

4 communities who benefit from better clinical outcomes



In Group Clinics

Research shows that compared to usual care, the following groups of patients benefit from better clinic outcomes when care is provided as a group consultation or shared medical appointment. This summary draws on systematic reviews and highlights the strongest evidence for group clinics

People living with diabetes

7 randomised controlled trials have shown improvements in HbA1c compared to usual care. 2 studies found changes persisted up to one year post group clinic



Babies whose mothers get group antenatal care

Compared to usual care, babies whose mums attended group antenatal clinics had a higher birth weight; a 33% reduction in their risk of being born pre-term and spent less time in neonatal intensive care



Women who get group antenatal care

Compared to usual care, mums getting group antenatal care gained less weight before and lost more after birth, and felt better prepared for birth and delivery



Older people

Compared to usual care, the incidence of urinary incontinence was lower and those with the condition were prescribed fewer medicines when care was provided in a group clinic setting



Improved patient knowledge

Two studies found people with diabetes' knowledge score improved compared to usual care. One randomised control study found improved scores in chronic heart failure knowledge tests. Women who participated in group antenatal clinics reported better pre-natal knowledge compared to usual care



Improved quality of life

Three studies have found group clinics improve quality of life scores compared to usual care. One study found that patients with COPD who attended group clinics improved exercise tolerance and symptoms, which led to improved quality of life compared with usual care



Improved patient satisfaction

Six studies have reported significant improvements in patient satisfaction with group clinics compared to usual care. In four studies this translated into patients choosing group clinics over one to one appointments for future care

References: systematic reviews of group clinics

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