Advanced Nursing Role in the Community: Disease Management Service

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Many health care organization and health care experts are working across the nation to advocate the change in health care services to better serve the community health and to promote the health wellness with disease management. Based on the fact that people lives longer in chronic condition. Health care cost gets higher without managing of the disease. Self care deficit, lack of knowledge to control the disease, unable to manage healthier living, limited in health education and poor self motivation to the rehabilitation lead the people back to the same disease again and again.

Advanced nursing role may save the people lives, reduce the health care costs by follow the trends to better serve the community through an effective care management and prevention control system called “Disease Management”.

Disease management is a symptom management. Goal is to minimize the chronic condition, stabilize the acute condition, and to promote the rehabilitation to wellness. Patient education and proper health care intervention can control the unhealthy condition and to promote the healthier community.

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Availability of clinical resources and excellent of health care services will yield the success of the community health. The model to manage is inter-related. Patient is the center of care. Using nursing process, care intervention, care management, team work, public health teaching, routine health screening will track the community health to wellness with positive clinical outcome.

THE CARE MANAGEMENT MODEL

The care management model is designed to meet the positive clinical outcome. Patient links to case manager goal to get disease under managed with satisfaction from health team at minimal risk. Health team provides cost-effective service with goal of quality and preventive management. Case manager works toward patients’ wellness to control cost-effective under utilization management goal to keep appropriate admission, undergo medical necessity of care, to minimize length of hospitalization. Thus, it will lower the health care cost with care coordination, health education, health promotion, early discharge planning and follow-up care to manage the disease.

To form an effective disease management and nurse case management, many elements need to be focused. Five essence areas are nursing administrative, health care services, nursing roles, public health education and considered community health issues.
Role of disease case manager is to identify, assess and evaluate the health problems. Symptom management, care intervention, early discharged planning and public health education will stabilize, control and manage disease to promote community health. Disease case manager nurse must set up a specific goal based on patient needs and stay focus on maintaining a healthy community. It begins with patient health education, health care service and care coordination from hospital admission to discharge planning to follow-up care and monitor the patient’s wellness to become healthier in the community without readmission to the hospital with the same disease. Community health education and skill training for health teaching at all levels. To maintain the value of clinical resources and availability of quality service will achieve positive clinical outcome, care compliance and support patient to self-care for success.

Disease management is a care management with the goal to cut cost in health care, to promote and proper self care are the focus with team approach of health care providers to control the disease from recurrence, to promote a healthier life style, to avoid chronic conditions and to support patient in rehabilitation to independency of positive self-care. That is
why the assessment and reassessment for evaluation are so critical to establish the care plan. Patient needs direction in health teaching and care training to become independent at all level of care. Deficit in self care knowledge and skill to perform self care will fail patient to manage his illness to wellness.

Disease management is designed to serve health care community by care management. The model links to health care reform with goals to serve better under human rights, health care need, quality improvement and patient satisfaction. Furthermore, there should have a system to monitor standard of care, accountability of health care provider performance, minimized risk factors, and quality assurance for service improvement.

In disease management, health care providers must be active in utilization management. The goal is to keep appropriate hospital admission, undergo necessity to health care service, to lower the length of hospitalization to minimized cost and to coordinate care at discharge by self care education, resources and support system to maintain health and to break the cycle of re-visitation to hospital for the same acute care services.

In disease management, nursing role must expand to Nurse Case Management. The goal is to identify health problems, to minimize the acute care service, care coordination, coping on treatment and care intervention management to support patient in problem solving, health education, health promotion and encourage independency to maintain healthy condition under research prevention of the same disease and its complications.

In disease management, nursing function includes discharge planning. The goal is to assess the patient need and care management to provide safety and appropriate discharge. Duty of discharge planning nurse is health education provider, referral of service as indicated, care coordination and follow-up call to ensure if care management meet positive clinical outcome and to evaluate if any treatment plan needs adjustment. So that the patient will gain independency and promoting to healthier condition with successful in rehabilitation.

In disease management, the key for success depends on professional critical thinking and positive outcome of patient. The goal is to improve health care service to standards with high health care performance. Public Health education and care coordination will maximize patient compliance and independency. Great cooperation among health care providers and closely monitored health intervention are crucial to our success. Clinical resource, follow-up care, and availability of service take parts to improve the clinical outcome. Without effective health care service, the patient is unable to achieve the goal of successful compliance with self care and fails to disease management.

The Goal for success in disease management is “SMART”. The concept is defined as

- “S” Specific
- “M” Measurable
- “A” Applicable
- “R” Realistic
- “T” Timing

Patients need specific health education to apply to their realistic treatment plan with appropriate time frame to achieve the outcome. The care plan has to be measurable to reflect the clinical outcome of effective disease management.

Another barrier to disease management success is “ABC’S” which can be defined as
“A” Attitude  
“B” Behavior  
“C” Communication  
“S” Skill

Human behavior and attitude have impact to success in disease management as much as communication and skill. The mission never launches without positive attitude and positive communication to motivate the patient for positive behavior changes. The professional skills are critical to intervene the success of disease management.

In conclusion, disease management is a symptom management. The positive clinical outcome is the goal of operation.

Our achievement is to stabilize acute condition, to get control of chronic condition and to work on rehabilitation. The process needs to integrate health care promotion to wellness or functional level with public health education, care coordination, routine health care, immunization, routine health screening and awareness to positive medical behavior health. Alternative medicine, diet, stress management, and a healthy life style have impact on forming a healthier community. The mission is possible to optimize potential success by understanding human nature, knowing how to motivate for positive cooperation.

The professional care approach based on clinical pathway and health education will yield disease management to success. Nurse Case Management providing patient with standard of care, care intervention, freedom of choice, team work approaches, care coordination, respect to human rights and value their decision will balance act for positive outcome.

Disease management is a beneficial system to research trial and worthy to operate under new health care trends. Advanced role of nurses practice should not limited to hospital setting but expanded to cover the community health to wellness. Disease management can save human lives and reduce medical care cost through more effective prevention and management of chronic disease. Over 30 years of professional experiences in the U.S.A Community Health Care and Care Management, Disease Management can promote the community Health Care Service to wellness. Unless, the Health Care Authority failed to provoke the program of Disease Management, the community health will fall into the vicious circle of unhealthy community through out the nation.
**Websites Resources**

WWW.SAS.Com system performance to analyze and plan for improvement.

WWW.Webmd.com Wonderful resources in various subjects of health care global and local issues to update in medical fields. Including some highlight and suggestion to stay healthy.

WWW.nursing.com Worldwide resources for continuing education, career in nursing development and on line program.


WWW.ediet.com Guidance and program to special diet, weight loss, fitness plan and link to wellness.

WWW.drexel.com Resources to earn gree/certification in nursing on line. You may benefit to utilize this website to develop a nursing curriculum and format to form a nursing education from this web site.

WWW.nurse.com Job search, career development, Nurses’ news, marketing and advertisement for nursing.

WWW.cmsa.org Issue and data about America Case management.

WWW.nationwide.com Discussion about nationwide service of Disease management and care management.

WWW.cuttingEdgeinfo.com Information on medical expense and cost cut in pharmaceutical resources.

WWW.milliman.com Information on standard tool for Clinical Care guideline widely use in U.S health industry to determine level of care, medical necessity, appropriate treatment and care to authorize for length of hospital stay and criteria for discharge formulated by Milliman & Robertson, Inc.

WWW.fightchronicdisease.com Resources on community organizations, health care experts, national policy to save lives and reduce health costs through more effective prevention and management of chronic disease.

**Text references**


