

CARE OF DISEASED



Learning agenda

- Introduction
- Definition of chronic illness & disease management
- Purposes of diseased care
- Chronic disease indicators
- Benefits of chronic disease management
- Chronic care model



- Chronic care management programs
- The role of health services and health systems in preventing chronic disease
- Role of Nurse in care of diseased
- Conclusion



Introduction

Caring for someone with a chronic disease can be challenging and emotionally draining due to uncertainty of the situation.



Concept of chronic disease

It is a long-term condition that generally does not get better on its own and is generally not cured completely.



Disease management

Disease management is defined as a system of coordinated healthcare interventions and communications for populations with conditions in which patient self-care efforts are significant.



Purposes



Quality of care

Increase adherence to treatment plans

Integrated and comprehensive system of care.

Ongoing and scientifically based evaluations.



Chronic disease indicators

Seven categories:

Less physical activity and poor nutrition

Tobacco and alcohol use

Cardiovascular disease and cancer

Diabetes

Overarching conditions

Other diseases and risk factors



Common chronic diseases for older people

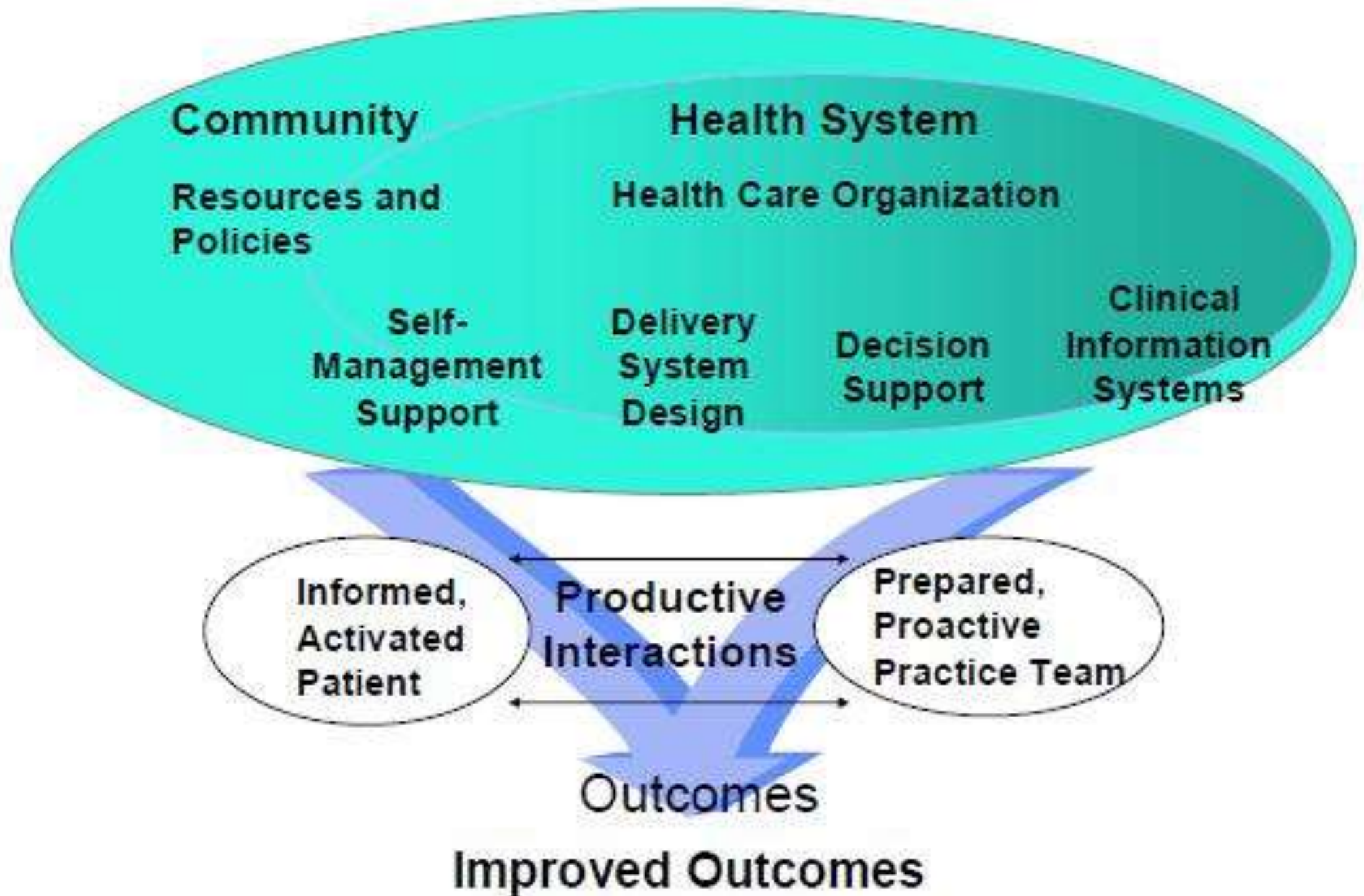
- Asthma
- Arthritis including osteoarthritis and rheumatoid arthritis
- cancer
- Chronic kidney disease
- Coronary heart disease
- Dementia
- Diabetes
- Mental health conditions such as depression
- Oral disease
- Osteoporosis
- Stroke



Benefits of chronic disease management



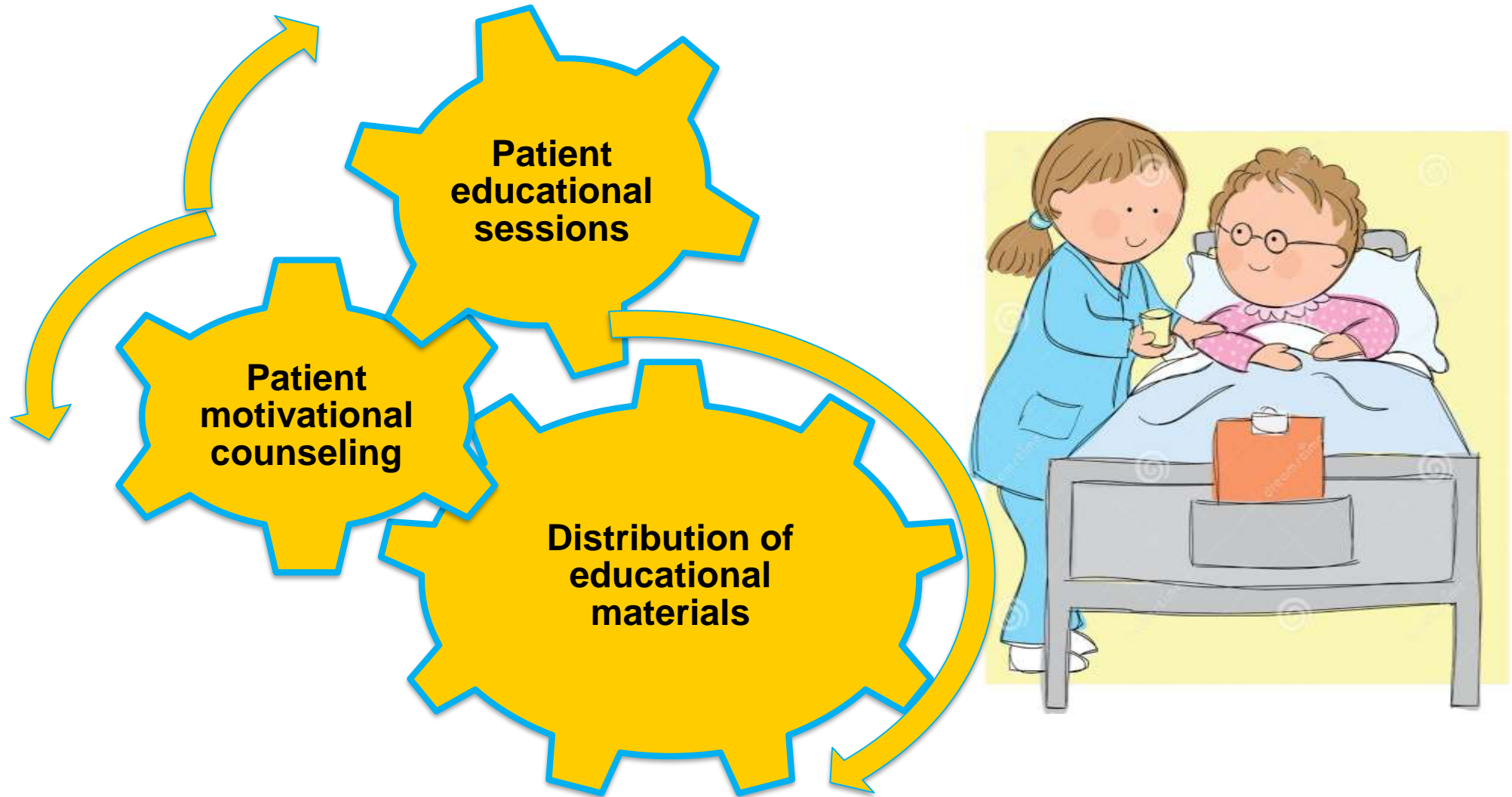
Chronic Care Model



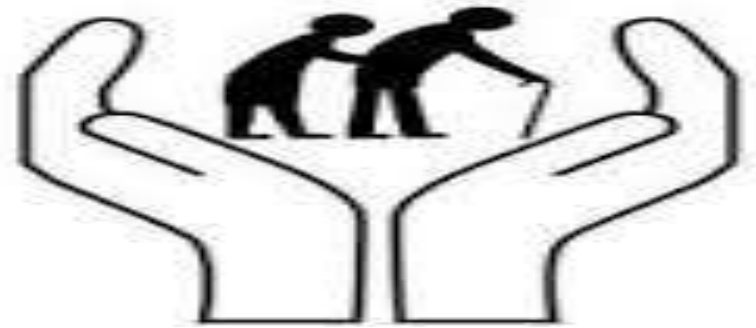
Chronic care refers to medical **care** which addresses pre-existing or long term illness.

Self-managing chronic diseases

Self-management is all about learning for community:



Cont..



How to improve nutrition and general health

How to include appropriate activity and fitness

How to access community support groups

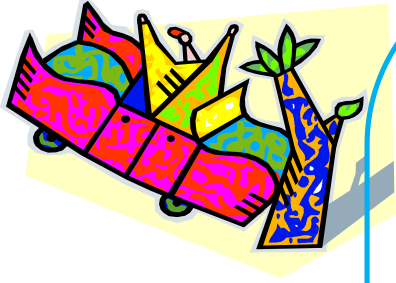
How to manage the emotions of everyday life.

Delivery System Design

- Define roles and distribute task
- Evidence-based care
- Clinical case management
- Regular follow-up
- Cultural sensitive care



Primary care delivery system



Traditional

Provide acute care

Diagnostic and laboratory services

Treatment of signs and symptoms

Prescriptions

Brief education

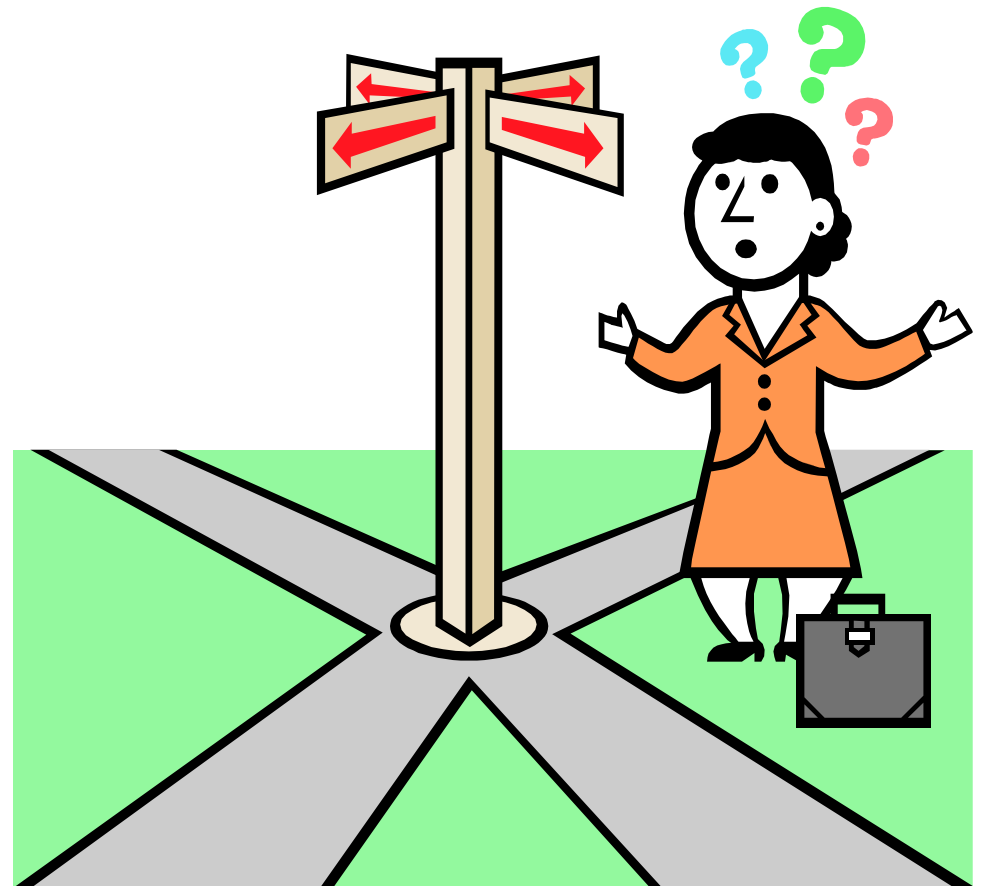
Short appointments

Patient-initiated follow-up



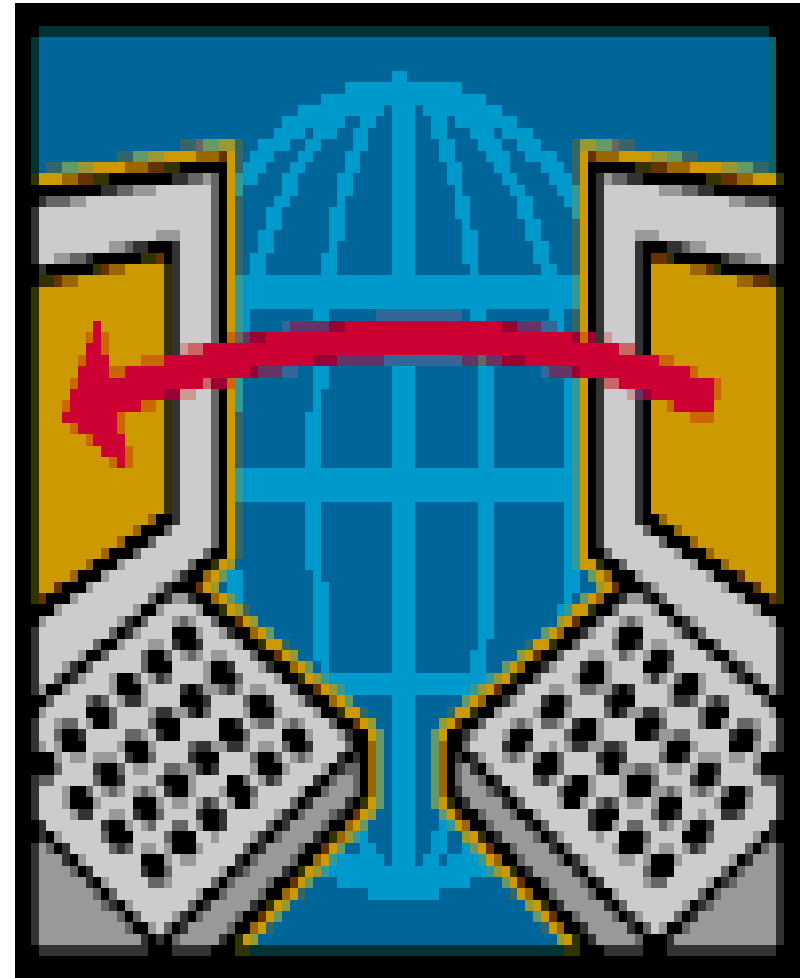
Decision support

- Patients participation
- To fill gaps in needed services
- Clinical guidelines and information
- Professional education
- Integrate specialty and primary care



Clinical information systems

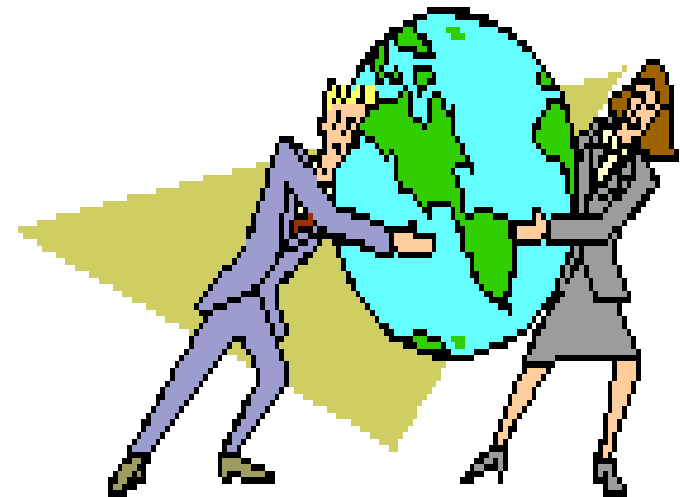
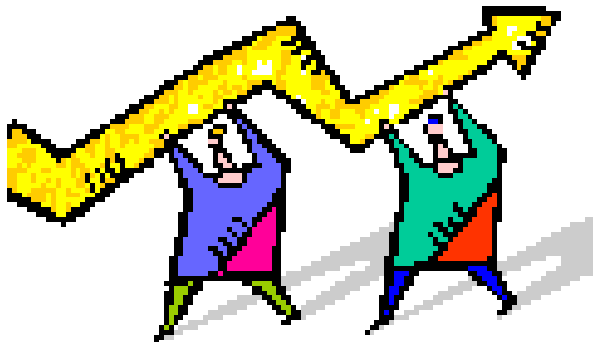
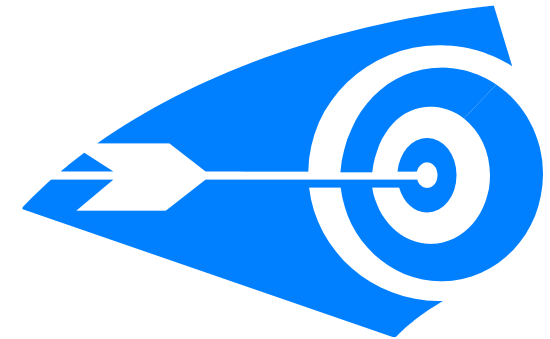
- Timely reminders
- Identify subpopulations for proactive care
- Facilitate individual patient care planning
- Share information
- Monitor outcomes



Chronic care management

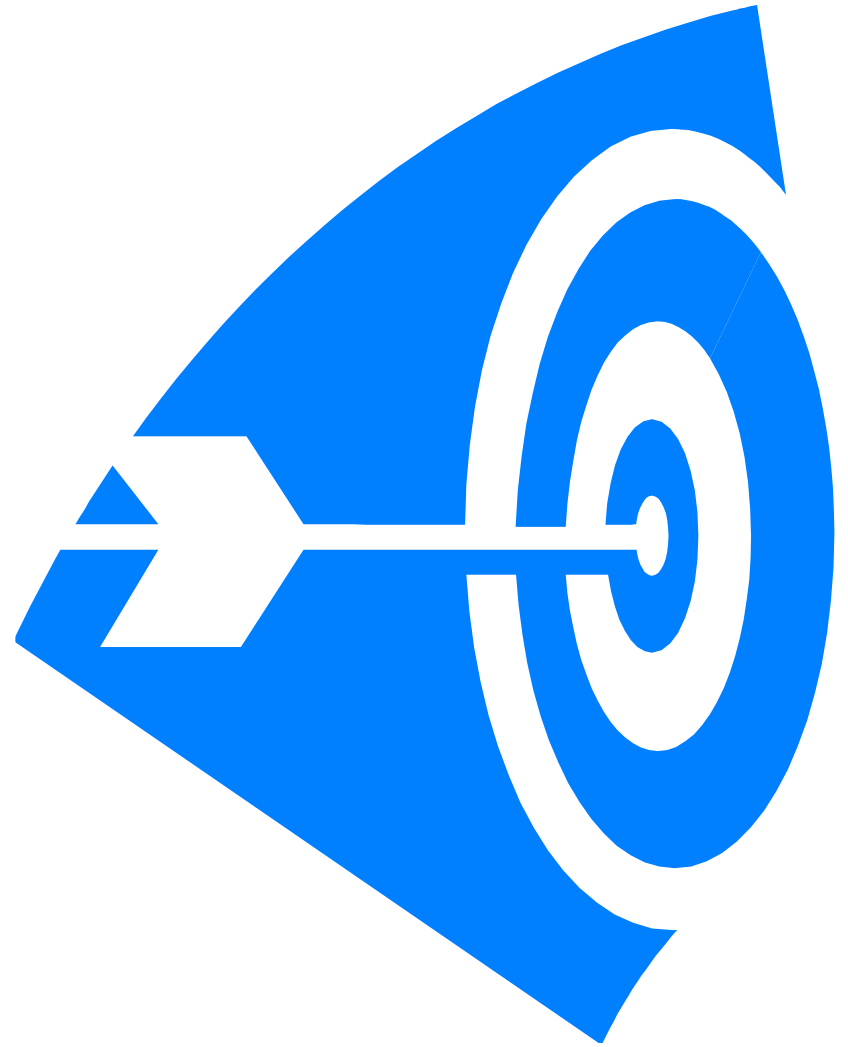


Chronic care management programs



1. Targeting approach

Possible to reduce cost based
on this method



2. Case management approach

Many programs include:

- Brief hospitalization
- Low intensity follow-up care
- Conduct utilization review



Chronic Care

Management advocates

for:

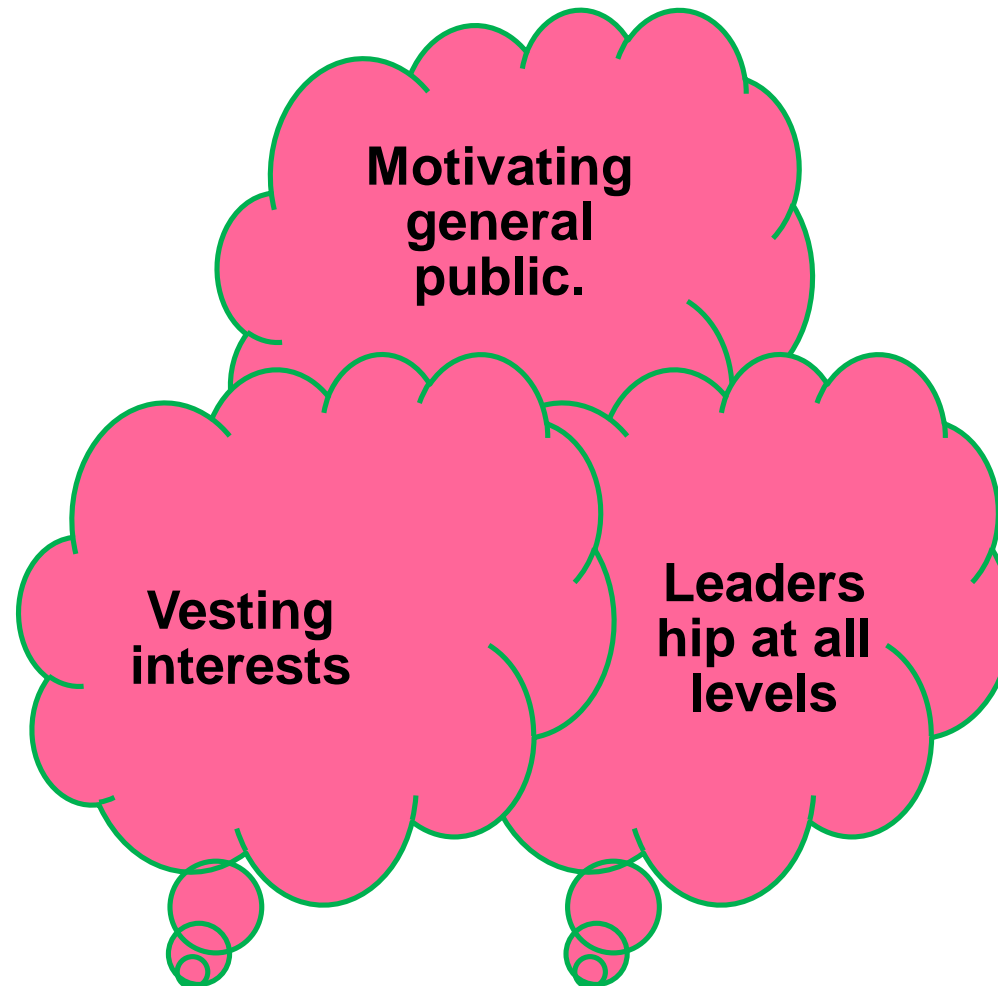
- Access to services that are proven to improve outcomes



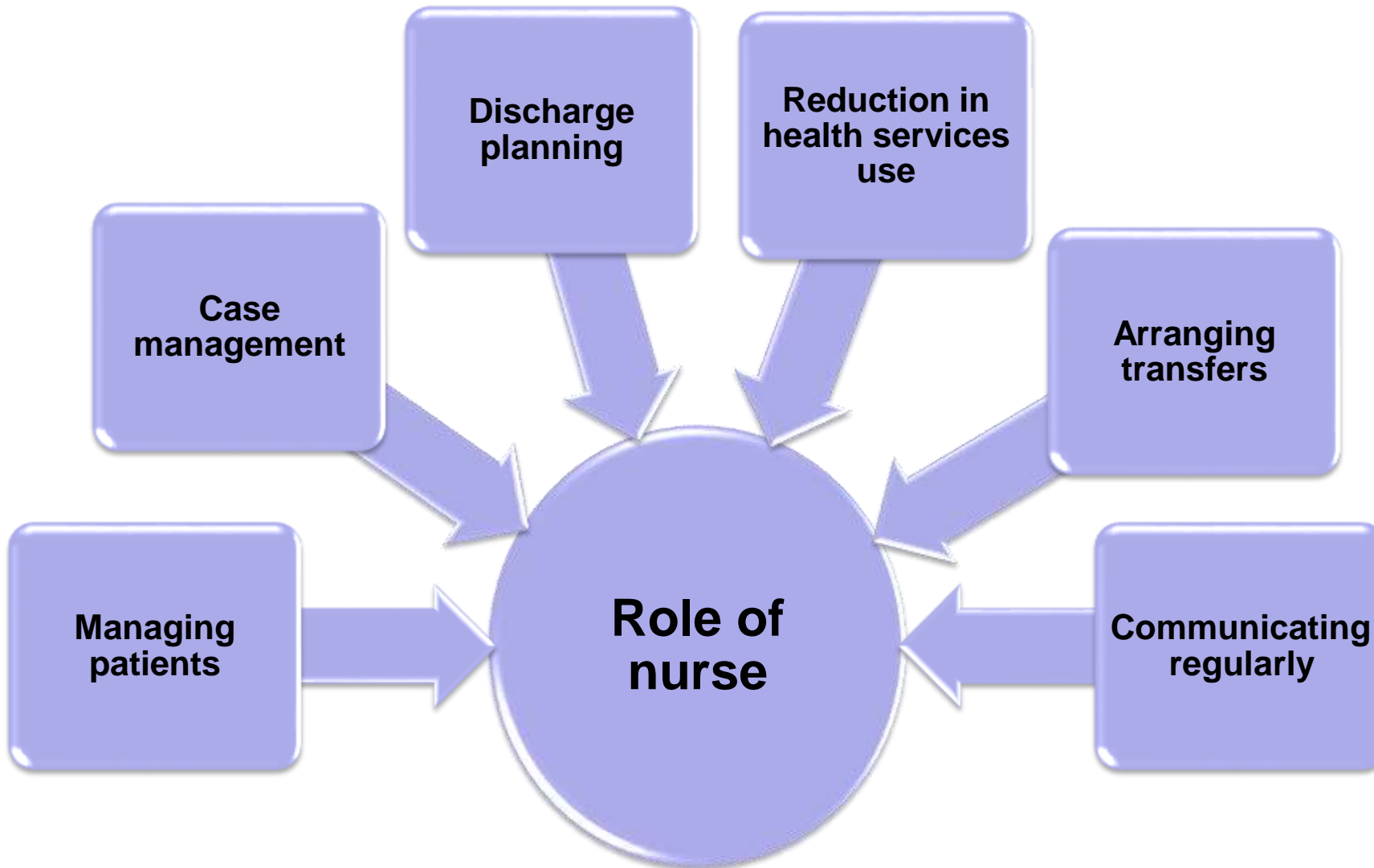
3. Support for family members



The role of health services and health systems in preventing chronic disease



Role of Nurse in care of diseased



Conclusion



Care of diseased needs allied health services such as physiotherapy, osteopathy, diabetes educators, exercise physiology, psychology and other selected complementary and alternative therapies such as acupuncture may be helpful in treating chronic diseases



References

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- FP David et al. Improving Quality of Care Through Disease Management
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Objective type questions

1. Which one of the following diseases is a communicable?

(a) rickets

(b) amoebiasis

(c) diabetes

(d) cancer

Answer: (b) amoebiasis

2. Disease existing at or before birth is **(JKCMEE)**

- (a) Congenital
- (b) Communicable
- (c) Noncommunicable
- (d) none of these

Answer: (a) Congenital

3. Benefits of chronic disease management

- a. Quality improvement
- b. Financial management
- c. Life support

Answer: a. Quality improvement

4. Diseases of the heart, joints and nervous system are called
- (a) communicable diseases.
 - (b) degenerative diseases
 - (c) deficiency diseases
 - (d) allergies

Answer: (b) degenerative diseases