

Analysis of the status quo of chronic disease management in China and its countermeasures

Wuxing Zhang

College of Nursing and Health, Henan University, 475004, China

18317816826@163.com

Abstract

with the rapid development of economy and society, mortality, rate increased year by year the prevalence of chronic diseases in China, chronic disease has become a serious public health problem for human health threats; so to reduce the burden of chronic disease mortality and disease is a major goal of health policy; at the present stage of China's medical expenditure and health needs continue to grow, and the limited medical resources, chronic disease management has also become the focus of global attention.

Keywords

Chronic Diseases, Public Health Resources, Chronic Disease Management.

1. Introduction

Chronic disease management is a comprehensive and integrated health care system that applies the concept of health management to the prevention and control of chronic diseases. It refers to the organization of medical personnel related to chronic diseases, providing comprehensive, active and continuous management to patients with chronic diseases. A scientific management model that promotes health, delays the course of chronic diseases, prevents complications of chronic diseases, reduces morbidity, reduces mortality, improves quality of life, and reduces medical expenses ^[1]. Its characteristics are based on the population, taking the bio-psycho-social medical model as the starting point, taking the elimination of risk factors as the primary task of management, while paying attention to the clinical treatment, rehabilitation exercise, prevention and treatment of complications ^[2], comprehensive Assess the health problems of patients and provide health services for patients with chronic diseases in a comprehensive and multi-perspective manner.

2. The current situation of chronic diseases in China

With the development of China's economy, the improvement of people's living standards, the aging population of the city and the gradual change of lifestyle, the level of risk factors for chronic diseases continues to rise. China's chronic diseases generally show high morbidity, high mortality, and high incidence. The trend of residual rate. According to the latest statistics from the National Health and Family Planning Commission, there are more than 260 million patients with chronic diseases in China, and the burden of diseases caused by chronic diseases accounts for nearly 70% of the total disease burden, and the deaths account for about 85% of all deaths.^[3] Slow disease gradually threatens the health of Chinese people: people aged 35 to 65 gradually enter chronic disease; overweight and obesity, dyslipidemia and fatty liver, the incidence of hypertension continues to rise; the age of onset is getting younger. It is estimated that the number of deaths of chronic diseases will reach 52 million in 2030, accounting for 60% of the total deaths, twice as many as infectious diseases, and economic losses account for 50% of the global disease burden. Chronic diseases have become a serious threat to human health. Health problems, reducing chronic disease mortality and disease burden are the main goals of the health strategy ^[4]. At present, medical and health needs are growing, and health care resources are limited. In the past, the disease-centered diagnosis and treatment model did not solve the above contradictions. Then, the chronic disease management model centered on

individual and group health continued to emerge, and chronic disease management became The focus of global attention.

2.1 Factors affecting the occurrence of chronic diseases

With the continuous development of the social economy and the continuous advancement of human civilization, human lifestyles and eating habits have also changed, and the aging of the population has intensified, making some of them continue to grow ^[5]. Among them, unhealthy lifestyles and adverse social and environmental factors are the main causes of chronic diseases, and strong measures are needed to control them at the source. The incubation period and duration of chronic diseases are long, and it is easy to recurrent. The forms of disease transformation are diverse. Patients need to actively cooperate in the treatment process to control the development of the disease.

3. Subjects of chronic disease management

The object of chronic disease management is essentially a range of artificially defined "whatever, no matter what", which ultimately determines the direction and success of chronic disease management. The chronic disease management object should cover the three basic attributes of human physiology, psychology and society. Only with these three basic attributes, chronic disease management can maintain long-lasting effects ^[6]. Therefore, the management of chronic diseases should include chronic non-communicable diseases, and the chronic disease patients' perception of the chronic diseases, the patient's psychological state and behavior, and the social environment in which the chronically ill patients are located ^[7]. Among them, for the specific social environment in which patients are located, we generally think that there are micro-social environments and macro-social environments, which have a very important impact on the treatment, rehabilitation and prognosis of patients' diseases.

4. China's current task of chronic disease management

The management of chronic diseases includes the detection and investigation of diseases, the comprehensive prevention and treatment of diseases, the training of management personnel and the provision of technical consultation services for residents. It also includes mastering and improving the awareness of patients with chronic diseases on their own diseases, the psychological state of patients and Behavioral patterns and the social environment in which chronically ill patients are located. At present, China's health primary health care institutions have carried out the work of chronic disease management, surveying the health status of residents, collecting information on chronic diseases of residents, organizing management of chronic diseases, establishing health records of chronic diseases of residents, etc.; A variety of management model systems for screening and health guidance for high-risk groups, establishing health records for patients, and managing and mentoring.

5. Current status of chronic disease management in China

5.1 There is no guarantee for the investment in the management of chronic diseases.

The main strategies for carrying out chronic disease management work are health education and health promotion, which reflect the overall interests of the society. Therefore, it is necessary to have strong financial support for the management of chronic diseases. Moreover, due to the prevention strategy for the management of chronic diseases, residents are not established. The health committee, the majority of the people themselves pay for their own health; the CDC does not have special funding support, grassroots health care services for the management of chronic diseases is relatively difficult to carry out.

5.2 The management of the relevant medical institutions is not in place

Today, the incidence of chronic diseases is rising. The medical and health institutions under the government's jurisdiction have not established a complete system for the management of chronic diseases, and lack an effective mechanism for the prevention and treatment of chronic diseases. In

order to improve the system of chronic disease management, the government-led disease control agencies are actively play an important role in the management of the prevention and control process. In the management work, actively carry out health education, establish a testing system, and implement quality management control.

5.3 Lack of human resources allocation for participation in chronic disease management

At present, the provision of professionals in chronic disease management is lacking. In the actual primary medical service units, most of the health guidance of residents is mostly managed by grassroots health care or general practitioners. This is relatively confusing and collected. Some patients with chronic diseases have incomplete data, and the information is missing. In addition, in the process of managing and controlling chronic diseases, there are still some management problems, such as the lack of professional management team and the chronic diseases in the medical field. The lack of follow-up in the centralized management, and the lack of professional ability of the management staff, and the lack of professional level, it is difficult to complete the supply of medical services with high efficiency and high standards; in addition, the medical management personnel have insufficient knowledge and promotion of chronic diseases. The systematic implementation of a series of effective prevention and treatment of chronic diseases has made the prevention and control of chronic disease management not fully exerted ^[8].

5.4 The electronic file utilization rate of chronic disease management in the information age is not high

In recent years, with the rapid development of information technology and the reference to foreign chronic disease management models, some professionals have proposed to build an information management model for chronic diseases^[9]. This model is community-based, hospital-led, and focuses on the dynamic management of chronic diseases. pay attention to the whole life of patients. At the same time, this management mode pays attention to doctor-patient communication and regular follow-up. Through the dynamic guidance of medical staff, the number of admissions is reduced, complications are delayed, medical costs are reduced, and the quality of life of patients with chronic diseases is significantly improved ^[10-11].

However, at present, the medical information service platform for chronic disease management in China has not been perfected. There are also some problems in the application of resident health electronic files: due to the incomplete provision of human resources, the staff is not skilled in the use of computers, plus electronic health everywhere. The technical and data standards of the archives are not uniform. The residents have not developed the habit of regular physical examinations, and the health records are updated slowly, so the utilization rate of electronic health records is low.

6. Suggestions for improving the management of chronic diseases in China

6.1 Self-management path for patients with chronic diseases

Self-management support refers to patients being managers of their diseases, and health care providers provide ongoing self-management support to patients by helping them set goals, developing action plans, and organizing internal and community health resources ^[12]. The success of chronic disease management depends to a large extent on whether the interventions for behavioral lifestyles are effective. Focus on scientific theory as a guide, encourage patients to personally participate in self-management education, play the role that professionals cannot replace. Self-management support for chronic diseases can be achieved in different ways. We mainly support education by means of telephone consultation and supervision, and encourage family members to assist patients in self-management.

6.2 Intensify efforts to carry out health education

For chronic diseases, health education, as a treatment method, has the characteristics of smaller input, higher output and higher benefit than medical means, and is recognized by patients. With the promotion and education of disease-related knowledge, residents can significantly understand the

prevention knowledge of diseases, and promote the self-protection awareness of healthy people and high-risk groups, and promote the behaviors and lifestyles that help prevent and control diseases. Acceptance, effective reduction or elimination of risk factors, effective prevention of emerging diseases and complications ^[13]. In addition, effective health education for patients with chronic diseases can significantly improve the patient's long-term treatment compliance, which in turn leads to a significant increase in the control rate of chronic diseases.

6.3 Scientific training of professional chronic disease managers

In the actual work, the public health management department needs to focus on the prevention and control of chronic disease management, scientifically and effectively train the professional chronic disease management prevention and control personnel, and promote the prevention and control team of chronic disease management to be in a stable state. At the same time, the administrative department of chronic disease management is urged to increase funding for chronic disease management, so that the control mechanism of chronic disease management can be smoothly implemented; in addition, it is necessary to promote the prevention and control knowledge of chronic disease management for grassroots medical service institutions. Intensity, regular special training, and key supervision by the regulatory authorities every quarter, in order to improve the prevention and control of chronic disease management by primary health care departments.

6.4 The established informational electronic file platform should be quickly improved

The current chronic disease management model is limited by the limited management of chronic diseases, the low level of management of grassroots managers, and the management effect of chronic diseases is not ideal. Therefore, in the era of rapid changes in information technology such as the Internet, we try to use information technology such as the Internet to innovate chronic disease management methods. The study uses information technology to integrate chronic disease management functions, making the connection between functions more compact, more efficient and more convenient ^[14]. Therefore, the establishment of a sound electronic health record is an effective information technology for the evaluation of chronic diseases.

7. Summary

With the continuous improvement of the medical and health service system, China's new medical reform has made chronic disease management one of the key tasks of medical public health. Facing the high mortality rate and high disability rate of chronic diseases, domestic researchers manage the chronic diseases. The high-risk diseases of chronic diseases in China are mainly hypertension, diabetes, etc., and gradually pay attention to the situation of sub-health populations; with the establishment of information technology, the further improvement of chronic disease management system, the management of chronic diseases will become more formal. The institutionalization of the system will provide theoretical support for further research in the future.

References

- [1] Liang Changxiu. Application of health management in chronic disease management [J]. Chinese Community Physician; Medical, 2011, 13 (4); 211-212.
- [2] Tao Liping, Xie Li, Liu Xiaoping, et al. Literature review of community chronic disease management practices [J]. China Health Care Management, 2006, 22 (7); 427-429.
- [3] Li Liming. China's chronic disease prevention and treatment work system research report [M]. Beijing; China Union Medical University Press, 2011.
- [4] Wen Genlong, Shen Yu. Three-level hospital-community health integration management of chronic disease comprehensive intervention model [J]. Practical Journal of Cardiovascular and Pulmonary Vascular Diseases, 2012, 20 (2); 292-294.
- [5] Pollach G. Non-communicable diseases [J]. N Engl J Med, 2013, 369 (26); 2562 - 2563.

-
- [6] Yang ZY, Yang Z, Zhu L, et al. Human behaviors determine health: strategic thoughts on the prevention of chronic non-communicable diseases in China [J]. *Int J Behav Med*, 2011, 18(4): 295-301.
- [7] Kelishadi R, Sarrafzadegan N, Sadri GH, et al. Short-term results of a community-based program on promoting healthy lifestyle for prevention and control of chronic diseases in a developing country setting; Isfahan Healthy Heart Program [J]. *Asia Pac J Public Health*, 2011, 23(4): 518-533.
- [8] Yang Haitao, Lu Zhiguo, Zhang Ying. Research Status of Domestic Chronic Disease Management [J]. *Chinese Community Physician*, 2014, 30, (10): 147-144.
- [9] Zhou Yeqin. On the object and method of chronic disease management [J]. *China Health Care Management*, 2011, 10 (10): 788-790.
- [10] Han Wenxia, Ren Guiling, Chen Wei et al. Investigation on prevention and control ability of chronic diseases in Anyang City Disease Prevention and Control System [J]. *Journal of Chronic Diseases*. 2013, 12 (03); 189-191.
- [11] Huo Fei, Shen Chengfeng, Zhang Fan. Development and application of chronic disease network reporting system based on B/S mode [J]. *Disease Surveillance*, 2008, 23 (6); 390-392.
- [12] Zhao Jin, Shi Meng. Information Management of Chronic Disease in "Rain Flower Mode" [J]. *Journal of Medical Informatics*, 2013, 34 (7); 24 -28.
- [13] Zhang Xingwen, Tang Ying, Zhang Yixiong. Discussion on hospital-community-family trinity elderly chronic disease health service model under health informationization [J]. *Chinese Journal of General Practice*, 2013, 11(10); 1602-1603.
- [14] Wanger EH. Chronic disease management: What will it take to improve care for chronic illness [J]. *Effective Clinical Practice*, 1998, 1:2-4.
- [15] Li Chenchen. Research on quality improvement mechanism of community chronic disease prevention and control based on ICC framework [D]. Peking Union Medical College, 2015.
- [16] Leng Wei. Analysis of the status quo and prospects of electronic health files [J]. *Journal of Nanjing Medical University*, 2011, 05:359-363.