




Chronic Disease: Heart Disease, Asthma, and HIV/AIDS CMS Innovation Grant CHW Training Module

Health Care & Housing Are Human Rights

NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL



Introduction



The purpose of this module is to give an overview of three major chronic diseases that you may encounter in your work.

We will cover Heart Disease, Asthma, and HIV/AIDS.

In the next module we will cover additional chronic diseases that you may encounter.

+ Goals and Objectives

Be able to identify the three major diseases discussed today and the major keywords associated with them.



Gain beginner's knowledge of prevention and treatment goals for each of the diseases discussed.

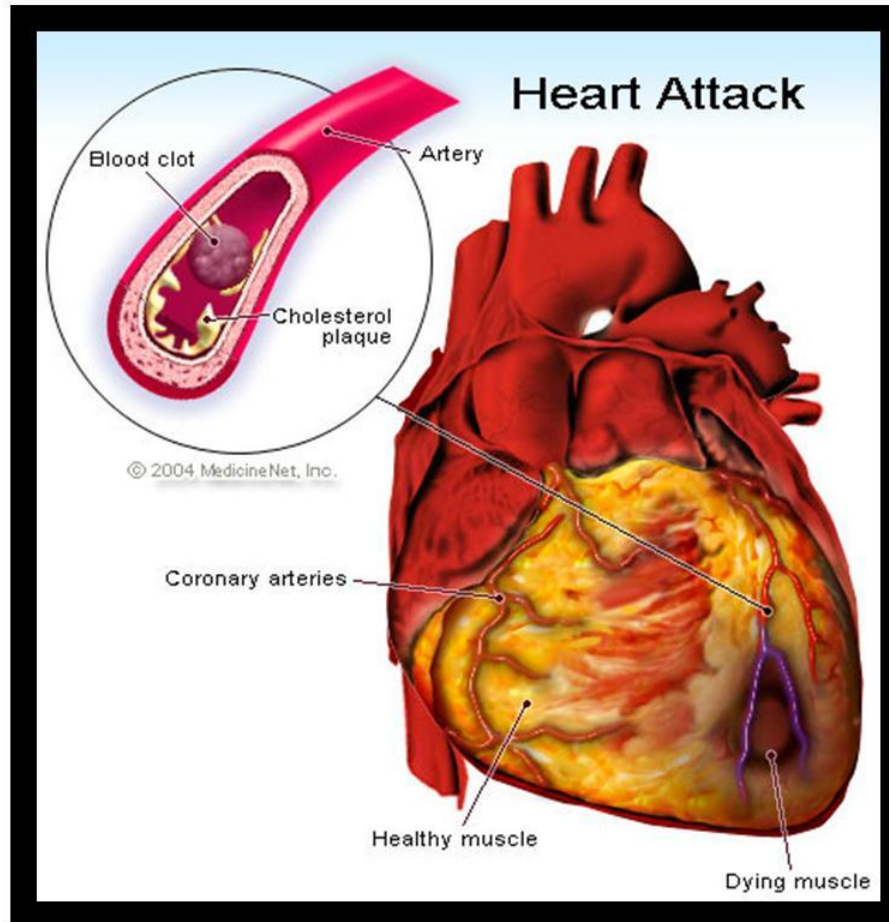


Be able to act compassionately and without bias to people suffering from each of these diseases.



Heart Disease

America's Number One Killer of Men and Women





Facts about Heart Disease



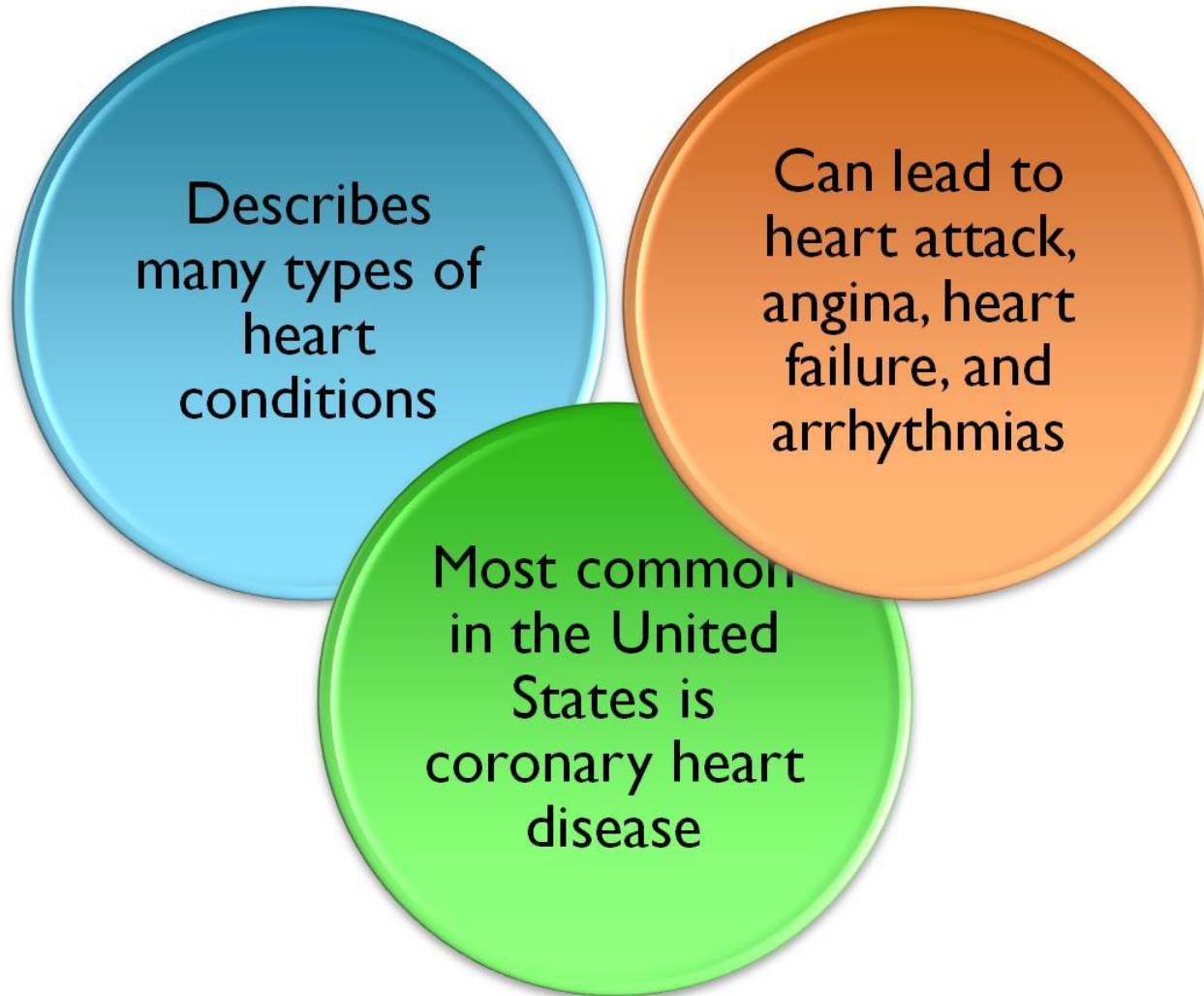
Heart Disease is the leading cause of death for both men and women

Heart disease may be preventable by making smart lifestyle changes

Amongst people experiencing homelessness, heart disease is a leading cause of mortality, and amongst people experiencing homelessness that are 25-44 years old, the risk is three times higher



What is Heart Disease?





Risk Factors Amongst People Experiencing Homelessness



Poverty leading to limited diet, lack of physical activity, lack of choices

Lack of access to preventative care

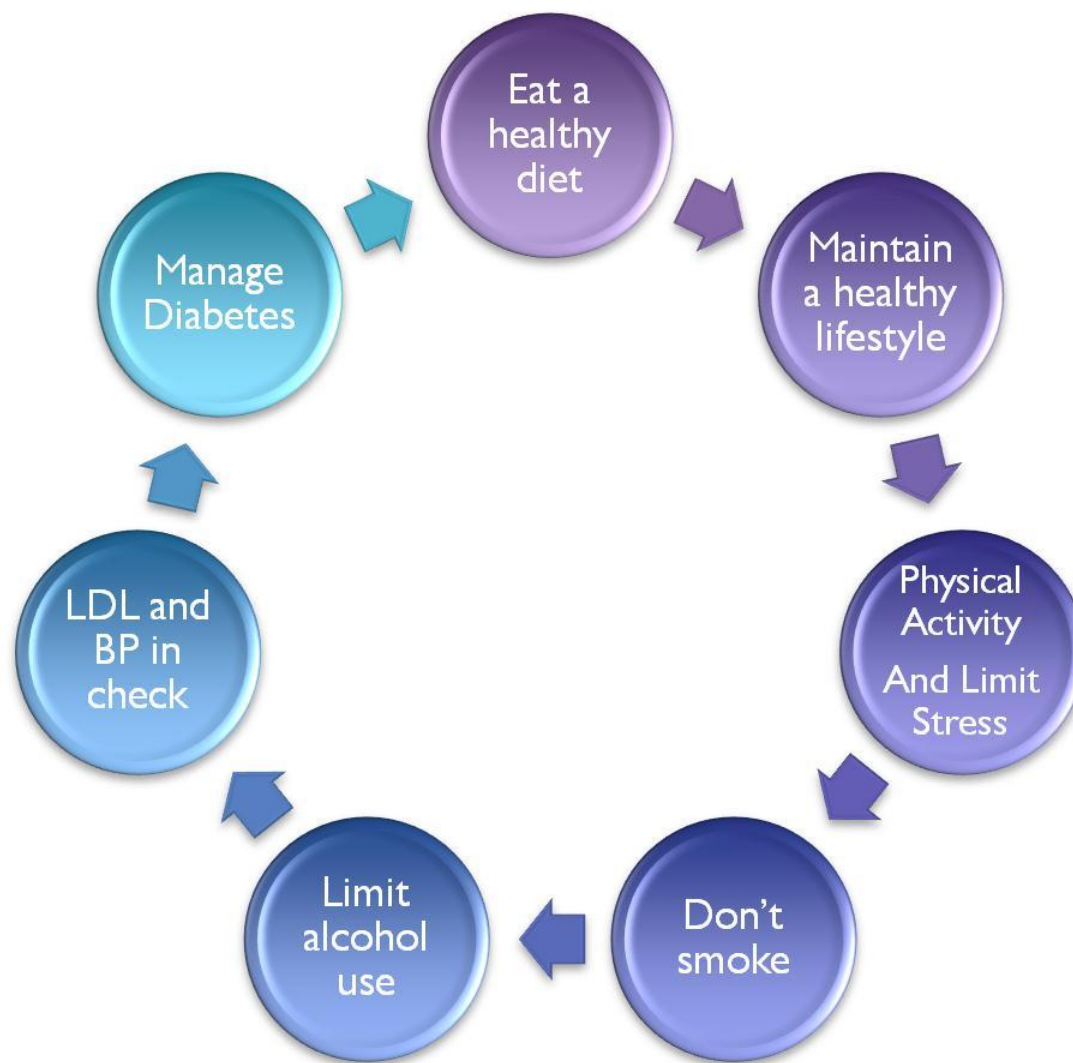
Psycho-social stressors associated with homelessness

Risky Behaviors such as smoking, diabetes, and high blood pressure





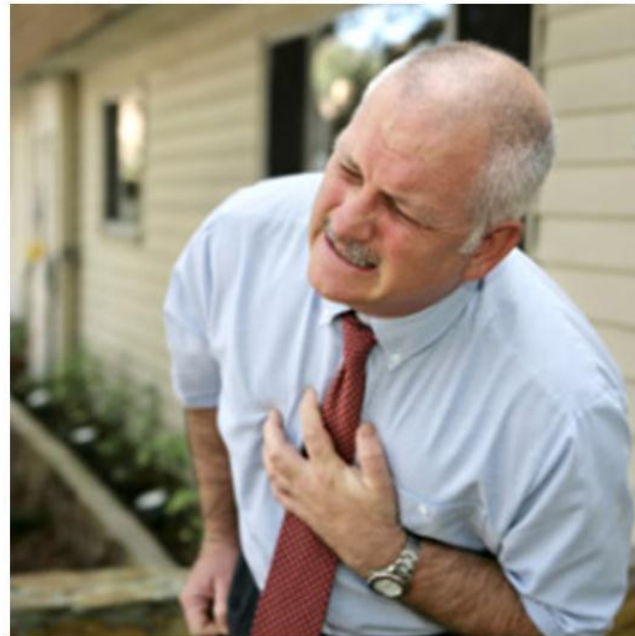
Heart Disease Prevention





Signs and Symptoms for Heart Attack

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath
- For females, fatigue is a major symptom of heart disease.
- Sweating





Treatment

Medication

Lifestyle
Change

Surgery



HIV/AIDS





What is HIV?



HIV is an abbreviation for Human Immunodeficiency Virus.

HIV attacks healthy cells, in particular CD4 T-Cells.

CD4 T-cells attack infections.

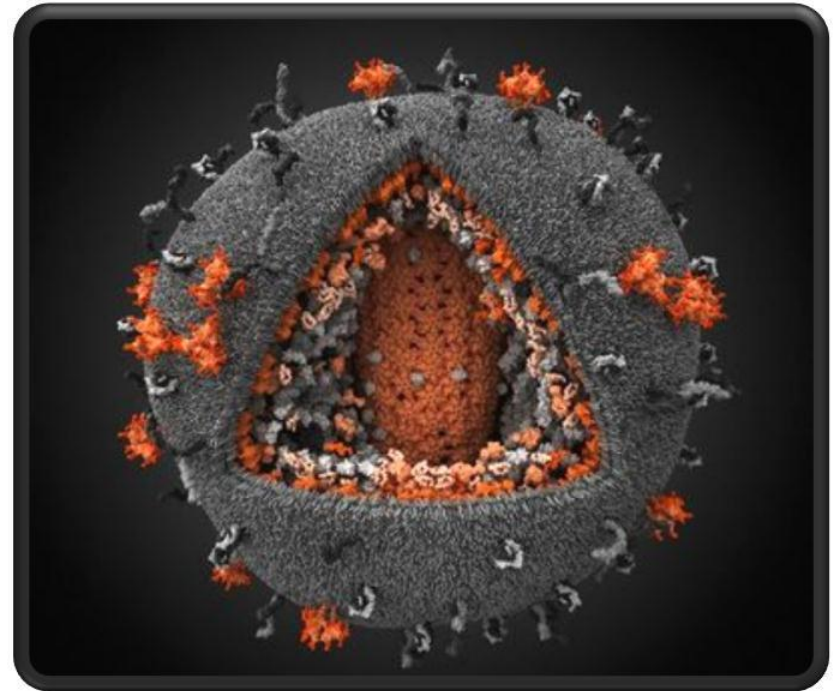
When the bodies supply of CD-4 T-cells is depleted, it weakens the immune system, allowing opportunistic infections/cancers to set up in a person.

HIV can become AIDS (Acquired Immunodeficiency Syndrome.)



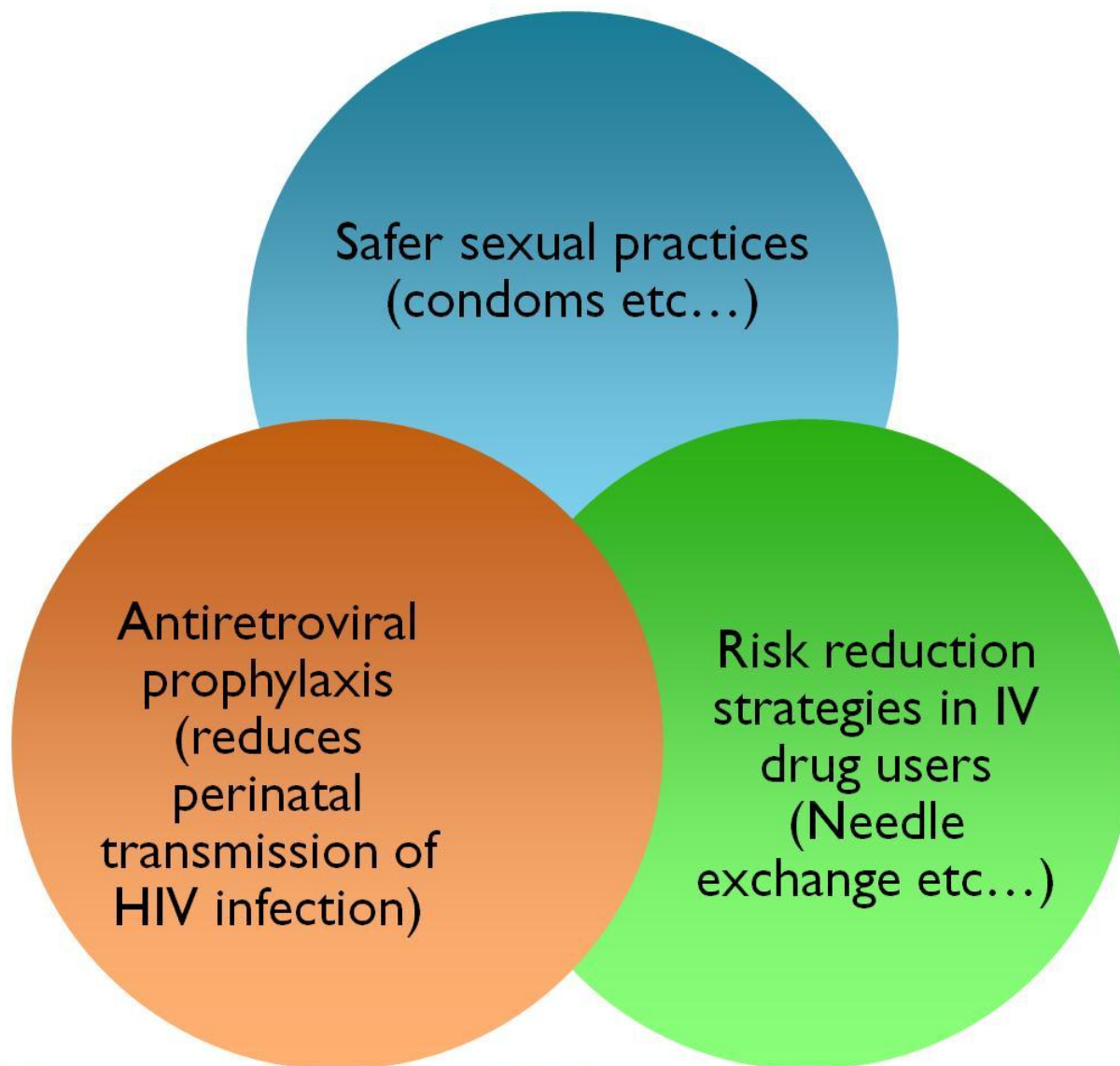
What is AIDS?

- AIDS is the final stage of HIV.
- It could take ten years or longer to progress to the AIDS stage of HIV infection.
- AIDS is diagnosed by a CD4 T-cell count of <200 cells/mm³
- Most people infected with HIV, without treatment, will progress to the AIDS stage.
- There is currently no cure for HIV/AIDS.



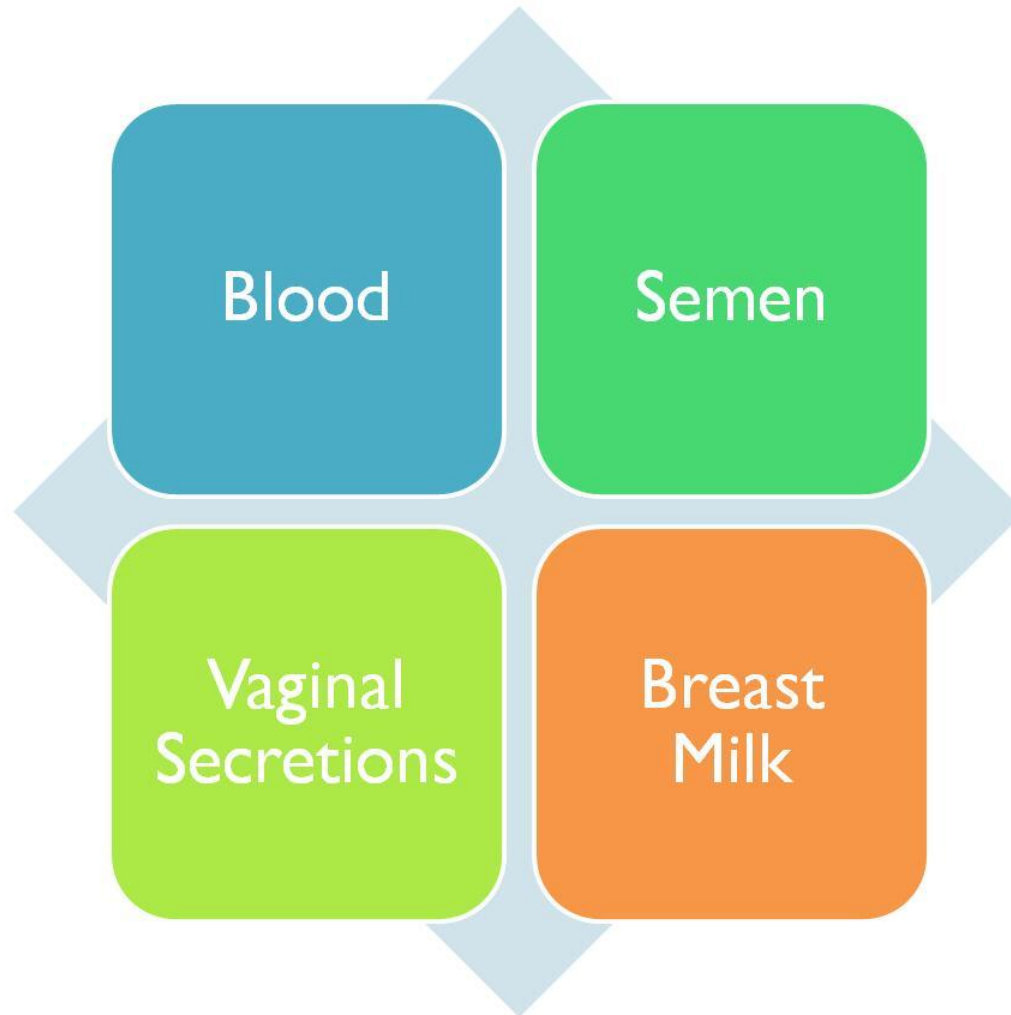


HIV Prevention





HIV Transmission





Testing



- Rapid Testing
- Pre-Test/Post-Test Counseling
- Confirmatory Test (Western Blot)
- HIV Viral Load Test





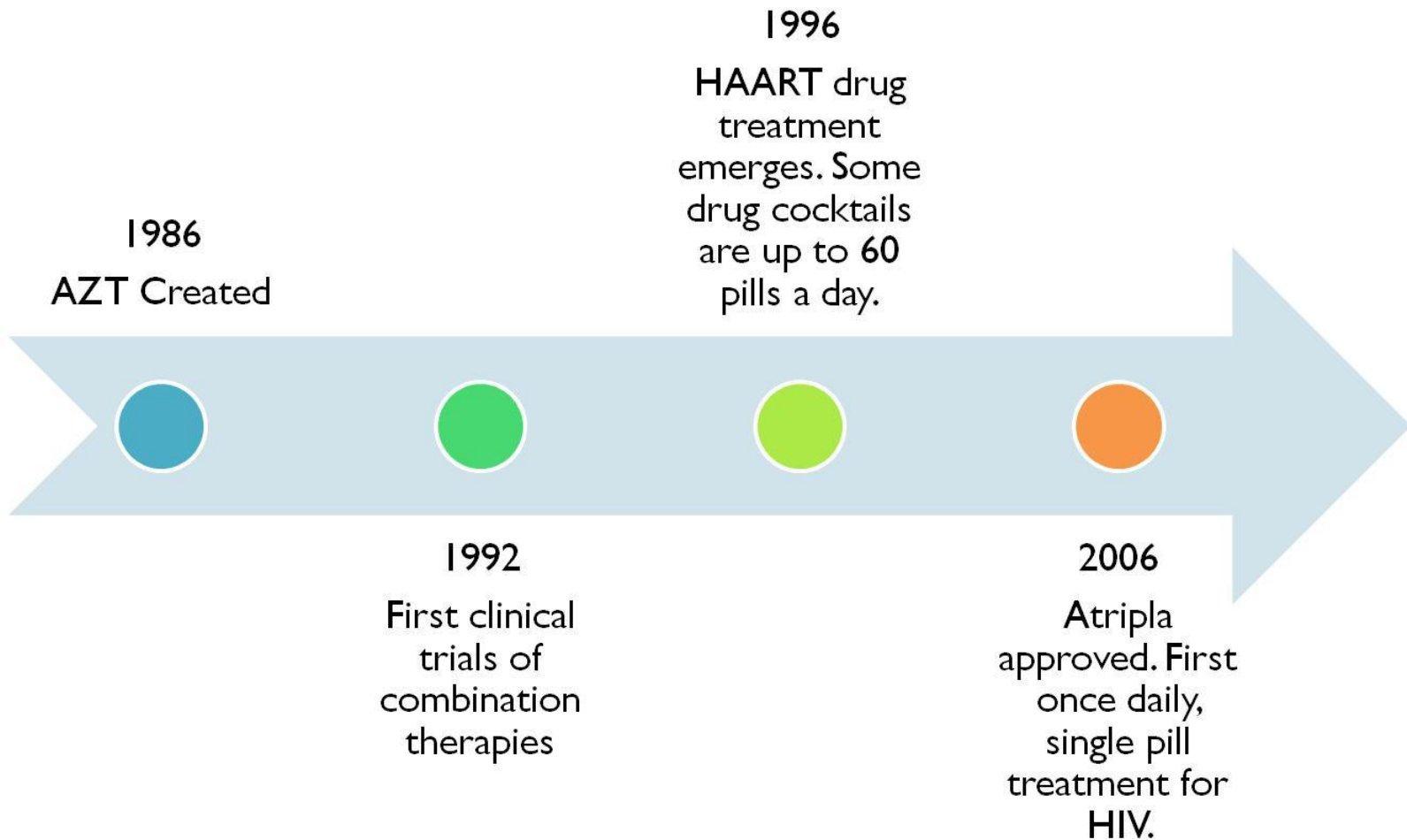
Treatment for HIV/AIDS

- Successful HIV Therapy reduces the body's viral load and allows an individual to live a healthier and longer life
- HIV/AIDS treatment includes medical, social, and mental support
- Compliance with drug therapy helps reduce the risk of drug resistance



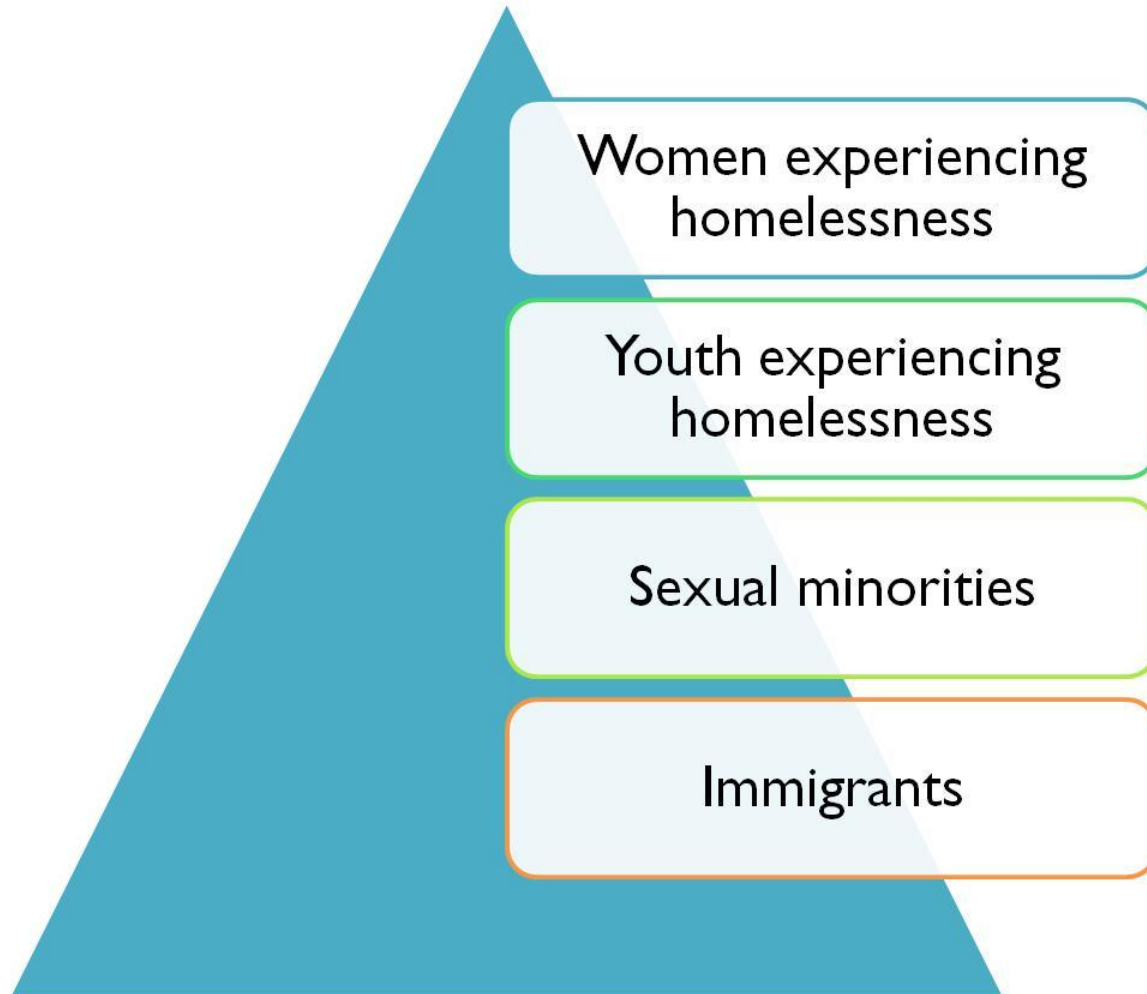


History of Drug Treatment





Special Populations





Assistance Available



Ryan
White
Care Act

HOPWA

SSI/SSDI

Medicaid

+ Asthma





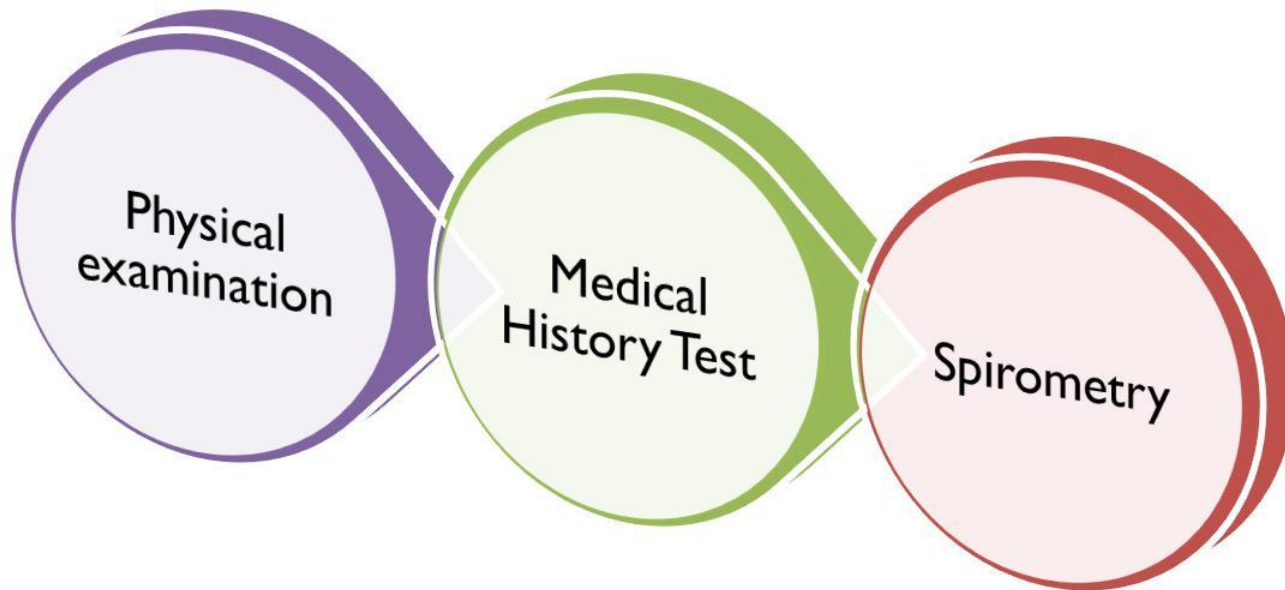
What is Asthma?

- Asthma is a disease that affects your lungs
- Asthma is a common disease in children, but can impact adults as well
- Asthma causes wheezing, breathlessness, chest tightness, and coughing
- Asthma does not go away, but can have no signs unless you are having an attack





Asthma Testing





Asthma Attack

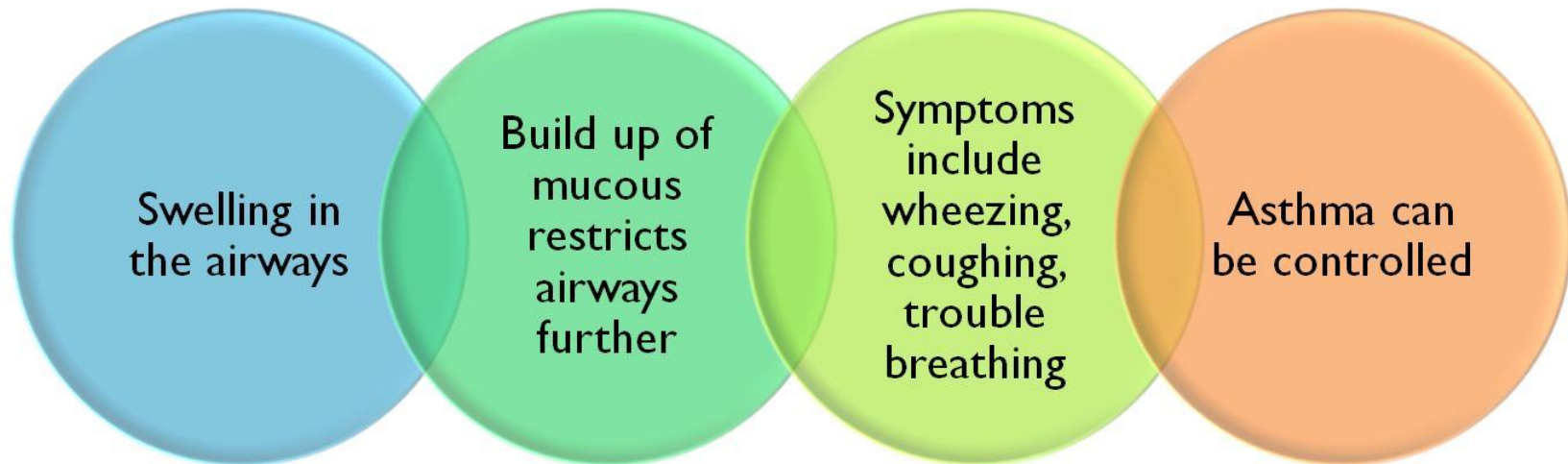
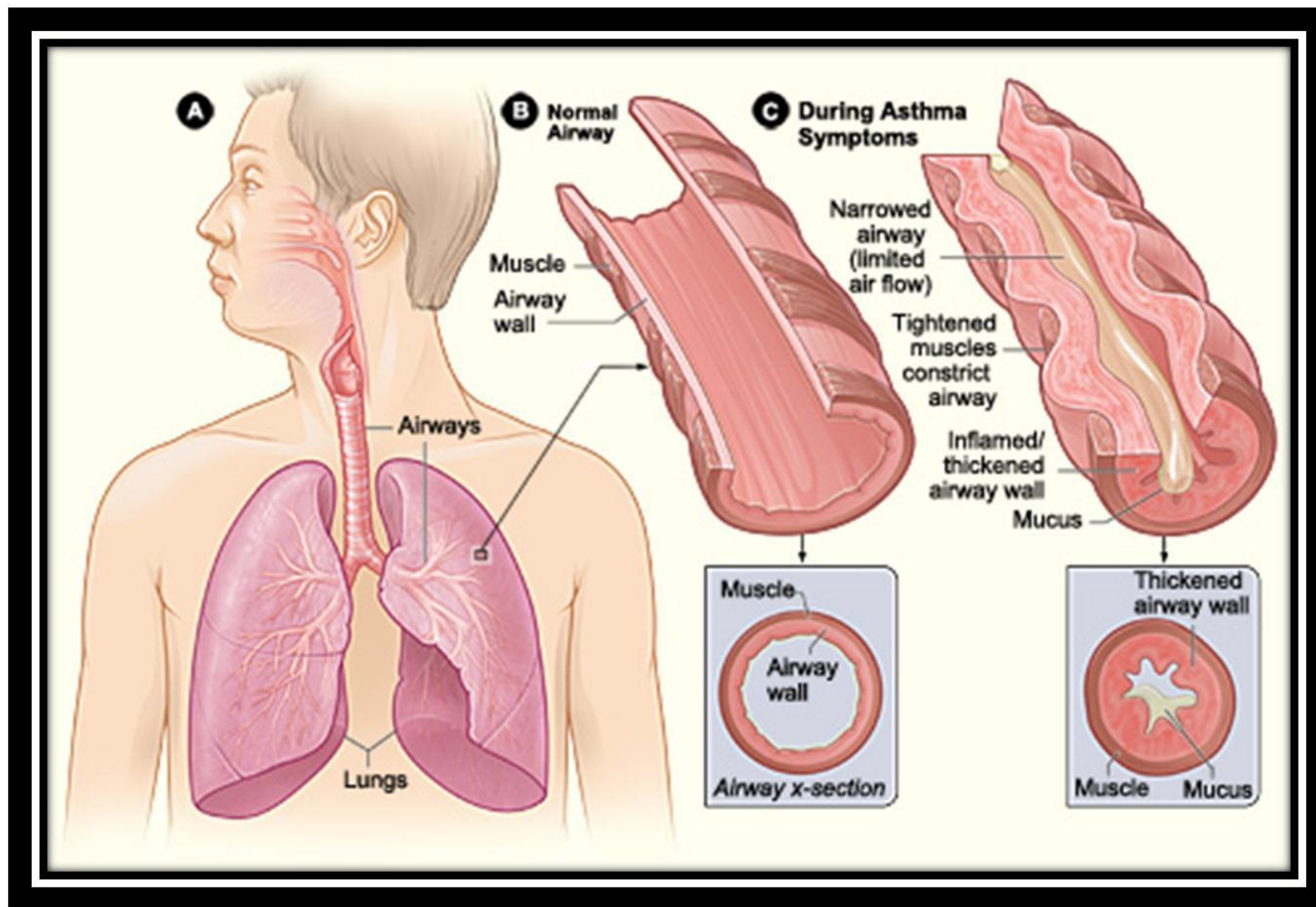


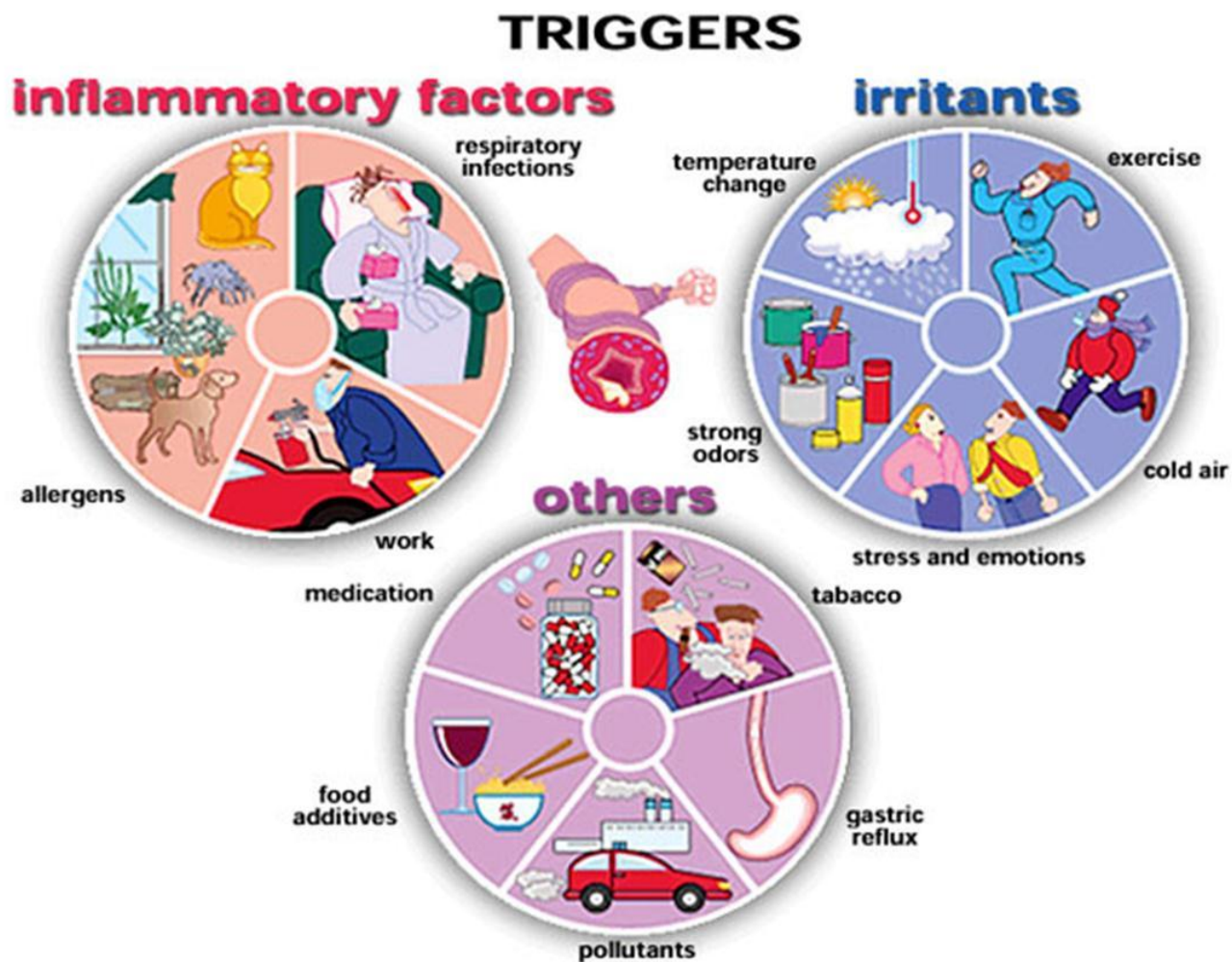


Illustration of an Asthma Attack





Know the Triggers!



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Treatment Options for Asthma

Quick Relief Asthma
Treatments

Long-Term Control
Asthma Treatments



Asthma Medications

REVIEW



Review Questions



Name one risk factor for heart disease.

Name one trigger for asthma.

What causes HIV?

How can a person reduce their risk for heart disease?

What groups are at increased risk for contracting HIV?

What are the treatment options for A) Asthma, B) HIV/AIDS C) Heart Disease?

+



Any Questions?



In Closing...



**"People Don't Always Need Advice.
Sometimes all they Really Need is
A Hand to Hold,
An Ear to Listen
'n
A Heart to Understand Them"..**



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