

Prevalence and Patterns of Multimorbidity Among Geriatric Population in Basak Compostela Cebu

Airish Sarigumba

Family and Community Medicine, Vicente Sotto Memorial Medical Center, Cebu, Philippines

Leida Marie Alarcon

Family and Community Medicine, Vicente Sotto Memorial Medical Center, Cebu, Philippines

Lica Jamane Carabana

Family and Community Medicine, Vicente Sotto Memorial Medical Center, Cebu, Philippines

Abstract

Introduction: Multimorbidity, the presence of two or more chronic disease conditions in an individual, is increasingly prevalent, especially among the geriatric population. It poses a significant global health concern, yet remains under-researched in the Philippines.

Methods: A cross-sectional study was conducted among 147 senior citizens aged 60 years and older in Basak, Compostela. Data were collected using a modified Multimorbidity Assessment Questionnaire for Primary Care (MAQ-PC) from October 2024 to March 2025. Descriptive statistics were used alongside the Chi-square test and Fisher's exact test, using 95% confidence intervals to determine prevalence estimates.

Results: Multimorbidity was present in 69.38% of respondents (95% CI: 62.59%–77.26%), with the highest rates in the young-old group (60–74 years). Dyads were the most frequent combination (40.81%, CI: 50.00%–69.11%), followed by triads (20.40%, CI: 20.59%–39.70%), and tetrads (6.80%, CI: 0.98%–20.09%). A small proportion (1.36%, CI: 0.00%–12.25%) had five or more conditions. Hypertension was the most prevalent chronic illness (77.55%, CI: 32.78%–43.81%), with hypertension and arthritis being the most common dyadic pattern (20.40%, CI: 8.09%–17.58%). Multimorbidity was significantly associated with poor self-rated health ($p < 0.001$).

Conclusion: This study highlights the substantial burden of multimorbidity in this population. Therefore, healthcare providers must adopt integrated care approaches tailored to the management of multimorbidity.

Index Terms

Multimorbidity, Prevalence, Patterns, Geriatrics