

Life care plan for an 11 year old health essay

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Name Institution Instructor's Name: Course Name Life Care Plan for an 11 Year Old With Asthma Asthma is derived from a Greek word that means panting. It is a common long lasting inflammatory disease of the breathing passage characterized by inconsistent and recurring signs, reversible airflow blockage, and bronchospasm (Neill, 2000). Common signs include breath shortness, wheezing, tightness of the chest and coughing. It is thought to be triggered by a combination of environmental and genetic factors. It is usually diagnosed according to the sign's pattern therapy response over time, and measuring of breath. It can be classified under two categories atopic and non-atopic. Asthma is mostly a genetic disease which is passed from one generation to another. It is a highly preventable disease thus people suffering from it can lead a normal life. Asthma like any other disease is very costly in terms of acquiring medication. It is mostly a problem for people living with asthma to meet treatment costs. Recent statistics shows that health insurers are asking more so as to enhance medication for children living with it. This has left many kids in dire need of emergency treatment. It has been noted that adherence to medication is usually low. This is mostly due to the increase of out of pocket costs. For instance, the cost of acquiring an inhaler is very high. Corticosteroids inhalers cost between a hundred and twenty and a hundred and forty dollars without insurance. This makes it even more out of reach mostly for the common citizens. If insured the inhalers may depend on the policy of the insurance plan. A recent research shows that for an annual preventive asthma medication it requires one to fork out at least one hundred and fifty four dollars for children between 5-18 years. It also shows that one parts with a substantial amount of one hundred and fifty one dollars for kids under the age of 5. People living with asthma, makes it <https://assignbuster.com/life-care-plan-for-an-11-year-old-health-essay/>

necessary for others living close to them to adopt protective measures thus an increase in expenditure. With this all statistics it is highly advisable to have insurance plan. With an insurance plan it is cheap to acquire equipment that is necessary for medication. It is very difficult for an average earning citizen to access medication without insurance policy in place. Though asthma is not a pandemic per say it has its own psycho-social problems. They can be severe depending on the reaction of the others and mostly for an eleven year old. Some of the psycho-social problems related to asthma are numerous. For instance, there is the adherence to management of asthma (Holgate & Douglass, 2010). This may be caused by fear of side effects, poor technique by the inhaler, and not attending for asthma appointments. There has been a notable nexus between the problems and an increasing number of deaths. There is also the financial stress that asthma patients suffer from. Most people living with the disease live among people who find it difficult to cater for medical bills. This has led to different families being declared bankrupt. The financial strains are more evident for most without health insurance. These financial strains originate from the high medical treatment costs, other health support needs and drugs that might exceed individual's income level. They can also be compounded if the patient suffered a job loss and not working during treatment periods. Reduced employment and income is another example. Employees mostly tend to overlook asthma patients. If a job is physically demanding most of the patients are not included thus leading to a decrease in income levels. The thought of an employer insuring a worker who is suffering from any kind of disease reduces the chances of them getting employed. They also suffer from weak social support. Social support enhances relationship between the

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patient and the wider society. The community helps in the necessary support thus reducing the chances of having psychological problems. To be fore warned is to be fore armed. Lack of sufficient logistical resources also contributes to problems faced. Some of the patients are unable to protect or manage their diseases for lack of information. The members of the public can help in provision of the information. Mental health of caretakers and children is a substantial factor in predicting asthma morbidity. It is expected that for asthma patients to live longer better health care has to be provided. We should have the fast acting medication used in treating acute symptoms and the long term control. Long term control is used for prevention of further exacerbation. Most health centers should have a qualified doctor who can act swiftly in times of need. Tests should be carried to help in pinpointing the triggers. This will help in avoiding them hence low chances of exacerbation. General hospitals should set aside a ward specifically for the asthma patients. In case of children suffering from asthma their parents should be well educated on the issue. This will help them deal with any situation that is asthma related whatsoever. Lack of proper medical intake can lead to various complications (Shiota, Yokoyama, Haruta, Hattori & Kohno 2011). If there is no or little adherence to medication this can lead to some fatal outcomes such as death. It will also lead to decrease in exercising ability and also failure to take part in other activities. Medical adherence may also have a permanent change in the way lung perform. It can also lead to difficulties in breathing that will require assistance. For asthma to be dealt with effectively there is need to have proper records in place. The government should take the initiative of having detailed documents on how to deal with asthma cases. A survey should be carried to establish families with high

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chances of recording an asthma case. This will provide the health secretary and the centers with the required information on different types of asthma and the measures to be taken. This will help the government know which are the best suited equipment to have and their effects in fighting the disease. It will also help them equip doctors with the necessary information and skills to tackle the problem. There are a lot of issues that come in handy with being asthmatic. For instance, there is a growing concern among the members of the public that asthmatic people are being discriminated against. Few employers are ready and willing to take in an asthmatic employee. There is fear that the cost of insuring such a subject is higher and the risk of an accident happening is high. For kids with the same problems they are facing similar problems from their peers. As it is well documented asthma have a lot of on the day to day living (Luck, 2004). It is very difficult for an asthmatic person to breath during cold seasons. The disease also causes long term complications as one may be able to with stand long dusty periods or environments. It may also change the function of the lungs which might have severe consequences in the future. It also leads to low income as it prohibits working in certain sites. Reduced rate of exercising may lead to the development of other physical conditions such as obesity. Obesity may lead to blood pressure, diabetes and even stroke as mostly one leads a sedentary lifestyle. Asthma causes many complaints among the different patients. Currently, many patients complain of difficulties in breathing during certain weather conditions. It makes it necessary to have inhalers with them wherever they go making it difficult to do thing with no company. It also leads to stress which may further lead to more complications. In the past asthma patients found it very challenging to access health facilities.

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However, with increased technological advancement it has become easier to deal with the disease. There has been an introduction of better machines that will be more effective. More effective drugs have been introduced and at a cheaper and affordable price. Seminars have been held to help in educating the public on the symptoms and effects of the disease. This has helped in reducing the cases by a significant margin. For any patient it is highly necessary to have company around. This makes the patient to feel valued. Community and family is an essential part of patient. The extra care shown and given to a patient goes a long way in helping reduce stress rates. Also during difficult times they can help them with their chores. They can also offer to give financial support to the patient. This will help them in meeting their needs with minimum fuss. Different asthma cases may lead to different outcomes. For example, proper adherence to medication leads to better disease management. Lack of adherence may lead to more severe complications thus increasing the chances of death are even higher. Though asthma is an incurable disease, it is no cause for an asthmatic not to lead a normal and active life. This can be achieved with proper treatment and disease management. With proper disease management one will be able to prevent him/herself and thus less worries for complications. Asthma needs proper control for one to be relevant in their respective field of work. Improper asthma control can lead to absenteeism from work places, school and from the activities that one enjoys doing (Guilbert, Garris, Jhingran, Bonafede, Tomaszewski & Bonus, 2010). With the current crop of scientists, it is right to say that asthma is under control.