**RC 4216 Disease Management**

Name

Institution Name

Date

**Quiz 2**

**Asthma Disease Self-Management**

WRITE three objectives for a patient to use a peak flow meter as part of the patient education in the disease self-management program.

**1 Objective in the cognitive domain**

Patient will be explained about the importance of the peak flow meter in handling and managing his asthma symptoms. Peak flow meter can help to prevent the asthma attack. During an asthma attack, the smooth muscles around the airways tighten up and causes the narrowing of the airways. This peak flow methods will measure the flow of how fast the air comes out of the lungs. Readings from the peak flow meter can indicate the tightening of the airways to alert the patient regarding the possibility of the asthma attack.

**1 Objective in the psychomotor domain**

Patient will be informed regarding the usage of the device, so that she can take readings from it easily.

**1 Objective in the affective domain**

Patient’s readiness will be checked and she will be motivated, through the process so that she can master the skill required to operate the peak flow meter.

**Describe the role patient education has in disease self – management.**

Disease self-management refers to the patient’s capability to understand and manage the symptoms, treatment, physical, psychological consequences regarding his chronic condition. It includes all the necessary changes that patients require to change his lifestyle to combat the condition.

Self-management and healthcare and disease preventive health programs focus on promoting the informed lifestyle choices, risk alteration and active patient self-management of diseases (Lorig & Holman, 2003).

Every patient should learn to manage and improve his own health by controlling his life, which can in long run reduce the healthcare costs in the form of ER visits and hospital utilizations. Patient spend huge amount of money on acquiring the treatment from professional, that costs them huge amount of money, self-management allows patients to keep their symptoms in check, thus creates ease in life, by reducing the symptoms. For Example in case of asthma, patient should be able to care for himself to reduce the severity of the asthma attack through appropriate diagnosis and increasing control over the condition (Clark et al., 1991).

Patients, who are able to manage the disease, suffer from fewer exacerbations, higher quality of life, slower progression of disease and less morbidity. Thus it is important that patients learn to manage their health conditions so that they avoid the consequences of diseases and maintain quality life.

**References**

Clark, N., Becker, M., Janz, N., Lorig, K., Rakowski, W., & Anderson, L. (1991). Self-Management of Chronic Disease by Older Adults. Journal Of Aging And Health, 3(1), 3-27. doi: 10.1177/089826439100300101

Lorig, K., & Holman, H. (2003). Self-management education: History, definition, outcomes, and mechanisms. Annals Of Behavioral Medicine, Volume 26(Issue 1). Retrieved from https://academic.oup.com/abm/article-abstract/26/1/1/4630312