

## WHAT IS OUR GOAL?

Disease Management offers a series of guided encounters to:

- provide reinforced education about the chronic illness
- formulate effective strategies in prevention and control of symptoms
- achieve patient confidence in assuming self-management skills

## WHO IS ELIGIBLE FOR DISEASE MANAGEMENT?

TRICARE Prime patients assigned to Kadena AB Clinic may voluntarily participate in Disease Management.

## WHO IS YOUR DISEASE MANAGER?

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## **DISEASE MANAGEMENT**



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*“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 a 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 exacerbations and complications by integrating evidence-based practice guidelines and patient empowerment strategies into the treatment plan.

Disease Management evaluates clinical, humanistic and economic outcomes on an on-going basis with the goal of improving overall health.

## HOW CAN WE HELP?

Disease Management nurses act as the patient's advocate and health coach to resolve treatment issues and assist the patient in establishing and independent self-managed and self-determined chronic care treatment plan to promote and maintain optimal health and wellness.

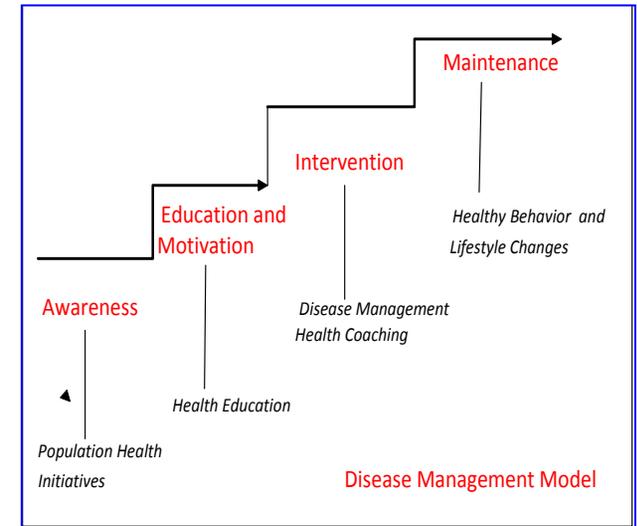
### ***Disease Management is proven to***

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

As part of your health care team we work together to ensure that you are up-to-date with your care and help prevent long term complications.

Disease Management is based on evidence-based research guidelines for treatment and management of chronic diseases.

Disease Management encourages active patient participation in health promotion and wellness.



## WHAT IS OUR FOCUS?

Assist in effectively managing chronic illnesses:

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

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.