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**Coping with multiple chronic conditions among Chinese older couples: A community of shared destiny**

Multiple chronic conditions (MCCs) affect patients and their spouses. We explored the experience of Chinese older couples living with MCCs to gain deeper understanding of how they cope with MCCs as dyads. A qualitative research design using semi-structured in-depth interviews was conducted. Sixteen couples ( $\geq 60$  years) were included and a thematic analysis was undertaken using NVivo software. Four themes under an overarching theme “A community of shared destiny” were identified: (i) various changes and impacts in normal life; (ii) perceived dynamic stress and dyadic challenges of MCCs; (iii) acceptance and reflection on MCCs influenced by aging and fatalism; (iv) mutual support and dyadic adjustment based on a shared destiny. Coping with MCCs was a dyadic and periodic journey for older couples. They perceived themselves as a community of shared destiny. Our findings are important for healthcare professionals to develop targeted interventions for older couples living with MCCs.

**Keywords:** Multiple chronic conditions; Dyadic coping; Older adults; Qualitative study

**Biography**

PhD, Master's Supervisor. Focuses on geriatric health, integrated care, and chronic illness management. Hosted two projects funded by the Beijing Social Science Foundation and has participated in several national and provincial-level research projects. Published more than 40 papers in Chinese and English, serves as a reviewer for several journals, and has co-authored several nursing textbooks. a member of the Working Committee at the Chinese Nursing, external Affairs Committee at the Beijing Nursing Association, and the Health and Rehabilitation Committee at the Chinese Society of Gerontology and Geriatrics, deputy director of the Community Nursing Committee at the Beijing Nursing Workers Association.