

The Health and Functional Assessment of Members with Special Healthcare Needs

QUEST INTEGRATION

BEACON HEALTH OPTIONS

TOPICS

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- > Diabetes
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Overview

- > Many of our members that present with a behavioral health disorder are also experiencing a comorbid diagnosis of a chronic medical disease
- > It is important to have an understanding of the chronic disease in order to better treat the whole person
- > This training provides an overview of some of the more typical co-occurring diseases

Asthma

What is Asthma?

- > Asthma is a chronic lung disease that inflames and narrows the airways.
- > Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing.
- > The coughing often occurs at night or early in the morning.
- > What are the symptoms of asthma?
- > Coughing. Coughing from asthma often is worse at night or early in the morning, making it hard to sleep.
- > Wheezing. Wheezing is a whistling or squeaky sound that occurs when you breathe.
- > Chest tightness. This may feel like something is squeezing or compression of chest.
- > Shortness of breath. Some people who have asthma say they can't catch their breath or they feel out of breath. It may feel like air cannot get out of the lungs.

Asthma

Triggers

- > Allergens from dust, animal fur, cockroaches, mold, and pollens from trees, grasses, and flowers
- > Irritants such as cigarette smoke, air pollution, chemicals or dust in the workplace, compounds in home décor products, and sprays (such as hairspray)
- > Medicines such as aspirin or other nonsteroidal anti-inflammatory drugs and nonselective beta-blockers
- > Sulfites in foods and drinks
- > Viral upper respiratory infections, such as colds
- > Physical activity, including exercise

Cancer

What is Cancer?

- > Cancer is the general name for a group of more than 100 diseases.
- > Although there are many kinds of cancer, all cancers start because abnormal cells grow out of control. Untreated cancers can cause serious illness and death.
 - > From the American Cancer Society. What is Cancer? (2014, August 11). Retrieved from <http://www.cancer.org/cancer/cancerbasics/what-is-cancer>
- > Cancer is one of the most common chronic diseases in New York State, and is second only to heart disease as the leading cause of death.
 - > Each year, about 100,000 New Yorkers are diagnosed with cancer.
 - > From the NY Department of Health:
<https://www.health.ny.gov/statistics/cancer/registry/>

Chronic Obstructive Pulmonary Disease (COPD)

What is COPD?

- > COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe.
 - > Progressive means the disease gets worse over time.
- > COPD can cause coughing that produces large amounts of mucus (a slimy substance), wheezing, shortness of breath, chest tightness, and other symptoms.
- > Cigarette smoking is the leading cause of COPD.
 - > Most people who have COPD smoke or used to smoke.
 - > Long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dust—also may contribute to COPD.
- > In COPD, less air flows in and out of the airways because of one or more of the following:
 - > The airways and air sacs lose their elastic quality.
 - > The walls between many of the air sacs are destroyed.
 - > The walls of the airways become thick and inflamed.
 - > The airways make more mucus than usual, which can clog them.

Chronic Obstructive Pulmonary Disease (COPD)

What are the symptoms of COPD?

- > At first, COPD may cause no symptoms or only mild symptoms. As the disease gets worse, symptoms usually become more severe.
- > Common signs and symptoms of COPD include:
 - > An ongoing cough or a cough that produces a lot of mucus (often called "smoker's cough")
 - > Shortness of breath, especially with physical activity
 - > Wheezing (a whistling or squeaky sound when you breathe)
 - > Chest tightness

Diabetes

What is Diabetes?

- > Diabetes is a condition characterized by hyperglycemia resulting from the body's inability to use blood glucose for energy.
- > In Type 1 diabetes, the pancreas no longer makes insulin and therefore blood glucose cannot enter the cells to be used for energy. Usually Type 1 diabetes is auto-immune and the immune system has destroyed the cells that produce insulin. Type 1 requires life-long dependence on exogenous insulin delivery.
- > In Type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly. Type 2 differs greatly from Type 1, as many factors can improve the body's use of insulin. A loss of weight and diet adherence can improve Type 2.

Diabetes

Common symptoms of Diabetes

- > The following symptoms of diabetes are typical.
 - > However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.
- > Urinating often
- > Feeling very thirsty
- > Feeling very hungry - even though you are eating
- > Extreme fatigue
- > Blurry vision
- > Cuts/bruises that are slow to heal
- > Weight loss - even though you are eating more (type 1)
- > Tingling, pain, or numbness in the hands/feet (type 2)

Diabetes

Type 1

- > Previously called juvenile diabetes
- > Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes.
 - > Only 5% of people with diabetes have this form of the disease.
- > In type 1 diabetes, the body does not produce insulin.
 - > Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.
 - > With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives.

Diabetes

Type 2

- > Type 2 diabetes is the most common form of diabetes.
- > If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance.
 - > At first, your pancreas makes extra insulin to make up for it.
 - > Over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.
- > **Target blood glucose levels:**
 - > The American Diabetes Association suggests the following targets for most non-pregnant adults with diabetes. More or less stringent glycemic goals may be appropriate for each individual.
 - > A1C: 7%
A1C may also be reported as eAG: 154 mg/dl
 - > Before a meal (preprandial plasma glucose): 70–130 mg/dl
 - > 1-2 hours after beginning of the meal (Postprandial plasma glucose)*: Less than 180 mg/dl

Diabetes

Signs And Symptoms Of Low Blood Sugar

- > Hypoglycemia is a condition characterized by abnormally low blood glucose (blood sugar) levels, usually less than 70 mg/dl.
 - > However, it is important to work with a health care provider to identify individual blood glucose targets, and at what level hypoglycemia needs treatment.
- > Hypoglycemia may also be referred to as an insulin reaction, or insulin shock.
- > Hypoglycemic symptoms are important clues that low blood glucose is low and needs correcting. Each person's reaction to hypoglycemia is different, so it's important to learn signs and symptoms of low blood glucose.
 - > Over time symptoms of low blood sugar can become less noticeable, particularly in Type 1 diabetes.
- > The only sure way to know whether hypoglycemia is taking place, is to quickly check blood glucose, with a blood glucose meter.
 - > If symptoms of hypoglycemia exist but member is unable to check blood glucose for any reason, treat the hypoglycemia, by drinking juice or eating about 15 grams of carbohydrate.
 - > Severe hypoglycemia has the potential to cause accidents, injuries, coma, and death.
- > If there is hypoglycemia and subsequent loss of consciousness, a medication called glucagon can be administered by injection by emergency medical staff to treat the hypoglycemia.

Diabetes

Signs and Symptoms of Hypoglycemia (happen quickly):

- > Shakiness
- > Nervousness or anxiety
- > Sweating, chills and clamminess
- > Irritability or impatience
- > Confusion, including delirium
- > Rapid/fast heartbeat
- > Lightheadedness or dizziness
- > Hunger and nausea
- > Sleepiness
- > Tingling or numbness in the lips or tongue
- > Blurred/impaired vision
- > Headaches
- > Weakness or Fatigue
- > Anger, Stubbornness
- > Lack of coordination
- > Nightmares or crying out during sleep
- > Seizures
- > Unconsciousness

Diabetes

What are the Symptoms of Hyperglycemia?

> The signs and symptoms include the following:

- > High levels of sugar in the urine
- > Frequent urination
- > Increased thirst, dry mouth
- > Fatigue

> A number of things can cause hyperglycemia (High Blood Sugar):

- > If type 1, not enough insulin.
- > If type 2, the body may have enough insulin, but it is not as effective as it should be.
- > Eating more than planned or exercising less than planned.
- > Stress from an illness, such as a cold or flu or an infection.
- > Other types of stress, such as family conflicts or school or dating problems.
- > Hormonal changes
- > The dawn phenomenon (a surge of hormones that the body produces daily around 4:00 a.m. to 5:00 a.m.).

End Stage Renal Disease

What is Renal Failure?

- > Renal failure refers to temporary or permanent damage to the kidneys that results in loss of normal kidney function.
- > There are two different types of renal failure--acute and chronic.
 1. Acute renal failure has an abrupt onset and is potentially reversible.
 2. Chronic renal failure progresses slowly over at least three months and can lead to permanent renal failure.
- > The causes, symptoms, treatments, and outcomes of acute and chronic are different.

Heart Disease

What is Heart Disease?

- > The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary artery disease, which can cause heart attack, angina, heart failure, and arrhythmias.

Heart Disease

What is Coronary Artery Disease?

- > Coronary artery disease occurs when a substance called plaque builds up in the arteries that supply blood to the heart (called coronary arteries). Plaque is made up of cholesterol deposits, which can accumulate in your arteries. When this happens, arteries can narrow over time. This process is called atherosclerosis.
- > Plaque buildup can cause angina, the most common symptom of CAD. This condition causes chest pain or discomfort because the heart muscle doesn't get enough blood. Over time, CAD can weaken the heart muscle. This may lead to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat, or arrhythmia, can also develop.
- > For some people, the first sign of CAD is a heart attack. A heart attack occurs when plaque totally blocks an artery carrying blood to the heart. It also can happen if a plaque deposit breaks off and clots a coronary artery

Heart Disease

What is Heart Failure?

- > Heart failure happens when the heart cannot pump enough blood and oxygen to support other organs in the body. Heart failure is a serious condition, but it does not mean that the heart has stopped beating.
- > Common symptoms of heart failure include:
 - > Shortness of breath during daily activities.
 - > Having trouble breathing when lying down.
 - > Weight gain with swelling in the feet, legs, ankles, or stomach.
 - > Generally feeling tired or weak

Hepatitis B/C

Hepatitis B and C

- > "**Hepatitis**" means inflammation of the liver and also refers to a group of viral infections that affect the liver .
- > The most common types are Hepatitis A, Hepatitis B, and Hepatitis C.
- > Viral hepatitis is the leading cause of liver cancer and the most common reason for liver transplantation.
- > An estimated 4.4 million Americans are living with chronic hepatitis; most do not know they are infected.

High Blood Pressure

What is high blood pressure?

- > High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But steps can be taken to control your blood pressure and lower your risk of heart disease and stroke.
- > Blood pressure is measured using two (2) numbers.
 - > The first number, called systolic blood pressure, measures the pressure in blood vessels when your heart beats.
 - > The second number, called diastolic blood pressure, measures the pressure in blood vessels when heart rests between beats.
- > A blood pressure less than 120/80 mmHg is normal.
 - > A blood pressure of 140/90 mmHg or more is too high.
 - > People with levels in between 120/80 and 140/90 have a condition called prehypertension, which means they are at high risk for high blood pressure.
- > Symptoms of high blood pressure:
 - > High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not know they have it.
 - > Rarely, high blood pressure can cause symptoms like headaches or vomiting.

HIV / AIDS

What is HIV?

- > HIV is a virus spread through body fluids that affects specific cells of the immune system, called CD4 cells, or T cells.
- > Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease.
 - > When this happens, HIV infection leads to AIDS.
- > Stages of HIV infection
- > HIV disease has a well-documented progression.
- > Untreated, HIV is almost universally fatal because it eventually overwhelms the immune system—resulting in acquired immunodeficiency syndrome (AIDS).
- > HIV treatment helps people at all stages of the disease, and treatment can slow or prevent progression from one stage to the next. A person can transmit HIV to others during any of these stages:
 - > Acute infection
 - > Clinical latency (inactivity or dormancy)
 - > AIDS

HIV / AIDS

Acute infection:

- > Within 2-4 weeks after infection with HIV, you may feel sick with flu-like symptoms.
 - > This is called acute retroviral syndrome (ARS) or primary HIV infection, and it's the body's natural response to the HIV infection.
 - > Not everyone develops ARS, however—and some people may have no symptoms.
- > During this period of infection, large amounts of HIV are being produced in the body.
 - > The virus uses important immune system cells called CD4 cells to make copies of itself and destroys these cells in the process.
 - > Because of this, the CD4 count can fall quickly.
- > The ability to spread HIV is highest during this stage because the amount of virus in the blood is very high.
- > Eventually, the immune response will begin to bring the amount of virus in your body back down to a stable level.
 - > At this point, the CD4 count will then begin to increase, but it may not return to pre-infection levels.
 - > This period is sometimes called asymptomatic HIV infection or chronic HIV infection. During this phase, HIV is still active, but reproduces at very low levels. People may not have any symptoms or feel sick during this time.

HIV / AIDS

ART (antiretroviral therapy)

- > People who are on antiretroviral therapy (ART) may live with clinical latency for several decades. For people who are not on ART, this period can last up to a decade, but some may progress through this phase faster.
- > It is important to remember that it is still possible to transmit HIV to others during this phase even if someone is treated with ART, although ART greatly reduces the risk.
- > Toward the middle and end of this period, the viral load begins to rise and CD4 cell count begins to drop. As this happens, symptoms of HIV infection may occur as the immune system becomes too weak to fight infections.

HIV/AIDS (cont'd)

AIDS (acquired immunodeficiency syndrome):

- > This is the stage of infection that occurs when the immune system is badly damaged and is vulnerable to infections and infection-related cancers called opportunistic illnesses.
- > When the number of CD4 cells falls below 200 cells per cubic millimeter of blood (200 cells/mm³), the illness is considered to have progressed to AIDS. (Normal CD4 counts are between 500 and 1,600 cells/mm³.)
- > It is possible to be diagnosed with AIDS if one or more opportunistic illnesses develop, regardless of your CD4 count.
- > Without treatment, people who are diagnosed with AIDS typically survive about 3 years. Once someone has a dangerous opportunistic illness, life expectancy without treatment falls to about 1 year. People with AIDS need medical treatment to prevent death.

Common side effects of antiretroviral therapy (ART):

- > Like most medicines, antiretroviral therapy (ART) can cause side effects. However, not everyone experiences side effects from ART. Some common side effects of ART can include:
 - > Nausea and vomiting,
 - > Diarrhea,
 - > Difficulty sleeping,
 - > Dry mouth,
 - > Headache,
 - > Rash,
 - > Rash
 - > Dizziness
 - > Fatigue, and
 - > Pain

Seizures

What is a seizure?

- > A seizure is the physical findings or changes in behavior that occur after an episode of abnormal electrical activity in the brain.
- > The term "seizure" is often used interchangeably with "convulsion." Convulsions occur when a person's body shakes rapidly and uncontrollably. During convulsions, muscles contract and relax repeatedly. There are many different types of seizures. Some seizures involve mild symptoms without shaking.

What are the symptoms of a seizure?

- > Specific symptoms depend on what part of the brain is involved. Symptoms occur suddenly and may include:
- > Brief blackout followed by a period of confusion (the person cannot remember for a short time)
- > Changes in behavior such as picking at one's clothing
- > Drooling or frothing at the mouth
- > Eye movements
- > Grunting and snorting
- > Loss of bladder or bowel control
- > Mood changes such as sudden anger, unexplainable fear, panic, joy, or laughter
- > Shaking of the entire body
- > Sudden falling
- > Tasting a bitter or metallic flavor
- > Teeth clenching
- > Temporary stop in breathing
- > Uncontrollable muscle spasms with twitching and jerking limbs
- > Symptoms may stop after a few seconds or minutes, or continue for up to 15 minutes. They rarely continue longer.

The person may have warning symptoms before the attack, such as:

- > Fear or anxiety
- > Nausea
- > Vertigo (feeling as if you are spinning or moving)
- > Visual symptoms (such as flashing bright lights, spots, or wavy lines before the eyes)

Summary

- > It's important that we have some awareness of the typical co-morbid medical diagnoses
- > This helps us to ensure that we are looking at the member's care in a holistic manner
- > It's important to have discussions with your health plan counterpart regarding any of these diagnoses – remember we are the Behavioral Health side, we are not experts in any of these diagnoses