

Bull City Strong – Community Health Promoters Program
Managing Chronic Disease
October 6, 2022

Slide 1:

- Managing Chronic Disease
- L'Tanya Gilchrist, CHW

Slide 2:

- What is Chronic Disease?
- Chronic disease is defined as an illness that starts out slowly and later progresses into more problematic symptoms that can result in the loss of physical or mental functions

Slide 3:

- What causes Chronic Disease?
- Chronic diseases usually have multiple causes that may vary over time including genetic, biological, environmental, and physiological factors

Slide 4:

- Chronic Disease Symptoms
- Poor sleep, physical limitations, pain, stress/anxiety, difficult emotions, depression, shortness of breath, fatigue
 - It becomes a vicious cycle that only gets worse unless we find a way to break the cycle
 - For example, most people with chronic conditions suffer fatigue and loss energy and problems sleeping are common
 - One person may have pain while another person may have trouble breathing
 - Depression can be both the reflection of a chronic or recurrent imbalance in brain chemicals and “feeling down” or “feeling blue”
 - It’s hard to have a cheerful attitude when you are experiencing pain or constant discomfort

Slide 5- Chronic Disease

- Most chronic diseases go up and down in intensity and cause you to become more aware of your body

Slide 6:

- Medications and Treatment
- Doctors prescribe medications to help ease the pain associated with chronic diseases and then we may even go to other doctors to find alternative pain potions like oils or creams to also help with pain and discomfort
- Some may even try therapy

Slide 7:

- Learning How to Self-Manage
- So, a lot of questions come to mind like, what do I do now? How can I live with this? Who can I talk to about what I'm feeling? (Shares personal experience)

Slide 8:

- Self-Management Skills
- Remember this...
 - You are not to blame yourself for your illness
 - Get a support team together
 - You are more than a disease
 - Deal with your emotions
 - Move forward with your life

Slide 9:

- There is help available
- Durham County Department of Public Health offers a Chronic Disease Self-Management Class
 - This is a six-week class that introduces self-management techniques that helps the participants cope with chronic disease and live a better life.

Slide 10:

- For more information
- L'Tanya D Gilchrist
- Durham Chronic Care Initiative
- 919-698-1853

Slide 11:

- *Open Questions*