and much more.

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PODCAST: *Dr. Irina Koyfman discusses Chronic Care Management - Do's, Don'ts, and Everything in Between*

In the fourth edition of the MCCRC Podcast, **Dr. Kim Kuebler** sits down with **Dr. Irina Koyfman** to talk about Chronic Care Management (CCM), getting in depth on what CCM really is, why specialists should consider doing CCM, and the future of CCM.

Listen on your favorite platform now: YouTube | Apple | Spotify

PODCAST: *How the human immune system relates to Multiple Chronic Conditions*

In the third edition of The MCCRC Podcast, **Dr. Kim Kuebler** sits down with **Dr. Matthew Sorenson** to talk about how the human body is impacted by chronic conditions, the different types of cells in the immune system, and the factors impacting immune health.

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PODCAST: *Helping overloaded people remaining in the workforce*

Dr. Kim Kuebler sits down with **Dr. Glenna Crooks** to talk about her most recent research on helping overloaded people remaining in the workforce, along with her most recent book "The NetworkSage: Realize Your Network Superpower."

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PODCAST: *Understanding the Link between diabetes and low testosterone in men*

Dr. Julian L Gallegos PhD, FNP-BC, Clinical Associate Professor, Director, Doctor of Nursing Practice Program Purdue University

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UPCOMING PODCASTS:

The Multiple Chronic Conditions Resource Center (MCCRC) has an upcoming Podcast with **Arlene Bierman MD, MS**, Chief Strategy Officer at AHRQ. Previously, Dr. Bierman was Director of the Center for Evidence and Practice Improvement at AHRQ. **Brittany Watson MD, MPH,** Department of Family and Community Medicine, Wake Forest University School of Medicine, Atrium Health Wake Forest Baptist and first author of this paper. This podcast will be moderated by **Jane Pederson MD, MS,** Chief Medical Quality Officer Stratis Health, Minnesota and Editorial Board member of the MCCRC.

What's Your Opinion?

Please take a few minutes to provide your feedback about *Multiple Chronic Conditions*. We want to know what you like and what you'd like to see us do differently.

Tell us what you think!

Share your feedback

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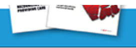

WEBINARS

UPCOMING WEBINAR

WEDNESDAY, FEBRUARY 5

Simulation: Preparing for workplace violence

Train in a safe environment to increase new nurses' confidence

Don't miss out on our exclusive webinar, where we'll dive into a critical topic that every nurse – from nurse executives to staff nurses – must understand. Discover the latest innovations tackling a pressing issue in today's healthcare workplace. This is your opportunity to stay ahead of the curve and gain valuable insights that will enhance your practice and improve the work environment for all. Join us and be part of the solution! Learn more

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FREE ON-DEMAND

- Tactical Implementation of an Effective Falls Program
- Challenging and Inspiring: *Beyond* Common Fall Prevention Practices
- Something's afoot: foot health in nursing and beyond
- Travel Nursing – How to ensure a good experience
- Navigating the latest Temperature Management guidelines
- Safety & Science of Low- and No-Calorie Sweeteners
- When There Are No More Nurses...
- Strategies for Reducing Falls in the ED
- Medication Safety: Protecting Your Patients...and Your Practice
- Mindful Communication: Leadership and Staff Perspectives
- Truth or lies: Fighting back against misinformation

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