

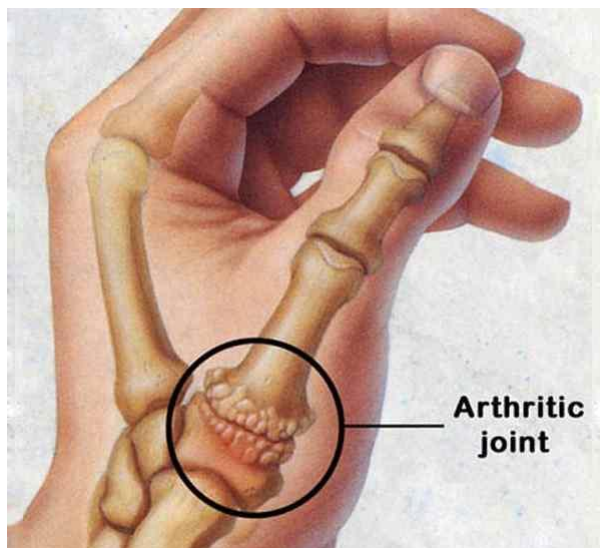
Common Chronic Conditions and Care Guidelines

Arthritis – Arthritis is a general term for pain and/or swelling of the joints.

There are many types of arthritis. Osteoarthritis is a normal part of aging. Many of us will develop osteoarthritis as we get older, especially in our weight-bearing joints. It can also develop due to injury. Some types of arthritis are not due to normal aging. Rheumatoid arthritis is an autoimmune disease and it can be very painful and debilitating.

Treatment can include use of mild anti-inflammatories (like ibuprofen) to stronger anti-inflammatories that require a prescription.

Tips: Other types of treatment can include applying heat, doing light to moderate exercise, and doing range of motion exercises.



(arthritisinfingers.org, 2017)

Hearing Loss – Hearing loss can be a normal part of aging, but it can be made worse by prolonged exposure to loud sounds that leads to permanent damage of the hair cells in our ears.

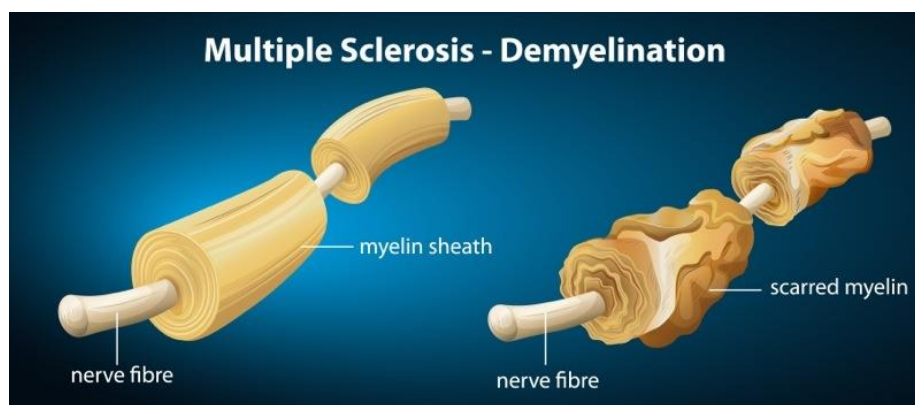
Tips: If the person has a hearing aid, make sure it is turned on or up. Use short, simple sentences if possible. Turn down background noise that might be interfering, like a t.v. set. If possible, position yourself in front of the person so they can see your lips and body language.



(precisehearing.com, 2017)

Multiple Sclerosis (MS) – MS is a progressive disease that affects the central nervous system. Over time, the nerves are not able to communicate with each other as quickly or efficiently as needed. This leads to a loss in function and mobility. At some point, people in MS will require equipment like a wheelchair, hoist lift, ceiling lift, or a sit-stand lift to complete their activities of daily living.

Tips: Assist with activities of daily living using the appropriate adaptive equipment. Follow recommendations to help prevent falls. Be patient with communication. Take notice of any signs of stress and fatigue. Fatigue can lead to falls and stress can make the MS symptoms worse. Pay special attention to the skin and look for any changes that may indicate skin breakdown.



(spinehealth.com, 2017)

Osteoporosis - Osteoporosis is a disease wherein there is an accelerated loss of bone mass and a reduction in bone quality. If not prevented or if left untreated, it can progress painlessly until a bone breaks, usually in the hip, spine and/or wrist.

Treatment options include: eating a calcium rich diet, taking enough vitamin D, do weight bearing exercises, estrogen replacement therapy and/or wearing a back brace or corset – the latter two to be determined by a physician.

Parkinson's Disease – Parkinson's is a progressive, degenerative disease usually caused by genetics or a brain injury. Some, but not all people with Parkinson's will develop Parkinson's related dementia during the course of the disease. Parkinson's affects the muscles and eventually leads to a loss of mobility and the ability to walk. Someone with Parkinson's may also experience tremors and shaking. You may also see a shuffling of the feet as the person walks.

Treatment usually involves medications to alleviate symptoms and slow the progression of the disease.

Tips: People with Parkinson's are at a higher risk for falls. Follow recommendations to help prevent falls. Physical and occupational therapy, in addition to range of motion exercises may be helpful.

Respiratory Conditions - The respiratory system brings oxygen into the lungs and expels carbon dioxide. When this function is interfered with, a person is said to have a chronic obstructive lung disease. Treatment options include: quit smoking, medications, inhalers, oxygen therapy and surgery.

There are three main types of chronic obstructive lung disease:

- Chronic Bronchitis – inflammation of the air passages (bronchi) which connect the windpipe with the sacs of the lungs. This results in excessive mucous production and swelling of the bronchial walls.
- Emphysema – a disease in which there is destruction of the walls of the air sacs of the lung. It is frequently preceded by chronic bronchitis.
- Asthma – inflammation of the lower airways, which obstructs air flow. It is characterized by wheezing, coughing, chest pain and chest tightening. Often it is allergy related.

Important things to remember when working around oxygen:

- Never smoke or allow others to smoke when oxygen is in use

- Keep flammable objects away from oxygen
- Do not leave oxygen cords lying around in places where people can trip over them
- Do not use an extension cord to plug in oxygen
- Store oxygen containers in an upright position – don't let them fall horizontally

Stroke – A stroke is sometimes referred to as a CVA (cerebrovascular accident). A stroke occurs when something happens that disrupts blood flow to the brain. This can happen because of a blockage or a rupture in a blood vessel. Men and women may exhibit different symptoms. It is important to know the symptoms of a stroke. Think of the acronym FAST:

F – Face: Look at the face and ask the person to smile. Are you noticing any droopiness on one side?

A – Arms: Ask the person to lift both arms forward. Is one arm drift lower than the other?

S – Speech: Ask the person to repeat back a simple phrase. Are they slurring any words?

T – Time: If you notice any of the above, don't waste any time and call 911!



After a stroke, speech therapy, and physical and occupational therapy can be beneficial to the client to regain as much independence as possible.

Tips: When transferring someone who may have a “weaker” side, stand on the weaker side and lead with the stronger side. Always check body alignment to make sure any limbs are not caught or are otherwise in awkward positions. Dress the weaker side first. Undress the

Dementia – As people age, changes in the brain cause some decline in short-term memory and a slowing down in learning ability. Dementia is an umbrella term for many types of condition brain failure. With dementia we see changes in a person's memory, thinking, reasoning, judgment, and behavior. There are several types of dementia. Alzheimer's is the most common type of dementia. Other types of dementia include Parkinson's, Lewy Body, Vascular, and Huntington's.

It is important to distinguish delirium from dementia. Delirium is an acute, short term confusion that is usually presented due to medical reasons (urinary tract infection or other type of infection in the body, medication side effects or mismanagement, etc.) and will usually clear up once a cause is found. Dementia, on the other hand, is long-term and progressive and has no cure.

<http://teepasnow.com/resources/teepa-tips-videos/>

- Dementia 101 (5:49 minutes)
- Teepa's Gems (12:06 minutes)
- Brain Changes (13:35 minutes)
- Challenging Behaviors (6:36 minutes)
- Meaningful Activities (15:15 minutes)
- Music (14:49 minutes)

<https://www.youtube.com/watch?v=sUgPm8RMa48>

- Teepa Snow, Making Visits Valuable series (segments 1-15)
- Each video ranges in length from 5-10 minutes
- These are excellent videos for those working with clients with Alzheimer's and dementia.