

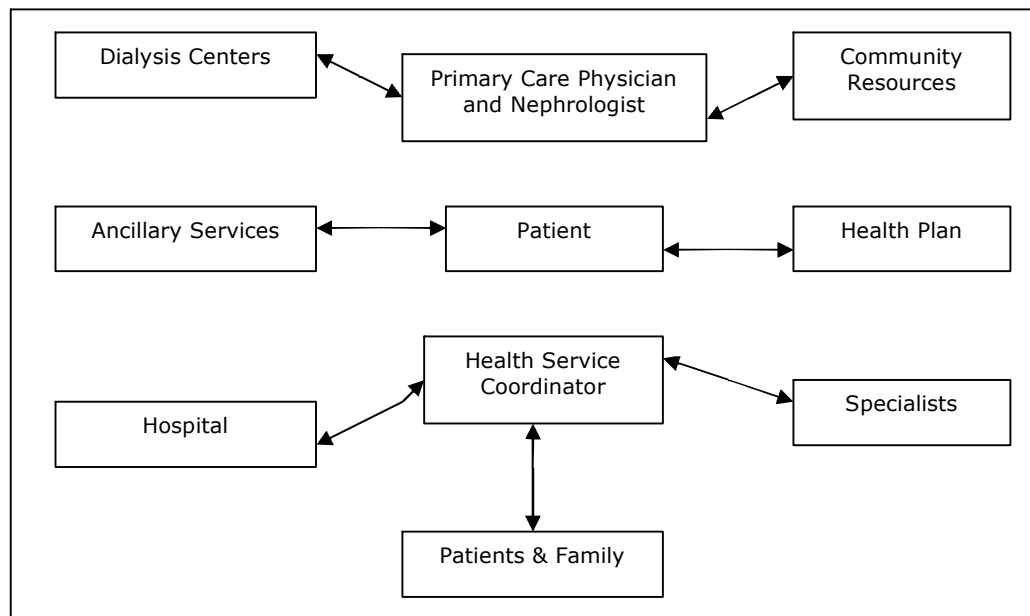


## Importance of Disease Management in Chronic Kidney Disease

Disease management of chronic conditions can be very effective in extending an individual's life and enhancing their health status through the provision of continual care. Disease management can be defined as "an interventional relationship with a chronically ill person," and is a systematic approach to delivering healthcare for chronic conditions such as kidney disease.<sup>1</sup> The annual cost of treating kidney failure in the United States is expected to increase from \$16.74 billion to \$38.35 billion by 2010.<sup>2</sup> This demonstrates the significant impact of chronic conditions on resource dollars allocated in our country towards healthcare.

Disease management programs for any chronic conditions should contain the following components: preventive services, self-care, outpatient services, extensive collaboration and coordination with physicians and specialists.<sup>3</sup> Preventive services can reduce costs and improve health outcomes in individuals who are at high-risk for the onset of chronic kidney disease through early screening and educational methods. Self-care services can enhance patient self-efficacy to take control of their health condition and provision of out-patient services can prevent emergency hospitalizations. The physician-patient relationship is reinforced in a disease management program because the patient relies on the physician for proper follow-up and treatment options after the initial diagnosis. The health service coordinator is the central component of a disease management program because he/she is responsible for the initial diagnosis, risk assessment and proper coordination of care for the patient.<sup>4</sup> With all these components working in unison, management of chronic conditions will result in fewer acute complications, emergency room visits and hospital stays for individuals, thereby producing cost savings for health providers and managed care organizations.<sup>3</sup>

### A Proposed Care Management Model for Chronic Kidney Disease



**Sources:**

<sup>1</sup> HealthLeaders Roundtable. (2001). *Disease Management: An Industry Grows Up*.

<sup>2</sup> National Kidney Foundation, 2002.

<sup>3</sup> Bruce, David and Dickmeyer, John. (2001). *Don't Overlook Disease Management Programs for Low-Incidence, High-Cost Diseases to Improve Your Bottom Line*. *Journal of Health Care Finance*. 28: 1-5.

<sup>4</sup> Mattern, William. Scott, Sue. *A Fully Integrated Clinical Information System to Support Management of End Stage Renal Disease*. University of North Carolina School of Medicine & RMS Disease Mgmt Inc.

**Women In Government  
Kidney Health Policy Resource Center  
2600 Virginia Avenue, Suite 709  
Washington, DC 20037  
1-888-333-0164**