

Chronic Condition Management

Medicaid disease management programs are on the rise in the U.S. These programs by the government have also played a role in reducing the health care costs and improving the health of the people. In the developing of these chronic disease management programs, they usually need for the individuals involved to commit a huge amount of their time and effort if they're to improve their health. Patients should be motivated to enroll in the various programs. The compliance of patients to these programs is very low. This is because some of them feel that the health care plans set for them by the programs are oppressive and some also lack trust in them. Communication barriers between the patients and the providers at times affect the programs. This is mainly brought about by cultural differences which affect program outcomes (Adonmeit et al.) [6].

A "no-show" is the main disadvantage on chronic condition management. This is whereby a patient does not show up for a scheduled appointment with a health practitioner in the different health programs and does not call to reschedule or cancel. These missed appointments by patients affect the management of the disease because chronic illnesses require a lot of vigilant assessment. This is to determine the progression of the disease (Gellad et al.) [7]. To reduce the "no-show" of chronic patients, the clinics and different private practices that manage the programs, should ensure they encourage their enrollees to leave behind contact information. This information should include; their personal phone numbers, email addresses and contact information from close family members that can easily reach them when they are unavailable

To ensure the disease management programs are effective in solving the menace cause by chronic illness in the society, there is need to come up with solutions that will contain any hindrances. These programs should be made up strong social services team members. These teams will comprise social worker and some community health workers. When these two work together, they will have the ability to strengthen the management of chronic illness. The medical social workers play an important role in these teams. They train, recruit and supervise the community health workers. These are individuals who work towards the promotion of health and nutrition within the community in which the people reside. They will also play a major role in promoting the wellness of individuals who suffer from chronic illness and cannot afford the cost. The government should also invest in community health workers for they are very successful in managing chronic disease among the low-income individuals. A study that was carried out in a Children's Hospital Boston. They utilized community health workers in an asthma initiative program. This saw a 64% reduction in pediatric asthma related visits in the emergency department (Bramwell) [8].

Ethical concerns

In the managing of health care for patients with chronic illnesses, it is at time faced by ethical dilemma. These dilemmas do not revolve just around making the right decision during difficult times but also

justifying it. Most of the chronic illness is as a result of one's lifestyle habits. In solving these conditions, it will mean that they will have to change their lifestyle habits. This will be an infringement of their Right of freedom. All the citizens in the United States are protected by the bill of rights that allows them to choose whatever they want.

Chronic illness such as diabetes is brought about by consumption of excess fats and sugars. Obesity is also the cause of other chronic illness such as cardiovascular disorders, ischemic heart conditions and type 2 diabetes. In controlling of obesity, the government has to set tough laws that will prevent the selling of processed foods to people. These tough laws on junk food industries will result in other factors such as increased unemployment rates and a slow economic growth. This results from the industries having to reduce their operations thus laying down their workers. In controlling obesity, it will also require most employers to set compulsory physical exercise for their employees. This may amount to some form of discrimination by these employers. The obese employee will feel like they are being subjected to discrimination though the main aim of these programs is ensuring their health and wellbeing is being maintained at its optimum level.

Conclusion

It is indeed evident there is need to control and ensure chronic