

WHAT IS OUR GOAL?

Disease Management offers a series of guided encounters to:

- provide education about the certain chronic illnesses
- partner with the patient to formulate effective strategies in the prevention and control of their symptoms
- identify lifestyle changes that improve prevention and control of symptoms
- assist the patient to achieve patient confidence in assuming self-management skills



Updated: 12 Feb 2015

DISEASE MANAGEMENT



WHO IS ELIGIBLE FOR DISEASE MANAGEMENT?

TRICARE patients assigned to Osan AB, 51st Medical Group for primary care may voluntarily participate in Disease Management for:

- Hyperlipidemia (High Cholesterol)
- Hypertension (High Blood Pressure)
- Diabetes Mellitus
- Asthma

WHO IS YOUR DISEASE MANAGER?

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USAF, NC (315) 661-0351***

Contact the Disease Manager through
Relay Health MiCARE Secure Messaging
<http://www.relayhealth.com>

Sign-up for an account today

51st Medical Group
Building 777
Osan AB, South Korea
96276

*“Your partner in achieving
world class health care”*

WHAT IS DISEASE MANAGEMENT?

Disease Management is a system of coordinated healthcare interventions and communications for target populations with chronic conditions in which patient self-care efforts and lifestyle changes are emphasized.

Disease Management supports the health care team and patient relationship by working towards achievement of a mutual plan of care to achieve optimal wellness and prevention of further complications from chronic disease.



Disease Management emphasizes prevention of flare-ups and complications by integrating evidence-based practice guidelines and patient empowerment strategies into the treatment plan.

Disease Management evaluates clinical humanistic and economic outcomes with the goal of improving overall health.

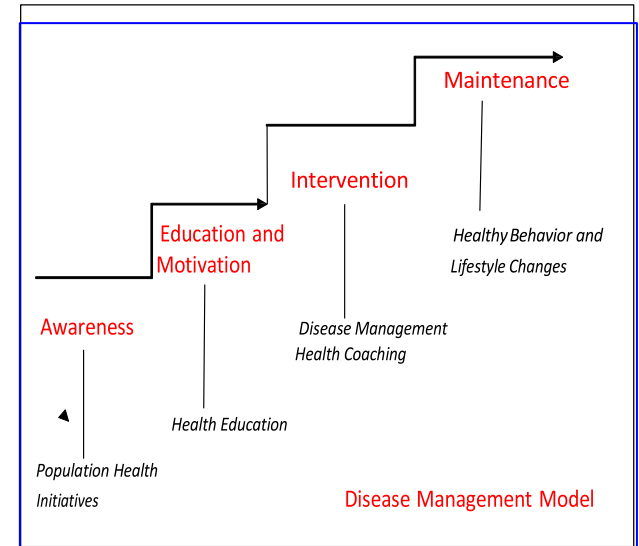
HOW CAN WE HELP?

Disease Management nurses act as the patient's advocate and health coach. We assist the patient to establish an independent self-managed and self-determined chronic care plan to promote and maintain optimal health and wellness.

Disease Management is proven to

- *Reduce complications of chronic disease*
- *Slow disease progression*
- *Keep patients healthier*
- *Reduce health care demand*

Disease Management can only be effective when the patient is motivated to seek health improvement and is willing to undergo life style and behavior changes.



Disease Management is based on evidence-based guidelines for treatment and management of chronic diseases and active patient participation in health promotion and wellness activities.

Preventive health measures are important to great patient outcomes. Patients need to ensure they get the preventive health screenings tests that identify early warnings of disease.

Screening Tests for Adults

Abdominal Aortic Aneurysm screening: Men ages 65 to 75 years who have ever smoked.

Aspirin for the Prevention of Cardiovascular Disease:

- Men age 45-79 years,
- Women age 55-79 years

Encourage aspirin use when potential Cardio Vascular Disease benefit outweighs potential harm of GI hemorrhage.

Screening for Breast Cancer Using Film Mammography:

Women age 50-74 years screen every 2 years

Screening for Cervical Cancer:

- Women ages 21 to 65 screen with cytology every 3 years
- Women ages 30 to 65 screen with cytology every 3 years or cotesting (cytology and HPV testing) every 5 years
- After hysterectomy including the cervix and no history of high grade precancer no need to screen.

Screening for Colorectal

Cancer: Adults age 50 to 75 years screen with fecal occult blood card, sigmoidoscopy, or colonoscopy

Screening for Type 2 Diabetes

Mellitus in Adults: Asymptomatic adults with sustained blood pressure above 135/80 screen for type 2 diabetes

Screening for Hepatitis C Virus

Infection: Adults at high risk for infection born between 1945 and 1965

Screening for High Blood Pressure in adults: general population

Screening for High Cholesterol:

- Men age 35 years and older
- Women age 45 years and older who are at increased risk for coronary heart disease (CHD)
- Men ages 20 to 35 years who are at increased risk for CHD
- Women ages 20 to 45 years who are at increased risk for CHD

Screening for Lung Cancer: Adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit smoking within the past 15 years

Screening for Osteoporosis:

- Women age ≥ 65 years without previous known fractures or secondary causes of osteoporosis
- Women age < 65 years whose 10-year fracture risk is high

Air Force eWellness App

This is a free App that helps track fitness and life style goals. It is available for both Android and Apple phones.



Helpful Links

<http://relayhealth.com/>

<http://www.cms.gov/>

<http://www.healthfinder.gov/>

<https://www.tricareonline.com/portal/page/portal/TricareOnline/Portal>

<http://www.usa.gov/gobiernousa/index.shtml>

Want to learn more about health and fitness or a medical condition but don't know where to look?

Health and Fitness Resources

Healthy Food Choices

<http://www.healthypeople.gov/>

<http://www.surgeongeneral.gov/initiatives/prevention/strategy/healthy-eating.pdf>

<http://health.gov/>

http://www.cdc.gov/healthyweight/healthy_eating/

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Healthy-Eating_UCM_310436_SubHomePage.jsp

<http://www.letsmove.gov/eat-healthy>

<http://www.calorieking.com/>

Low Sodium Diet

<http://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/low-sodium-foods-shopping-list>

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Sodium-Salt-or-Sodium-Chloride_UCM_303290_Article.jsp

http://dashdiet.org/low_salt_diet.asp

My IMR Status/ Fitness Links

<https://imr.afms.mil/imr/MyIMR.aspx>

<https://www.usafservices.com/portals/0/uploads/operationalfitness/operationalfitness.pdf>

<http://www.afpc.af.mil/affitnessprogram/index.asp>

Quit Smoking Links

<http://smokefree.gov/>

<http://www.ucanquit2.org/>

http://www.cdc.gov/tobacco/quit_smoking/

Immunization Recommendations

<http://www.cdc.gov/vaccines/schedules/index.html>

Health Condition Resources

Asthma

www.asthmaatoz.org

Cardio Connection Heart Information

<http://www.cemm.org/Video-Downloads/Cardio-Connection>

Colonoscopy

<http://www.colonhealthatoz.org/>

Diabetes Mellitus

<http://www.diabetes.org/>

<http://www.cdc.gov/diabetes/home/>

Low Back Pain

www.lowbackpainatoz.org

Men's Health

<http://www.menshealthatoz.org/>

Orthopedic Injury Prevention

www.orthopedicsatoz.org

Resiliency

<http://www.cemm.org/Video-Downloads/Resiliency>

Skin Cancer

www.skincanceratoz.org

Women's Health: Breast Disease

www.breastdiseasesatoz.org

Women's Health: Pelvic Disease

www.pelvicdiseasesatoz.org

Pregnancy

www.pregnancyatoz.org