



Disease Management Program

A program offered by the Gulf Coast Medical Management Department of the Sarasota Memorial Health Care System



CHARTER HEALTH PLAN

A big idea for small business

- Any other drugs you take
 - How you take your drugs:
 - With food or without food
 - What time of day
 - What drugs you take at the same time
 - How often you miss a dose:
 - What to do if you miss a dose
 - Any problems you have with getting a refill
 - Any vitamins, herbs, or drugs you buy off the shelf
 - How to organize your drugs and remember to take them
 - Any drug side effects
- Your doctor can help you stop smoking, if you are ready to stop.
 - Tell your doctor if others smoke in your home.
 - Talk about how many drinks with alcohol you have a day.
 - Some drugs should not be taken with alcohol.

Help that you need in the home

- To clean, cook, or shop
- To help you move around at home
- To help you take your drugs
- To help you use the toilet or help with other bowel or bladder care
- Other help

Other doctors, nurses, or providers

- Other doctor visits
- Counselor visits
- Emergency department visits or hospital stays

Websites

Agency for Healthcare Research & Quality
www.ahrq.gov/consumer
www.ahrq.gov/consumer/safemeds.htm

American Academy of Family Physicians
www.family.org

Healthfinder
www.healthfinder.org

Medline Plus
www.nlm.nih.gov/medlineplus

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Chronic Care Guidelines 13th Edition
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How you are feeling

- Problems eating
- Problems sleeping
- Problems seeing or hearing
- Problems with pain
- Less interested in people or doing things
- Angry, sad, or feel there is no hope
- Confused
- Nervous or anxious
- Other concerns

Other problems or worries

- Any school or work problems
- How to prevent pregnancy
- How to plan a pregnancy

Smoking or alcohol use

- Tell your doctor if you smoke.
 - Smoking can change how well some treatments work.

What is case management?

- It is a program offered by some health plans, hospitals, and doctor groups.
- A case manager helps you get the care you need; he or she can:
 - Teach about disease
 - Help with making a treatment plan
 - Arrange doctor visits
 - Help with referrals
 - Assist with getting drugs and treatments

Who needs case management?

- If you have a chronic condition and:
 - You want to learn more about your disease.
 - You want help with your treatment plan.
 - You want help with referrals and doctor visits.
 - You want help getting drugs and treatments.
 - You agree to be part of the program.

Help you learn about your disease

- What it is
- What caused it
- What can be done to treat it

Help with treatment plan

- What your doctor wants you to do
- What tests and treatments you need
- What drugs you should take

- When to take and how much to take
- Drug side effects
- Help you keep to the treatment plan

Arrange for referrals and doctor visits

- The case manager will work with all the members of your health care team:
 - Doctors
 - Therapists, like physical therapists
 - Home health care nurses
 - Pharmacists
- Help you make appointments
- Help you get referrals
- Help you arrange to pay for care
- Help you with transportation

When to call the doctor - General

This handout tells about signs and symptoms to watch for. Call your doctor if you have any of these symptoms.

General warning signs

- Ask your doctor about warning signs for your health problems.
 - Ask your doctor which warning signs mean you should call.
- Ask your doctor about drug side effects.
 - Ask your doctor which drug side effects mean you should call.

Signs you are getting worse

- Cold or flu that does not go away
- Chest pain

- Runny stools (diarrhea) or blood in stools
- Stomach problems
- Fever, or shakes, shivers, or tremors that do not go away
- Shortness of breath
- Swelling that does not get better
- Problems with pain

Confusion

- Cannot think clearly
- Cannot talk clearly
- Cannot remember things clearly

Doctor information

- Name of doctor: _____
- Phone number to call: _____
- Emergency care phone number: _____
- Emergency care location: _____

Be ready to talk to the doctor - General

Use this handout to get ready to talk with your doctor. Circle the items below that you want to talk about.

Tell about your health

- Do you know how to follow your treatment plan?
- Ask your doctor if there are any tests you need.

About your drugs

- What drugs you take every day for your condition