

Disease and Self-Management



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Agenda

- 1 Understanding Chronic Disease
- 2 What is Self-Management?
- 3 Integrating Self-Management and Behavioral Health
- 4 Conclusion



Learning Objectives

- To understand the rise of chronic disease in the US
- To compare the concepts of self-management versus self-care
- To discuss the challenges of living with chronic illness
- To apply skills to assist clients in self-management plan development





Chapter 1

Understanding Chronic Disease

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Imagine...

These 4 people are standing next to you at the bus stop.

Based on visual appraisal alone, which do you think has the poorest health?



Dolores

1



- Age 77
- Has arthritis, diabetes and heart burn
- Conditions are well managed through medication and exercise
- Sees her PCP every 6 months; Rheumatologist and Endocrinologist every 3 months



2



- Age 19
- Uses a wheelchair due to spinal injury at birth
- Recently diagnosed with Polycystic Ovary Syndrome (PCOS)
- Sees her PCP annually and gynecologist every 6 months



3



- Age 34
- Has unmanaged anxiety and stage 4 kidney disease
- Going to dialysis 2x a week
- On a waitlist for a kidney transplant



4



- Age 46
- Had recent knee surgery for a torn ACL
- Attending physical therapy 3X a week
- Takes his pain meds as needed
- Manages depression with low dose antidepressant



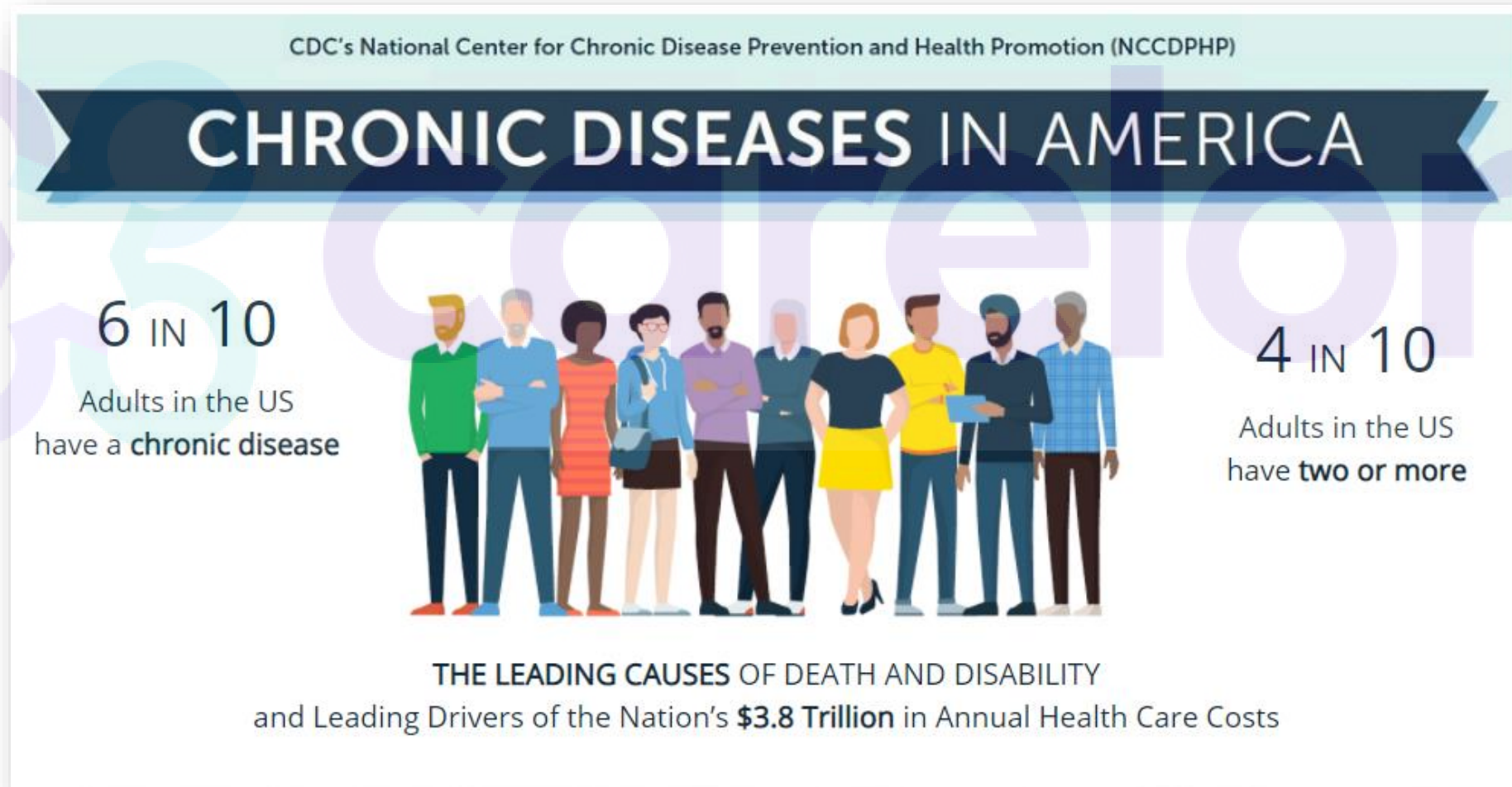
Now...

After digging deeper, who do you think has the poorest health?



Chronic Disease in the U.S.

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention, limit activities of daily living or both.



Top 10 Causes of Death in the U.S.

1900

1. Pneumonia and Influenza
2. Tuberculosis
3. Diarrhea
4. Heart Disease
5. Cerebrovascular Diseases
6. Kidney Disease
7. Accidents
8. Cancer
9. Senility
10. Diphtheria

1950

1. Heart Disease
2. Cancer
3. Cerebrovascular Diseases
4. Accidents
5. Diseases of early infancy
6. Influenza and Pneumonia
7. Tuberculosis
8. Arteriosclerosis
9. Kidney Disease
10. Diabetes mellitus

2000

1. Heart Disease
2. Cancer
3. Cerebrovascular Diseases
4. Chronic respiratory diseases
5. Accidents
6. Diabetes mellitus
7. Influenza and Pneumonia
8. Alzheimer's Disease
9. Kidney Disease
10. Sepsis

2022^(provisional)

1. Heart Disease
2. Cancer
3. Accidents
4. COVID-19
5. Stroke
6. Chronic respiratory diseases
7. Alzheimer's Disease
8. Diabetes mellitus
9. Kidney Disease
10. Liver Disease



Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System

Chronic Disease as Key Causes of Death

2022 *Almost all are (or *are heavily influenced by) chronic diseases*

1. **Heart Disease**
2. **Cancer**
3. Accidents
4. COVID – 19 *
5. Stroke *
6. **Chronic lower respiratory diseases**
7. **Alzheimer's Disease**
8. **Diabetes mellitus**
9. **Kidney Disease**
10. **Chronic liver disease and cirrhosis**



The Rise of Chronic Disease: Healthcare Considerations

Medical
advancement

Increased general
life expectancy

Control of
infectious disease

Managing symptoms
and progression of
chronic disease

Patient involved in
guiding own care

Self-Management





Chapter 2

What is Self-Management?

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Self-Management Definition



“The ability of the individual, in conjunction with family, community, and healthcare professionals, to manage symptoms, treatments, lifestyle changes, and psychosocial, cultural, and spiritual consequences of health conditions”

-Richard & Shea, 2011



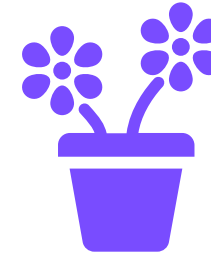
Image credit: hsfigabai.com

What's the Difference?



Self-Management

The ability of the patient to deal with all that a chronic illness entails, including symptoms, treatment, physical and social consequences, and lifestyle changes



Self-Care

The practice of taking an active role in protecting one's own well-being and happiness, particularly during periods of stress.



Challenges of Chronic Conditions

Complexity of
Treatment

Access to
Treatment & Meds

Isolation

Doctor-Patient
Relationship

Spoon Theory

Outdated Tools

Socioeconomic
Status

Stigma

Medication Costs

Culture

Clinical Factors



Challenges in Self-Management: Economic

Access to Treatment & Meds

- Medication adherence is a core component of chronic care management
- 25% of patients are paying more for medications
- 14% do not fill their prescriptions due to cost

Medication Costs

- Cost is the most common barrier to disease management compliance
- Access to quality insurance; copays, deductibles

Socioeconomic Status

- Environmental factors (access to healthy foods, gyms, safe outdoor space)
- Stress level



Challenges in Self-Management: Clinical Issues and Technology

Doctor-Patient Relationship

- Complexity of treatment poses challenges

Outdated Tools

- Patients & Providers have been slow to adopt technology in healthcare
- Health IT is the most effective way to bolster patient engagement

Complexity of Treatment

- Time, partnership, health-literacy

Clinical Factors

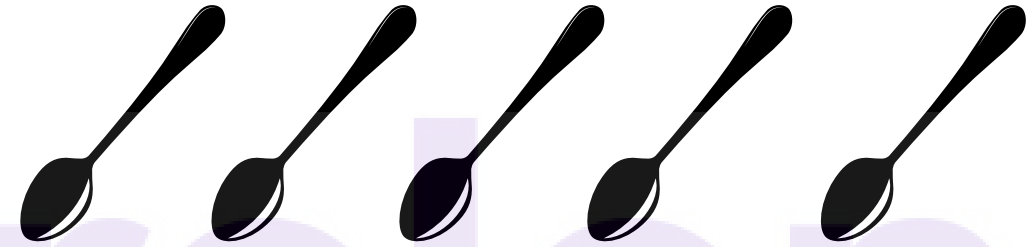
- Mental health co-morbidities & prioritizing multiple diagnoses



Challenges in Self-Management: Social Influences

Spoon Theory

- Metaphor for the challenges of living with a chronic illness



Stigma

Isolation

- Judgement
- “Invisible Illness”

Culture

- Stigma
- Alternative treatments



Chapter 3

Integration of Self-Management and Behavioral Health



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Self-Management and Behavioral Health

HAVING A CHRONIC HEALTH CONDITION CAN MAKE YOU MORE LIKELY TO HAVE A MENTAL HEALTH CONDITION

THIS MAY BE DUE TO:

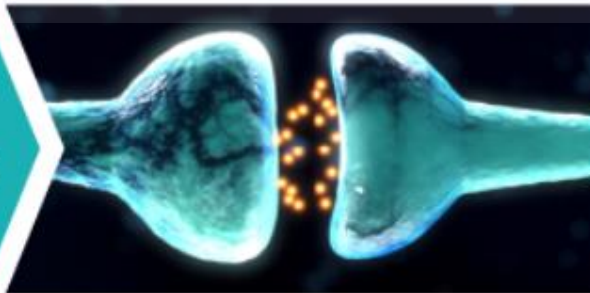
HOSPITALIZATION
OR REDUCED MOBILITY
RESULTING IN
ISOLATION



EXCESSIVE WORRY
ABOUT MANAGING A
CHRONIC HEALTH
CONDITION



CHEMICAL AND
HORMONAL CHANGES



INFLAMMATION FROM
LONG-TERM STRESS



Source: [Mental Health America](#)



Mental Health & Chronic Illness

- Individuals with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population
- One in four people with cancer have clinical depression
- People with diabetes are:
 - 2-3 times more likely to have depression
 - 20% more likely to have anxiety
- About 50% of individuals with MS have depression and about 50% have anxiety



Integrating Self-Management & Behavioral Health

“

The integration of physical and behavioral health care teams is increasingly important to focus on integrated, whole person care.

Behavioral health professionals are positioned in a crucial role at the intersection of chronic disease management and behavior change.

”

– Jeff Hummel, MD, MPH

Medical Director for Healthcare Informatics, Quality Health



Counseling for Chronic Illness

Client Engagement

Treatment Adherence

Lifestyle and Behavior change

Support and Empathy



Client Engagement

- Understanding, acceptance, knowledge, readiness
- It is important to work with clients to build their knowledge and confidence to make change
- If clients understand their diagnosis and role in treatment, they are often more likely to take proactive steps in managing a chronic disease.



Client Engagement



What is my diagnosis?



What is the cause?



What is the expected outcome for me?



Will symptoms get better?



What are the symptoms of my condition?



Are there complications that could develop? Can I prevent them?



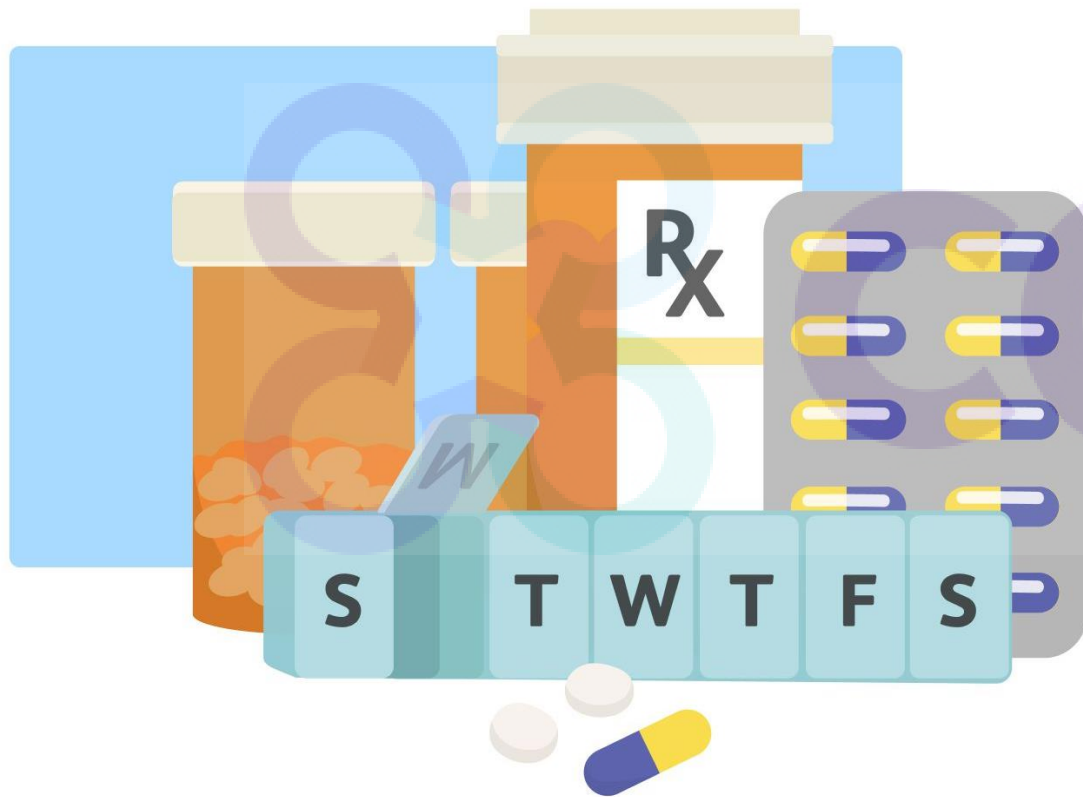
How might this affect my mental health?



How might this interact with other diagnoses, including mental disorders?



Treatment Adherence



- Medications can play a key role in managing an individual's disease
- ~50% of individuals with chronic disease do not take their medication as prescribed
- Influencing factors
 - Economics
 - Patient perception and understanding
 - Beliefs
 - Concerns
- Coaching clients to discuss medication questions with their primary care provider can be helpful.



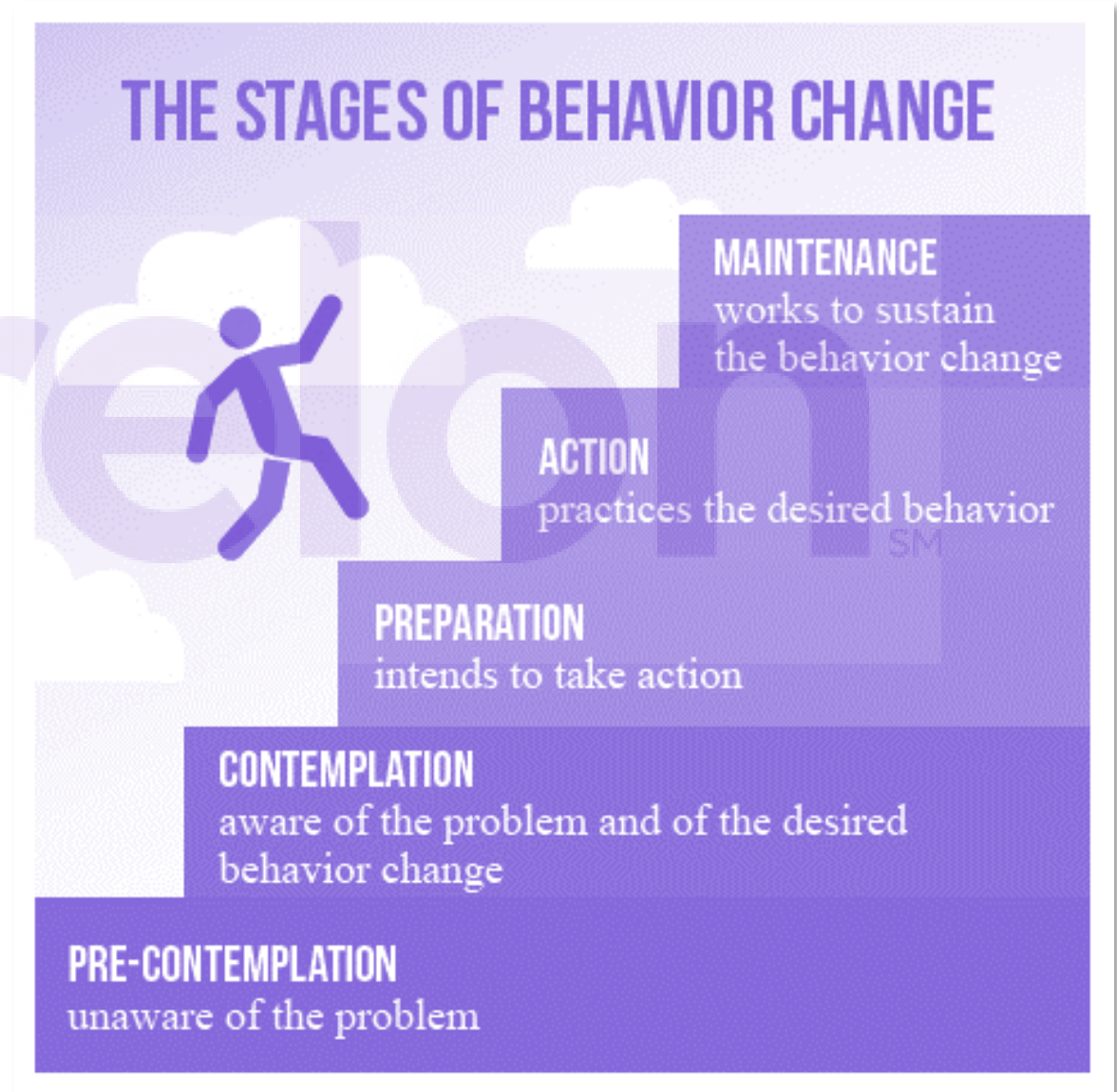
Lifestyle and Behavior change

- Certain lifestyle factors can be contributors in the development and progression chronic diseases.
- Chronic conditions can be significantly improved with ongoing lifestyle modifications and treatment interventions
- Goal setting
 - Progress tracking
 - Identifying triggers, barriers, resources, and supports



Lifestyle and Behavior change

- Motivational Interviewing
- Key to change= Empowering a client to believe that they can succeed
- Discover internal motivations; increase confidence
- Open-ended questions, reflections, affirmations, planning, follow-up



Lifestyle and Behavior change

Motivational Interviewing



- How is your chronic disease affecting you emotionally / physically / socially?
- What do you like about smoking cigarettes?
- What do you NOT like about smoking cigarettes?
- Imagine if you started exercising 30 minutes a day, every day... What do you think your life might look like one year from now?
- What could you start doing differently that might make you feel a bit better?
- What have you already tried as far as disease-management? What worked, what didn't?



Support and Empathy

- Hold space for clients
- Complicated / conflicting feelings
 - Grief
 - Anger
 - Relief
- Help strengthen relationships
- Build coping skills
- Find new sense of meaning



Chapter 4

Conclusion

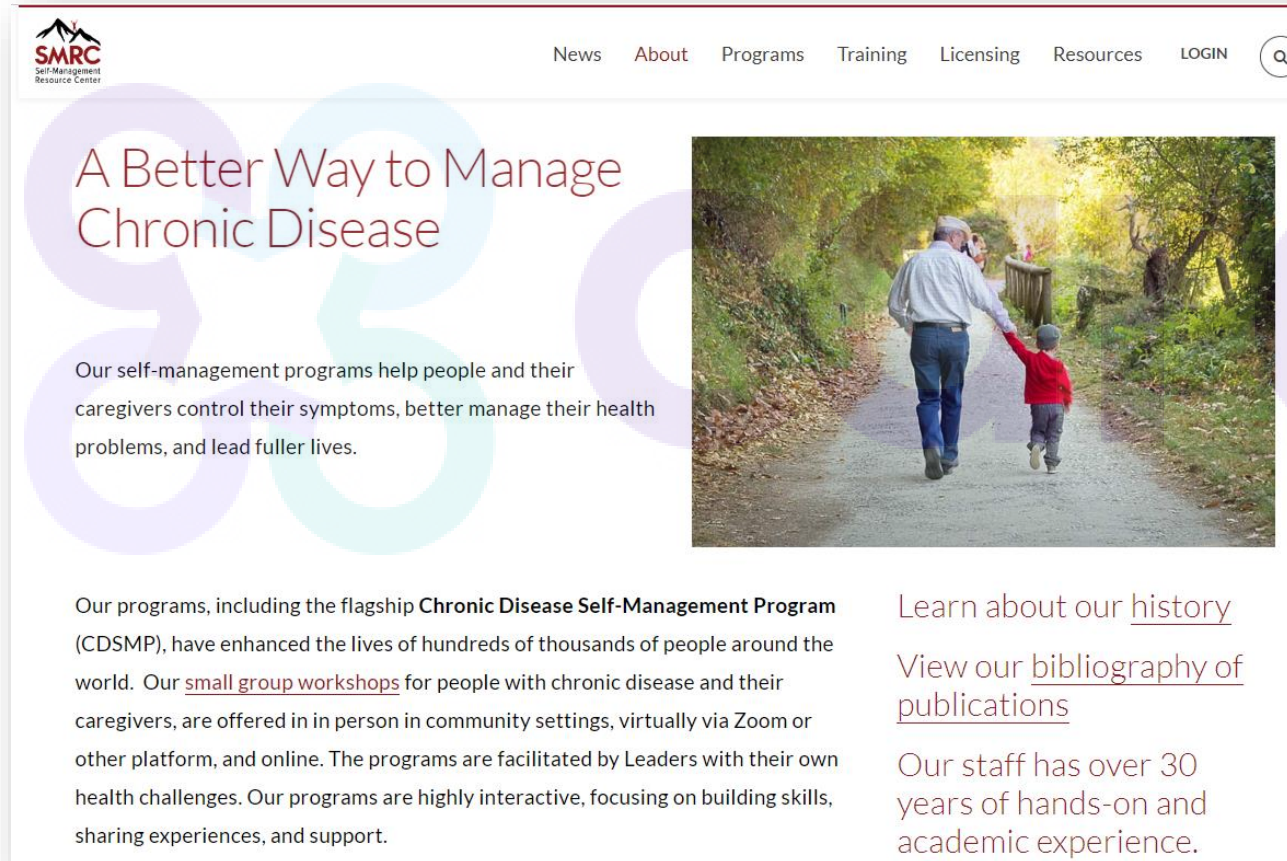


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Self-Management Education Programs

Self-Management Resource Center



The screenshot shows the SMRC website homepage. At the top is a navigation bar with links: News, About, Programs, Training, Licensing, Resources, and LOGIN. The main heading is "A Better Way to Manage Chronic Disease". Below it, a paragraph states: "Our self-management programs help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives." To the right of this text is a photograph of an older man and a young child walking away on a path through a wooded area. Below the paragraph, another paragraph reads: "Our programs, including the flagship **Chronic Disease Self-Management Program (CDSMP)**, have enhanced the lives of hundreds of thousands of people around the world. Our [small group workshops](#) for people with chronic disease and their caregivers, are offered in in person in community settings, virtually via Zoom or other platform, and online. The programs are facilitated by Leaders with their own health challenges. Our programs are highly interactive, focusing on building skills, sharing experiences, and support." To the right of this paragraph are two links: [Learn about our history](#) and [View our bibliography of publications](#). At the bottom right, a final paragraph states: "Our staff has over 30 years of hands-on and academic experience."

SMRC Self-Management Resource Center

News About Programs Training Licensing Resources LOGIN

A Better Way to Manage Chronic Disease

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[Learn about our history](#)

[View our bibliography of publications](#)

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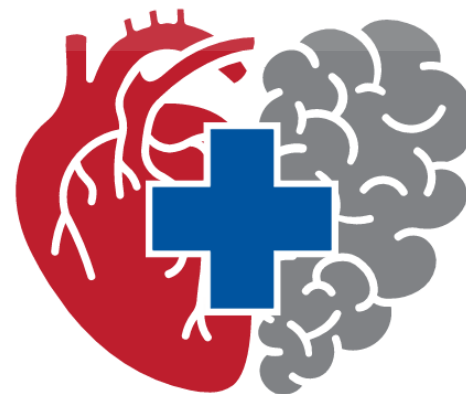
Resources

[Mental Health America: Chronic Conditions and Mental Health Infographic](#)

[NAMI: Heart & Minds Program](#)

[CDC: Living Well With a Chronic Condition](#)

[NIH: Chronic Illness and Mental Health: Recognizing and Treating Depression](#)



Key Takeaways

Chronic disease rates continue to rise

Chronic disease & mental health are linked

Behavioral healthcare is vital to disease management

We can help improve outcomes!





Thank You!

All attendees will receive a copy of the slide deck and a link to view the webinar recording via email with 24 hours.

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