

Chronic Disease Management

Millions of older adults struggle to manage chronic diseases like diabetes, arthritis and hypertension. Often, these [MHA FPX 5028 Assessment 3 Best Practices Report](#) conditions result in unhealthy physical and mental days.

NCOA supports CDSMP, a low-cost program that helps adults with these conditions learn to manage their symptoms and improve their health. Results show that participants experience significant improvements in quality of life and save enough through reductions in health care costs to cover the cost of the program.

Prevention

Prevention strategies are key in addressing chronic disease management. They are particularly important in primary care settings, which have the flexibility to provide organized preventive and early intervention services. [1] Countries with strong primary care systems have better health outcomes at a lower cost than those without one.

Three modifiable risk [MHA FPX 5028 Assessment 4 Water Quality Improvement](#) - unhealthy eating, physical inactivity and tobacco use - are major contributors to the leading causes of death (cancer, heart disease, stroke, diabetes and lung diseases) as well as increasing illness, disability and costs. The Health Promotion Bureau's Chronic Disease Prevention Section manages programs that reduce the occurrence of these illnesses and their impact on people and communities.

By improving connections between community resources and health care systems, CDC works to increase the use of proven interventions - such as chronic disease self-management education, National Diabetes Prevention Program, and smoking cessation programs - that can be delivered at the population level. These programs can be accessed through clinician referrals and by linking with community organizations and lay providers that get reimbursed by health insurance.

Symptom Management

Symptom management strategies can help to improve quality of life for people with chronic disease. This includes preventing unnecessary distress, such as uncontrolled pain and breathing difficulties, and avoiding avoidable crises that can occur in patients with [NHS FPX 4000 Assignment 1 Applying Ethical Principles](#).

Eliciting patient goals and preferences during a symptom management discussion, as well as apprising them of their prognosis if they want to know, are key components of this type of care. Similarly, involving non-physician team members in symptom management discussions can be important.

Symptoms related to serious illness are one of the central concerns of patients, their families and healthcare professionals. These symptoms can be a sign of disease progression or side effects from [NHS FPX 4000 Assignment 3 Analyzing a Current Health Care Problem](#) treatment. Palliative care is a specialist area that offers symptom management to help patients and their families manage these symptoms and side effects of treatment. The goal of palliative care is to relieve the burden of a serious illness, such as cancer, through medication, symptom control and support for the family.

Treatment

While a chronic disease is not always curable, most can be managed. Treatment strategies include educating patients about their conditions, encouraging lifestyle changes and creating medication regimens that are based on evidence.

Many of the behaviors that contribute to chronic disease — such as smoking, drinking excessively, and poor nutrition — can be changed. When implemented, chronic disease management (CDM) strategies may help reduce these unhealthy behaviors, resulting in improved health outcomes and lower healthcare costs.

A key to success is linking patients with community resources that can provide support and guidance in addressing their underlying needs. One example of this is a program that partners with local schools to teach students about chronic diseases and healthy living. This [NHS FPX 4000 Assessment 2 Applying Research Skills](#) provides benefits to patients, teachers and the community as a whole. Another strategy is to incorporate CDM into medical education so that future physicians can understand the complexities of managing chronic diseases in a primary care setting.

Self-Management

An important element of chronic disease management is patient education, which helps people manage their illness and symptoms. But, there are a lot of strategies out there and not all of them work for everyone. The goal is to find what works best for you.

Taking control of your health can help you live longer and enjoy life more. Managing your condition can also reduce your health care costs. An integrated care approach, which includes screenings and monitoring and coordinating treatment with your doctor can help.

The Chronic Disease Self-Management Program (CDSMP) is an interactive workshop that can help you learn skills to better manage your health. It is taught by trained leaders, at least one of whom has a chronic disease, in convenient community locations for 2.5 hours each week over six weeks. A workbook is included. The CDSMP has disease-specific variants and is also available in Spanish. The CDSMP is free of charge.