Nurses leading the fight against chronic diseases - Are you ready?
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Non-Communicable Chronic Diseases (NCD)
Chronic diseases - Diseases of long duration and slow progression
NCDs - Not typically caused by an infectious agent; But from genetic susceptibility, lifestyle or environmental exposures, (WHO)
Leading NCDs - stroke, cardio vascular diseases, cancer, chronic respiratory diseases, arthritis, obesity, diabetes and mental health disorders.
Non-communicable chronic diseases take 16 million lives annually (July, 2015)

Each year globally, 12.7 million people learn they have cancer, and 7.6 million people die from the disease (2013)

Global Goal of death under age 70 all causes

NCD deaths are projected to increase from 38 million in 2012 to 52 million by 2030
82% of NCD deaths – from 4 major NCDs - cardiovascular diseases, cancer, chronic respiratory diseases and diabetes

NCDS cause and prevention

4 modifiable health risk behaviors leading to 4 modifiable biological risk factors

80% of heart disease, stroke, type 2 diabetes & 1/3 of cancers can be prevented by eliminating or managing risk factors

Prevent the development of chronic diseases.
Detect chronic diseases early and slow down the progression.
Mitigate complications of NCDs to optimize quality of life and to reduce demand on the health care system (2015)

Successful Chronic Disease Management Programs- Evidence-based & patient-centered, use multiple strategies and interventions, empower individuals - encourage healthy choices, make healthy choices easy choices, promote collaboration among providers, organizations, individuals, families and community groups.

Chronic Care Model (CCM)- Dr. Wagner

Nurses’ role in the prepared proactive practice team
○ First & consistent contact for patients, families and communities in all settings.
○ In best position to gather data on social, cultural, economic and family factors to develop an intervention
○ Assessment, ongoing care, education and family support.
○ Disease management and prevention as primary care providers
○ Care integration as care coordinators
○ Role in advocating for and with people
○ Promoting shift of health care focus to health promotion & disease prevention

Innovative Care for Chronic conditions (ICC)- WHO

Key principles-
Evidence based decision making Integration
Population, prevention & quality focus
Flexibility/ adaptability

References

Cost of NCDs - USA (2010)
86% of all health care spending 93% of Medicare spending
Cost of heart disease and stroke ~ $315.4 billion
Cancer care costs $157 billion
Cost of diagnosed diabetes $245 billion (2012)

Centers for Disease Control and Prevention (CDC) Framework to reduce burden of NCDs

1. Epidemiology and surveillance
Monitor trends and track progress

2. Policy and environmental approaches
Promote health and support and reinforce healthful behaviors

3. Health systems interventions
Improve the effective delivery and use of clinical and other high-value preventive services

4. Community programs linked to clinical services
Improve and sustain management of chronic conditions

For Information & helpful tools
www.cdc.gov
www.GuidedCare.org
www.nih.gov
www.improvingchroniccare.org
www.world-health.org
www.who.int/chronic_disease

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