

David oliver's cancer vlogs

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Management of Chronic Illness Reflective Responses Introduction

Management of chronic illness and quality of life concepts not only provokes personal reactions during and after critical and creative discussion of the concepts involved, but also provides a direction in which an individual carries self-initiatives in promoting and implementing a healthy living. For instance, through exploring all the essential concepts of a quality life leaving achieved through developing positive emotional responses to chronic illness is important. On a broad aspect, the quality of life concepts stimulates positive responses in towards documentation of all disease factors that affect the well-being of an individual as well as helping the learners in pointing out emerging health problems that affects the quality of life such as depression, cancer and sexual dysfunction (P. 261).

For this reason, new challenges to personal responses of the management of chronic illness such as denial and anxiety were correctly and broadly understood through class discussions and brain-storming. Demonstratively, it was brought to an understanding that, for the first diagnosis individuals with chronic illness develop a physical, psychological and social disequilibrium.

Similarly, it was brought to an understanding that different individual's response differently when exposed to different life conditions (P. 262). For instance, the denial concept as a defensive mechanism for the individuals affected with chronic diseases forces them to response slowly to chronic illness management strategies as well achieving a quality life standard.

Nevertheless, I was able to develop a sense of understanding from being a dependent individual to self-dependant individual allowing me to carry out self-management initiatives against different chronic conditions (P. 262).

However, I was able to reverse my imaginations from being narrowed to the <https://assignbuster.com/david-olivers-cancer-vlogs/>

causes, effects and the impacts of chronic diseases to developing a suitable knowledge that help in adjusting to my new lifestyle. In addition, I was able to understand that, anxiety and denial are among the essential symptoms evidenced in chronically affected individual who lack suitable chronic illness management strategies (262).

Work cited