



SMARThealth MLTC: Development and feasibility testing of a comprehensive management package for multiple long-term conditions in India and Indonesia – August 2025

FACTS:

- Up to 50% of adults in India and 40% in Indonesia are living with MLTCs.
- MLTCs are linked to increased disability, higher out-of-pocket expenses, and reduced length and quality of life.
- Health system configuration and care delivery is geared towards single-conditions - failing to meet the complex care needs of those with MLTC in an effective and efficient manner.
- SMARThealth offers a digital solution to make it easier for people to access better, more coordinated care for long-term health conditions.

PROJECT CYCLE:

2025 - 2026

PARTNERS:

The George Institute for Global Health, Australia and India

Universitas Brawijaya, Indonesia

UNSW Sydney, Australia

SUPPORTERS:

National Health and Medical Research Council (NHMRC) Investigator Grant of Prof. Anushka Patel (Leadership 3 Level).

PRINCIPAL INVESTIGATOR:

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CO-INVESTIGATORS:

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BACKGROUND:

- SMARThealth is a digital primary health care ecosystem developed by The George Institute to overcome limitations in chronic disease care, particularly in low resource settings. Designed for use by community healthcare workers (CHWs), it supports the Systematic Medical Appraisal, Referral and Treatment (SMART) of chronic conditions through evidence-based point of care decision support.
- People living with multiple long-term conditions (MLTCs) often receive care that is disjointed and focused on individual diseases rather than the person as a whole. This siloed approach leads to suboptimal health outcomes and inefficiencies in the healthcare system.
- Current health services are not designed to manage the complex and intersecting needs of individuals with MLTCs. There is a pressing need to develop integrated, person-centred approaches that can deliver coordinated, high-quality care for people with MLTCs in low-resource settings.

AIM:

- To develop and conduct a preliminary assessment of integrated clinical algorithms and care workflows to support the systematic medical appraisal, referral, and treatment of individuals with MLTCs using the SMARThealth platform.
- To assess the feasibility of implementing the SMARThealth MLTC platform in real-world settings.

METHODS:

- The project will use consultations, in-depth interviews and focus group discussions to understand the perspectives of patients, physicians, nurses, CHWs, and administrators.
- Clinical experts will review existing SMARThealth treatment plans and relevant medical guidelines to adapt and integrate them into digital algorithms for improved MLTC decision support.
- The resulting SMARThealth MLTC algorithms and care workflows will then be evaluated for feasibility by primary healthcare physicians and CHWs in India and Indonesia.

IMPACT

- SMARThealth MLTC will generate novel evidence on the use of existing digital decision-support tool for managing MLTCs in settings with limited healthcare resources.
- This study will advance the science of harmonising multiple standard treatment guideline recommendations and clinical workflows towards more person-centred integrated care using a digital decision support tool.

CONTACT:

To find out more about this project, its investigators or The George Institute please contact Tina Wall +61 410 411 983 OR twall@georgeinstitute.org.au

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