

Chronic Disease Management

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The Center

Chronic Diseases

- ▶ Conditions that:
 - ▶ last 1 year or more
 - ▶ require ongoing medical attention
 - ▶ limit activities of daily living
- ▶ Cardiovascular diseases, cancer, diabetes, asthma, and arthritis
- ▶ ~1/2 of all Americans have at least one chronic condition (117 million people)
- ▶ ~1/3 have 2 or more chronic conditions
- ▶ 25% of Medicare recipients have four or more chronic conditions
- ▶ Many patients with chronic conditions are not treated adequately
- ▶ Chronic conditions reduce quality of life & drive health care costs

Prevalence in the US

- ▶ Increased life expectancy and environmental risks have contributed to an epidemic of chronic disease
- ▶ Cardiovascular diseases
 - ▶ ~610,000 people die of heart disease annually
- ▶ Cancer
 - ▶ >1.7 million people are diagnosed with cancer and ~600,000 die
- ▶ Diabetes
 - ▶ 30.3 million people have diabetes and another 84.1 million adults have prediabetes
- ▶ Obesity
 - ▶ ~1 in 3 adults and 1 in 5 children
 - ▶ Increases the risk for chronic diseases such as diabetes, cardiovascular disease, and several types of cancer
- ▶ Arthritis
 - ▶ ~54.4 million adults (>1 in 4 adults)
 - ▶ Leading cause of work disability

Prevention

- ▶ Most chronic diseases can be prevented through:
 - ▶ Healthy eating
 - ▶ Physical activity
 - ▶ Avoiding tobacco and excessive alcohol consumption
 - ▶ Regular health screenings

Chronic Disease Self-management

- ▶ Chronic disease management depends on the effectiveness of self-management
- ▶ Self-management - requires a person to manage symptoms and treatment of a chronic disease
- ▶ Effective self-management allows the person to maintain a satisfactory quality of life
- ▶ Support self-management by empowering patients to manage their health and helping them make choices that lead to improved outcomes
- ▶ Self-management reduces hospitalizations, ER visits, and overall healthcare costs
- ▶ Self-management support vs patient education

Challenges in Chronic Disease Management

- ▶ Many people with chronic diseases have multiple conditions
- ▶ Obstacles in self-management support include:
 - ▶ Providers are rushed and do not follow practice guidelines
 - ▶ Lack of coordination of care
 - ▶ Lack of follow-up
 - ▶ Patients don't receive adequate training
- ▶ Many people lack sufficient financial resources
 - ▶ May delay getting care or skip visits
 - ▶ Patients covered by insurance may have difficulty paying for care due to out-of-pocket expenses (high deductibles and copays)
- ▶ Healthcare system is reactive rather than proactive and focused on keeping people healthy

Strategies to manage chronic conditions

- ▶ Appropriate use of medications
- ▶ Exercise to maintain/improve strength and endurance
- ▶ Healthy eating habits
- ▶ Collaborative relationships
- ▶ Problem-solving skills & self-efficacy

Medications

- ▶ Medication management is a critical component of chronic disease management
- ▶ Higher medication adherence results in fewer hospitalizations and readmissions
- ▶ Several reasons patients do not take medications as prescribed
 - ▶ Patients do not know their medications and may not understand the connection to their condition
 - ▶ Carry wallet card with current medication list
 - ▶ Forget to take medications
 - ▶ Utilize pill containers and personal calendar reminders
 - ▶ Make medication administration part of daily routine and take at the same time
 - ▶ Cost barrier
 - ▶ Generic meds
 - ▶ Prioritize certain medications
 - ▶ Use combination medications

Exercise Guidelines

- ▶ At least 150 minutes a week of moderate-intensity or 75 minutes a week of vigorous-intensity aerobic activity
- ▶ To achieve more extensive health benefits - 300 minutes a week of moderate-intensity or 150 minutes a week of vigorous-intensity aerobic activity
- ▶ Include muscle-strengthening exercises that involve all major muscle groups on 2 or more days a week
- ▶ ~20% of all adults meet physical activity guidelines

Regular exercise helps manage chronic conditions

- ▶ **Cardiovascular disease**
 - ▶ Improves lipid levels
 - ▶ Helps to control blood pressure
 - ▶ Reduces stress
- ▶ **Diabetes**
 - ▶ Improves insulin sensitivity and BG control
- ▶ **Asthma**
 - ▶ Controls the frequency and severity of asthma attacks
- ▶ **Arthritis**
 - ▶ Reduces pain and joint stiffness
 - ▶ Helps maintain muscle strength in affected joints
 - ▶ Improves ability to perform activities of daily living
- ▶ **Back pain**
 - ▶ Low-impact aerobic activities, such as walking and swimming
 - ▶ Core-strengthening exercises - strengthen the muscles around the spine and reduces symptoms

Healthy Eating Habits

Mediterranean Diet (MD)

- ▶ Research shows that lifestyle habits unique to the Mediterranean region lower the incidence of chronic diseases and improve longevity.
 - ▶ Reduced risk of cardiovascular diseases (CVDs), cancer, diabetes, and neurodegenerative diseases
- ▶ MD is a healthy eating pattern which emphasizes an abundance and variety of plant based foods
 - ▶ Foods high in monounsaturated fatty acids (MUFA) such as EVOO, avocados, and nuts
 - ▶ Fruits and vegetables including legumes (dried beans and peas)
 - ▶ Limits refined grains and sugars
 - ▶ Favors local and seasonal food production

Key components of the Mediterranean diet

- ▶ Fruits and vegetables - 7 to 10 servings a day
- ▶ Whole-grains (bread, cereal, rice and pasta), legumes and nuts
- ▶ Healthy fats such as olive oil and canola oil
- ▶ Limit red meat to a few times a month
- ▶ Eat fish and poultry at least twice a week
- ▶ Choose non-fat or low-fat dairy foods
- ▶ Use herbs and spices instead of salt to flavor foods

Wine

- ▶ The Mediterranean diet typically includes a moderate amount of wine
 - ▶ 5 ounces of wine daily for women (or men over age 65)
 - ▶ 10 ounces of wine daily for men under age 65.
- ▶ Alcohol in moderation is associated with a reduced risk of heart disease
- ▶ Discuss the risks vs benefits with your provider

Overcoming Barriers

- ▶ Patient self-management is a critical component of effective chronic disease management and improved patient outcomes
- ▶ Recognize that it is a complicated balancing act for patients
- ▶ Patients may understand the connection between chronic disease and poor health outcomes - but lack self-management skills
- ▶ Avoid labeling patients as “Noncompliant” when they do not follow treatment plans
- ▶ Work together to develop a plan that is realistic and prioritizes behavior changes that are most important.
- ▶ Identify barriers and work collaboratively to overcome those obstacles
- ▶ Promote behavior change in small, incremental steps
- ▶ Be compassionate

Questions?

