Drug misadventures in chronic diseases patients

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Self Management in Chronic Diseases

- Learning about their condition and related health needs
- Taking ownership of their needs by monitoring and managing symptoms, taking medications, keeping appointments, and other activities
- Engaging in activities that promote health and minimize the impact of the condition, such as eating healthy and being physically active
- Activating healthcare, psychological, spiritual, social, and community resources
- Adjusting to living with their illness
How many of you could guess the total population of Indonesia?
Total death: 1,863,000
• PE – process of helping patients discover and develop the inherent capacity to be responsible for one’s own life.

• It is a continuous commitment process between patient–caregiver

• ie– MTAC in various diseases in Malaysia – Home visit

5. Funnell MM et al, Diabetes Education 1991
Patient’s Empowerment and Self-management

- Education – accessible information
- Expertise – self-management
- Equality – support by HCP
- Experience - work in group – peer group
- Engagement – Patients involvements
A 13-year-old died after being told not to take insulin. Now the herbalist is headed to jail. (Washington Post 26-2-19)
Engaging in Activities to Promote Health

- Other activities contributed to improvement of diseases
- Exercise, diet and stress management
- Monitoring beneficial, adverse and disease progression
Human behavior has changed toward greater risk.
Exercise to lose weight & keep fit
Activating Healthcare, Psychological, Spiritual, Social, and Community Resources

- Socio-demographic factors
- Psychological and behavioral factors
- Social support
- Religious and culture
- Healthcare providers
- Self-management behavior
- Community support

Outcome
OUR PRIME PURPOSE IN LIFE IS TO HELP OTHERS, IF WE CAN’T HELP THEM, DON’T HURT THEM (DALAI LAMA)
QUESTIONS
TERIMA KASIH
MATUR NUWUN
BEDANKT
THANK YOU