


Chronic Disease Self Management

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THE COMPARISON PROJECT

- ### Objectives
- What are Chronic Diseases/illness/conditions
 - How common are Chronic Diseases/illness/conditions
 - “Silent Killer”
 - Secrets Hospitals Won’t Tell You
 - Chronic Disease Self Management Program (CDSMP)

FUNCTIONAL LIMITATION IS NOT AN INEVITABLE RESULT OF CHRONIC ILLNESS.

IMPROVES HEALTH RELATED QUALITY OF LIFE (HRQOL)



TIME

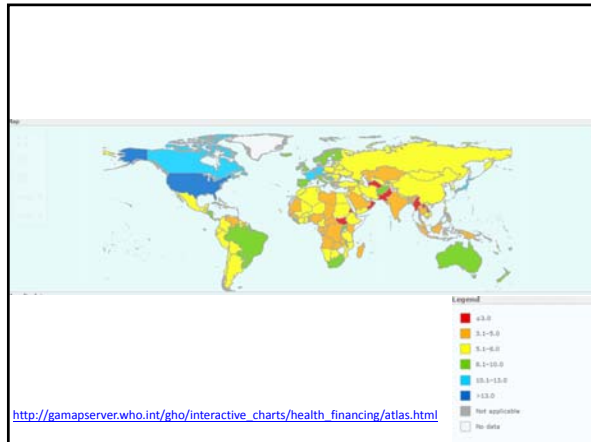
Dr. YOGESH SHAH

You owe
\$42,998.12

That's what every American man, woman and child would need to pay to erase the **\$13.9 trillion** U.S. debt.

Make America Solvent Again
By James Gorman

WHAT SHOULD A COUNTRY SPEND ON HEALTH CARE?



USA

- Health expenditure per capita: \$8,745
- Expenditure as a pct. of GDP: 16.9% (the highest)
- Pct. obese: 28.6% (the highest)
- Life expectancy: 78.7 years (8th lowest)

<http://www.usatoday.com/story/money/business/2014/07/07/countries-spending-most-health-care/12282577/>

- \$ 2.2 Trillion
- 75%
- \$ 1.65 Trillion

WHAT ARE CHRONIC DISEASES

Chronic diseases

Common, costly and **preventable** (in most cases)

- Chronic diseases are responsible for 7 of 10 deaths each year
- 75% of our nation's health care costs.

Heart disease, stroke, cancer,
type 2 diabetes, obesity,
arthritis, COPD and others.

**RISK FACTORS CAUSING MOST
CHRONIC DISEASES**

Risk Factors

- **Tobacco use**
- **Poor diet**
- **Physical inactivity**
- Excessive alcohol consumption
- High blood pressure (Uncontrolled)
- Hyperlipidemia (Uncontrolled)

- Eliminating three risk factors – **poor diet, inactivity, and smoking** – would prevent:
 - 80% of heart disease and stroke
 - 80% of type 2 diabetes
 - 40% of cancer

Centers for Disease Control and Prevention (CDC)

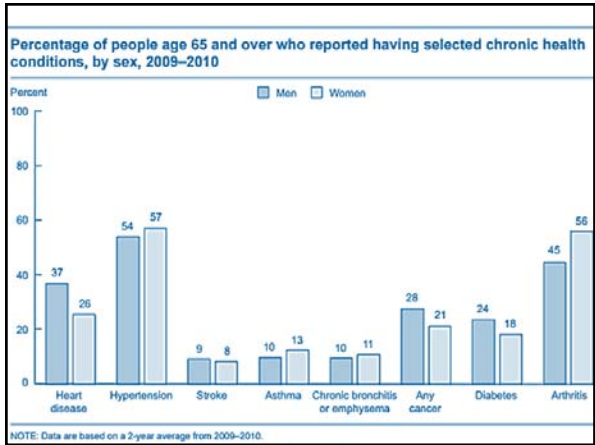
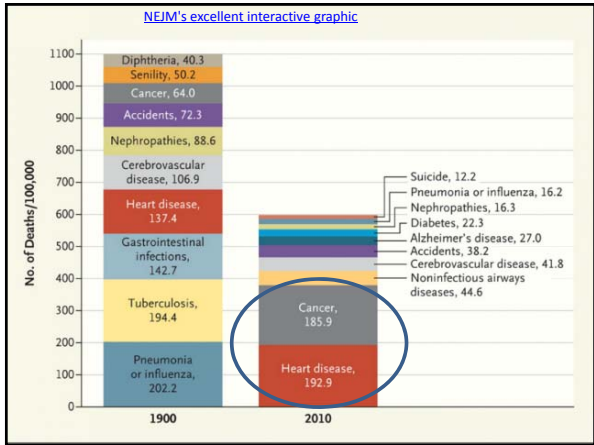
**BE YOUR OWN HEALTH ADVOCATE-
THINK PREVENTION**



Google images

HOW COMMON ARE CHRONIC DISEASES

- ### Chronic Diseases
- **80%** of people older than 60 are living with one chronic illness
 - **50%** with two chronic illnesses
 - Chronic diseases are the leading causes of death among older adults



THE 'SILENT KILLER'

- ### Hospital Admissions due to Chronic Diseases
- **80%**
 - **20%** readmissions within 30 days
 - **30%** are avoidable



THE 'silent killer'

Preventable medical errors (PME)

3rd leading cause of death

- ### Resources
- http://www.cdc.gov/arthritis/interventions/self_manage.htm
 - <http://www.cdc.gov/chronicdisease/about/prevention.htm>
 - <http://patienteducation.stanford.edu/programs/cdsmp.html>
 - <http://patienteducation.stanford.edu/research/>
 - <http://patienteducation.stanford.edu/myactionplanner/>
 - <http://www.restartliving.org/index.php>

THE 'SILENT KILLER'

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THE 'silent killer'

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The Silent Killer

1. Adverse drug events
2. Catheter-associated urinary tract infection
3. Central line-associated bloodstream infection
4. Injury from falls and immobility
5. Surgical site infections
6. Venous thrombosis (blood clots)

<https://psnet.ahrq.gov/primers/primer/23>

THE ROLE OF THE PATIENT IN SAFETY

Secrets Hospitals Won't Tell You

<http://www.rd.com/health/conditions/hospital-safety-secrets/>

- **Bring a clear, printed list of exactly what medications you take at home and when you take them.**
- Don't just say "daily": We need to know if you take them at night with dinner or when you wake up.

- **Don't interrupt the nurse when he's preparing your medications.**
- One study found that the more times you distract him, the greater the likelihood of error.
 - Each interruption was linked to a 12% increase in errors.

- **One study found that patients forget 40 % to 80% of what doctors and nurses tell them, even if they're nodding their heads.**
- Have someone with you to take notes or tape-record

- **Rest to get better: FALSE**
- **Get up and move. Walk the halls, walk to the cafeteria, go outside, it will help you avoid blood clots, and patients see psychological benefits.**
- One study found that older patients who get out of bed and walk around reduce their stay by an average of 40 hours.

- **Since each day in the hospital costs \$4,293 on average, one of the best ways to cut costs is to get out sooner.**
- Get motivated to be discharged, whether it's moving from the bed to a chair or walking two laps around the hospital floor.


BE YOUR OWN HEALTH ADVOCATE- YOUR SAFETY

CHRONIC DISEASE SELF MANAGEMENT PROGRAM (CDSMP)

Chronic Disease Self-Management Program (CDSMP)

- CDSMP is an effective self-management education program for people with chronic health problems.
- The program specifically addresses arthritis, diabetes, lung and heart disease, but teaches skills useful for managing a variety of chronic diseases.

- They provide tools and skill-building to help people manage their chronic conditions.
 - Weeks to months of structured lifestyle interventions
 - Standard protocols customized to particular communities
- Proven community programs offer considerable savings over clinician-delivered models.
 - National Diabetes Prevention Program



Self-Efficacy for Managing Chronic Disease 6-Item Scale

We would like to know how confident you are in doing certain activities. For each of the following questions, please choose the number that corresponds to your confidence that you can do the tasks regularly at the present time.

- How confident are you that you can keep the fatigue caused by your disease from interfering with the things you want to do? not at all confident 1 2 3 4 5 6 7 8 9 10 totally confident
- How confident are you that you can keep the physical discomfort or pain of your disease from interfering with the things you want to do? not at all confident 1 2 3 4 5 6 7 8 9 10 totally confident
- How confident are you that you can keep the emotional distress caused by your disease from interfering with the things you want to do? not at all confident 1 2 3 4 5 6 7 8 9 10 totally confident
- How confident are you that you can keep any other symptoms of health problems you have from interfering with the things you want to do? not at all confident 1 2 3 4 5 6 7 8 9 10 totally confident
- How confident are you that you can do the different tasks and activities needed to manage your health condition so as to reduce you need to see a doctor? not at all confident 1 2 3 4 5 6 7 8 9 10 totally confident
- How confident are you that you can do things other than just taking medication to reduce how much your illness affects your everyday life? not at all confident 1 2 3 4 5 6 7 8 9 10 totally confident

Subjects covered include

- 1) Techniques to deal with problems such as frustration, fatigue, pain and isolation
- 2) Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- 3) Appropriate use of medications
- 4) Communicating effectively with family, friends, and health professionals
- 5) Nutrition
- 6) Decision making
- 7) How to evaluate new treatments

BENEFITS OF CHRONIC DISEASE SELF MANAGEMENT PROGRAM (CDSMP)

Benefits of CDSMP

- Significant improvements in exercise
- Ability to do social and household activities
- Less depression, fear and worry about health
- Increased confidence in their ability to manage their condition

Benefits of CDSMP

- Improves disability free life expectancy = Increases function (**ADLs and IADLs**)
- Improves **Health Quality of Life (HRQoL)**

POOR HEALTH OR FUNCTIONAL LIMITATION IS NOT AN INEVITABLE RESULT OF CHRONIC ILLNESS.

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Conclusion

- A longer, active life, can occur with **adequate management of the chronic illnesses** and the management of social and health behaviors throughout life, such as **diet, smoking, physical activity, and a healthy environment** in which to live and work.

The Ten Pillars of Healthy Aging

1. Socialization
2. Exercise
3. Use of talents for self and others
4. Avoid accidents on the road and in the home
5. Rest one day per week
6. Nothing in excess
7. Establish a good health care team
8. Manage stress
9. Practice Brain Wellness
10. Maximize one's spiritual life

Dr. Bender

Resources

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