

Brief Note on Disease Management

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Editorial

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EDITORIAL

Disease management is the concept of lowering health-care costs and improving quality of life for people with chronic illnesses through integrated care by preventing or minimizing disease effects. Disease management programmes aim to improve the health of people with chronic conditions while lowering the costs associated with avoidable complications by identifying and treating chronic conditions more quickly and effectively, thereby slowing disease progression.

Disease management is a system of coordinated health care interventions and communications for defined patient populations with conditions that allow for self-care. Disease management empowers individuals to manage their disease and prevent complications by collaborating with other health care providers.

Disease management has emerged as a promising strategy for improving care for people suffering from chronic illnesses. People with chronic conditions tend to use more health care services, which are frequently not coordinated among providers, opening the door to overuse or underuse of medical care.

Components of disease management

- Population identification processes Programs aimed at individuals suffering from specific diseases
- Chronic and expensive conditions
- Evidence-based practise recommendations
- Participation in collaborative practise
- Multidisciplinary teams comprised of physicians, pharmacists, nurses, dieticians, and psychologists
- Identifying risks and matching interventions to needs
- Patient education on self-management
- Self-Management may include behaviour modification, support groups and primary prevention
- Process and outcome measurement and evaluation
- A method for measuring outcomes may include health-care service utilisation, expenditures, and patient satisfaction.
- System of tracking and monitoring

- Patients and providers are included in routine reporting and feedback loops.
- Appropriate use of information

A disease management programme must first identify the population group. To identify individuals who will benefit from a disease management programme, demographic characteristics, health care use, and health care expenditures are generally reviewed.

Programs are designed for people who have a chronic and expensive disease. A disease management programme may also benefit people who have multiple conditions.

Disease management programme providers are critical in educating patients about their diseases and how to better manage their conditions. Clinical evidence-based practise guidelines ensure consistency in treatment across the targeted population.

Chronic diseases that are commonly managed through disease management programmes include:

- Diabetes Mellitus
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Asthma
- Hypertension

In general, disease management entails utilizing a multidisciplinary team of providers (for example, physicians, pharmacists, nurses, dieticians, and psychologists) to assist individuals in managing their disease management programmers are based on the idea that people who are educated about how to manage their disorder seek and receive better care.

Disease management is a patient-centered approach to care that aims to reduce preventable events by increasing patient adherence to prescribed treatment and health-promoting behaviours. These programmes result in significant clinical gains as well as financial savings. Disease management programmes offer chances to improve patient outcomes. True disease management is only possible with the full commitment of the health care team. The pharmacist, as a trained medication management specialist, has a leadership role to play in the collaborative development and implementation as well as the enhancement of disease management programmes.

CONCLUSION

In conclusion, widespread insecticide use is ineffective and economically wasteful in the long run. Many insecticides are effective at their intended purpose of controlling pest populations. However, their negative health and environmental consequences make them an insufficient long-term solution. Furthermore, most synthetic and natural pesticides are susceptible to ineffectiveness due to insect resistance. Thus, integrated pest management is the only viable future solution. These systems' economic benefits and lower social costs present a logical solution to the pest control problem.