Discussion: Vulnerable Populations

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**Introduction**

 There are certain vulnerable populations that are at a greater risk than other populations. People with chronic diseases are particularly vulnerable and require special care. Additionally, poor and homeless persons, veterans, pregnant teens, migrant workers, substance abuser or victim of violence are more vulnerable populations.

**Discussion**

The vulnerability can be defined as susceptibility to actual or potential stressors that may lead to an adverse effect. Vulnerable populations are those groups that are at increased risk for developing adverse health outcomes. Patients with chronic diseases are particularly vulnerable because they can face different challenges when approaching healthcare services. The agent, the host, and the environment in the epidemiological triangle are associated in a way that increases already worsened the disease. A chronic illness is a disease that persists over a long time period. Another feature of chronic illness is that it is sometimes cured and managed. There are certain health risks and problems that accompany chronic illnesses and exacerbate an already dreadful scenario. Although lifestyle improvement can help better manage chronic illness, the chronic illness is there to stay. Most common chronic illnesses are incurable. Additionally, chronic illness gives rise to chronic pain (Azevedo et.al, 2016). Chronic pain is also called masked pain (Azevedo et.al, 2016). The reason being it is hidden from others. With chronic illness is a pain of fatigue that makes the body the person to tire fastly than normal (Hirsch & Sirois, 2016). As a result of fatigue, one is unable to interact or socialize effectively (Hirsch & Sirois, 2016). The most important health risk in chronically ill patients is the immense risk of depression (Ferro & Boyle, 2015). According to a study, one-third of chronically ill patients have been tested positive for depression (Ferro & Boyle, 2015).

**Conclusion**

With all the health risks mentioned above, chronic illness can be increased by a sense of vulnerability. Not being able to perform routine activities and depend on others for most of the time can damaging effect on the confidence of the patient.

**References**

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