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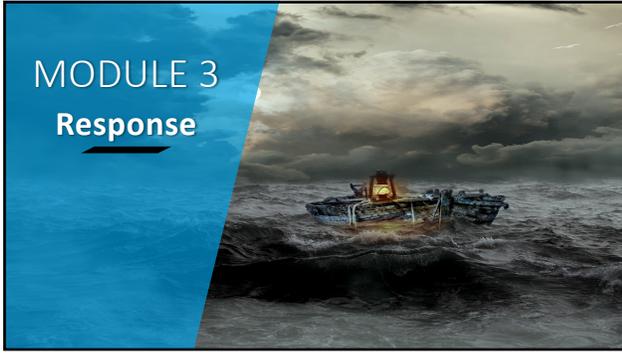
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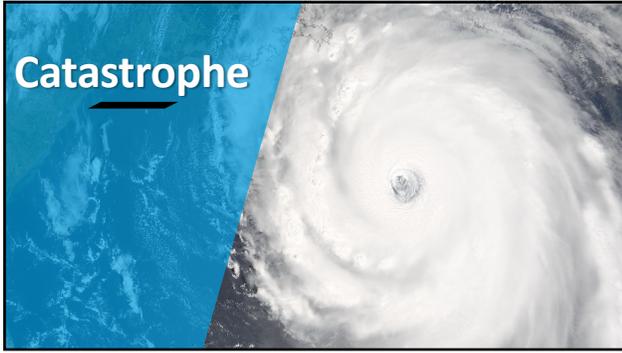
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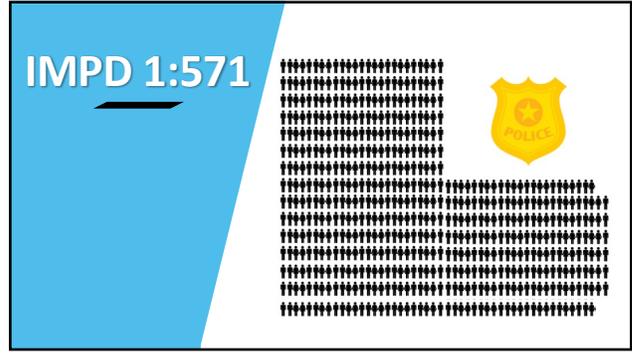
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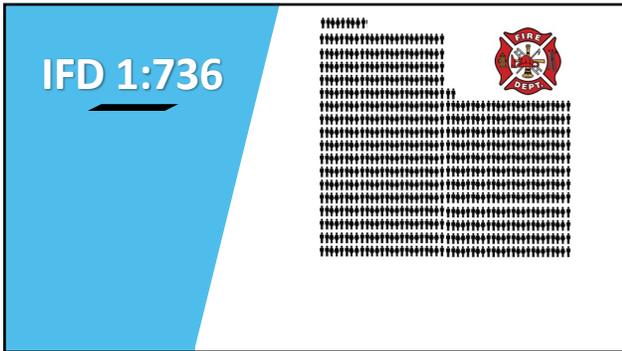
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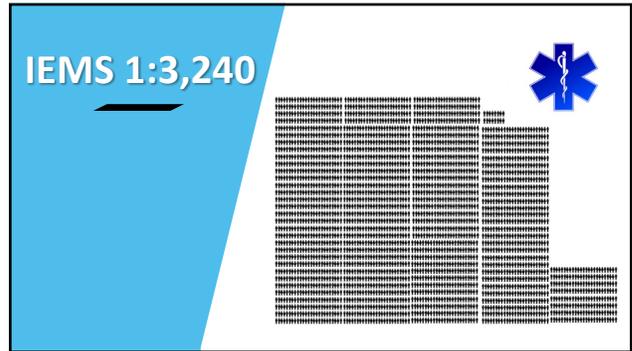
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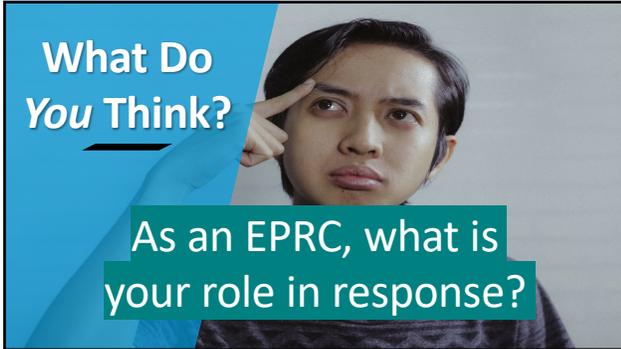
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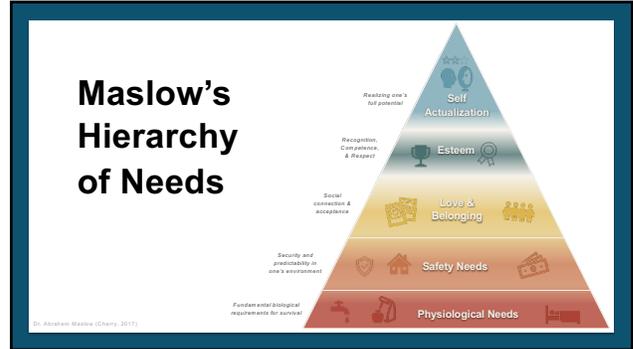
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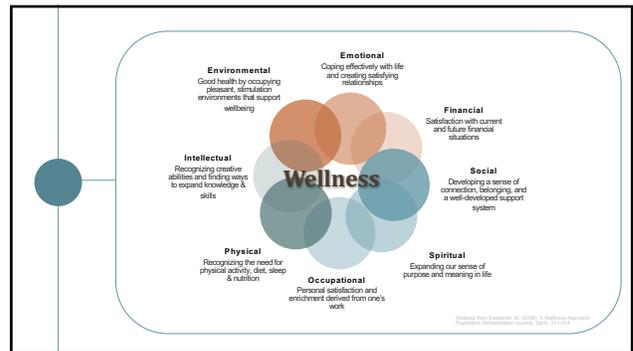
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# 3.2

## People with Access and Functional Needs

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### What Do You Think?

Who are people with Access and Functional Needs?

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### AFN

Temporary or permanent conditions that may interfere with their ability to access or receive medical care before, during, or after a disaster or public health emergency.

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# Chronic Diseases

A disease (such as asthma, coronary heart disease, or diabetes) that continues or occurs again and again for a long time.

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## CHRONIC DISEASES IN AMERICA

6 in 10 Adults in the US have a chronic disease & 4 in 10 Adults in the US have two or more

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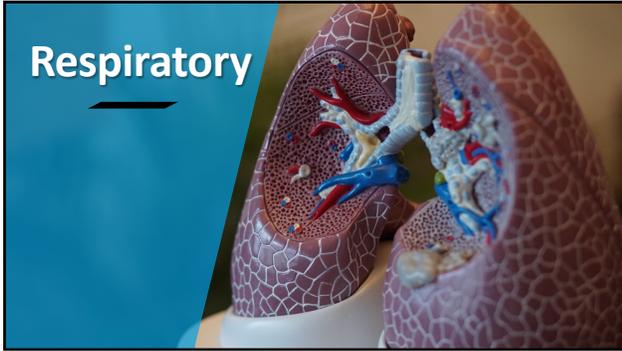
# Chronic Conditions

Respiratory – Cardiovascular – Neuropsychotropic – Endocrine – Renal – Immune

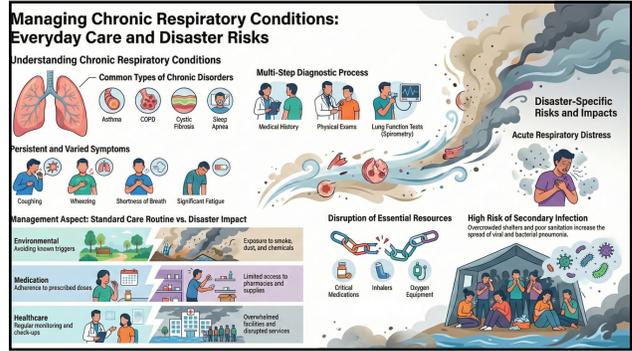
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<h3>Chronic renal medical conditions</h3> <p>Chronic renal medical conditions refer to long-term disorders that affect the kidneys, leading to impaired kidney function and potential complications. Here are some essential points to know about chronic renal medical conditions:</p> <ol style="list-style-type: none"> <li><b>Types of Conditions:</b> Chronic kidney disease (CKD) is the most common chronic renal condition, characterized by a gradual loss of kidney function over time. Other conditions include acute kidney injury (AKI), polycystic kidney disease (PKD), and hereditary renal conditions.</li> <li><b>Risk Factors:</b> Key risk factors for CKD include diabetes, high blood pressure, heart disease, and certain medications. Family history and genetic factors also play a role.</li> <li><b>Diagnosis:</b> CKD is typically diagnosed through blood tests (creatinine levels) and urine tests (proteinuria). Imaging studies like ultrasound may also be used.</li> <li><b>Treatment Approaches:</b> Management focuses on slowing disease progression, managing symptoms, and addressing complications. This includes dietary changes, medication, and dialysis in advanced stages.</li> <li><b>Prevention:</b> Controlling blood sugar and blood pressure, maintaining a healthy diet, and avoiding nephrotoxic substances are crucial for preventing CKD.</li> </ol>	<h3>Chronic psychological medical conditions</h3> <p>Chronic psychological medical conditions refer to long-term mental health disorders that significantly impact a person's thoughts, emotions, and behavior. Here are some essential points to know about chronic psychological medical conditions:</p> <ol style="list-style-type: none"> <li><b>Types of Conditions:</b> Chronic psychological conditions encompass a range of disorders, including major depressive disorder, bipolar disorder, generalized anxiety disorder, and personality disorders. Each condition has its own symptoms, causes, and treatment approaches.</li> <li><b>Symptoms:</b> Symptoms vary widely depending on the specific condition. They may include persistent feelings of sadness, hopelessness, mood swings, social withdrawal, and self-harm behaviors.</li> <li><b>Diagnosis:</b> Accurate diagnosis often requires a comprehensive assessment by a mental health professional, including an evaluation of symptoms, medical history, and psychosocial factors. Standardized diagnostic criteria outlined in manuals like the DSM-5 are used to determine an accurate diagnosis.</li> <li><b>Treatment Approaches:</b> Treatment plans for chronic psychological conditions are individualized based on the specific condition and the severity. They may involve a combination of psychotherapy (such as cognitive-behavioral therapy, dialectical behavior therapy, or mindfulness), medication management, support groups, lifestyle modifications, and other complementary approaches. The goal is to alleviate symptoms, enhance coping skills, and improve overall quality of life.</li> <li><b>Disease Management and Self-Care:</b> Managing chronic psychological conditions involves ongoing monitoring and self-care strategies. This may include attending regular therapy sessions, taking prescribed medications as directed, practicing self-compassion and self-care activities.</li> <li><b>Stigma and Support:</b> Chronic psychological conditions can be associated with stigma and misconceptions. It is essential to create a supportive and understanding environment, and organizations like the National Alliance on Mental Illness (NAMI) provide resources and support to help the barrier individuals face when seeking help and support.</li> </ol>	<h3>Chronic respiratory medical conditions</h3> <p>Chronic respiratory medical conditions refer to long-term disorders that affect the lungs and airways, often leading to persistent symptoms and impaired lung function. Here are some essential points to know about chronic respiratory medical conditions:</p> <ol style="list-style-type: none"> <li><b>Types of Conditions:</b> Chronic respiratory conditions include chronic obstructive pulmonary disease (COPD), asthma, and interstitial lung disease (ILD). Each condition has its own unique characteristics, symptoms, and treatment approaches.</li> <li><b>Symptoms:</b> Symptoms of chronic respiratory conditions vary depending on the specific condition. Common symptoms include persistent cough, wheezing, shortness of breath, and chest tightness. These symptoms can significantly affect a person's quality of life and daily activities.</li> <li><b>Diagnosis:</b> Accurate diagnosis of chronic respiratory conditions is crucial for proper management. Diagnostic tools include spirometry, chest X-rays, CT scans, and pulmonary function tests. Blood tests may also be used to rule out other conditions.</li> <li><b>Treatment Approaches:</b> Treatment plans for chronic respiratory conditions are tailored to the specific condition, severity, and individual goals. They may include medication management (such as inhalers and oral medications), lifestyle changes (like smoking cessation and avoiding triggers), and surgical options in severe cases.</li> <li><b>Disease Management and Self-Care:</b> Managing chronic respiratory conditions requires ongoing disease management and self-care to minimize symptoms and prevent exacerbations. This may involve regular monitoring of symptoms, adherence to prescribed medications, and lifestyle modifications (like avoiding triggers and maintaining a healthy diet).</li> <li><b>Prevention of Respiratory Infections:</b> Respiratory viruses can exacerbate chronic respiratory conditions. Staying up-to-date on vaccinations (like the flu and pneumonia vaccines) and practicing good hygiene (like handwashing) can help reduce the risk of respiratory infections.</li> </ol>	<h3>Chronic endocrine medical conditions</h3> <p>Chronic endocrine medical conditions refer to long-term disorders that affect the endocrine system, which is responsible for regulating various hormones in the body. Here are some essential points to know about chronic endocrine medical conditions:</p> <ol style="list-style-type: none"> <li><b>Types of Conditions:</b> Chronic endocrine medical conditions include diabetes (Type 1 and Type 2), thyroid disorders (such as hyperthyroidism and hypothyroidism), adrenal gland disorders (like Addison's disease and Cushing's syndrome), pituitary gland disorders (PRL), and polycystic ovary syndrome (PCOS), among others. Each condition has its own unique characteristics, causes, and treatment approaches.</li> <li><b>Hormonal Imbalance:</b> Chronic endocrine conditions are characterized by hormonal imbalances, which can lead to the overproduction or underproduction of specific hormones. These imbalances can significantly affect various bodily functions, metabolism, growth and development, reproductive health, and overall well-being.</li> <li><b>Symptoms:</b> Symptoms of chronic endocrine conditions vary depending on the specific condition. Common symptoms include fatigue, weight changes, changes in menstrual cycles, hair loss, and changes in skin texture.</li> <li><b>Diagnosis:</b> Accurate diagnosis of chronic endocrine conditions is crucial for proper management. Diagnostic tools include blood tests, urine tests, and imaging studies (ultrasound, MRI, and CT scans) to measure hormone levels, imaging studies like ultrasound and MRI, and specialized tests (such as glucose tolerance tests or thyroid function tests).</li> <li><b>Treatment Approaches:</b> Treatment plans for chronic endocrine conditions are tailored to the specific condition, severity, and individual goals. They may include medication management (such as insulin for diabetes, thyroid hormone replacement, or hormone therapy), lifestyle changes (like diet and exercise), and surgical options in severe cases.</li> <li><b>Disease Management and Self-Care:</b> Managing chronic endocrine conditions requires ongoing disease management and self-care to minimize symptoms and prevent complications. This may involve regular monitoring of hormone levels, adherence to prescribed medications, lifestyle modifications (like diet and exercise), and maintaining a healthy lifestyle.</li> <li><b>Prevention of Respiratory Infections:</b> Respiratory viruses can exacerbate chronic respiratory conditions. Staying up-to-date on vaccinations (like the flu and pneumonia vaccines) and practicing good hygiene (like handwashing) can help reduce the risk of respiratory infections.</li> </ol>
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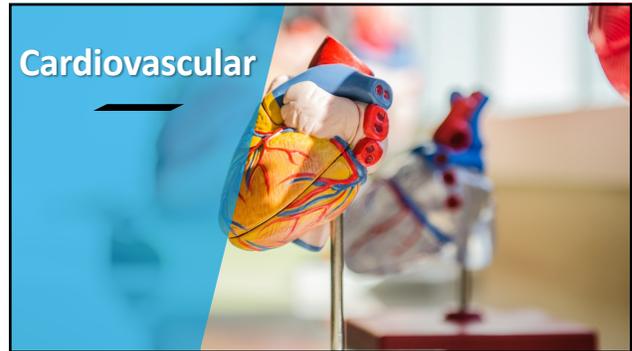


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### Mo's Pearls

- Wearing masks makes breathing more difficult
- Inhalers
  - Fast-acting
  - Emergency (Rescue Inhalers)
  - Long-acting
- Equipment
  - Oxygen (at home/portable?)
  - Ventilator
  - CPAP

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**Living with Chronic Cardiovascular Conditions: Management and Disaster Resilience**

**Foundations of Cardiovascular Management**

**Common Chronic Conditions:** Coronary Artery Disease, Heart Failure, Hypertension, Arrhythmias, Valvular Heart Diseases

**Recognize Warning Symptoms:** Chest Pain (Angina), Shortness of Breath, Fatigue, Palpitations, Dizziness

**The Multi-Pillar Treatment Approach:** Medications, Lifestyle Modifications, Healthcare Monitoring

**Navigating Cardiovascular Risks in Disasters**

**Increased Physiological Stress:** Extreme heat or physical exertion during emergencies can dangerously elevate heart rate and workload.

**Environmental & Emotional Triggers:** Air pollution, smoke, and high-stress events can exacerbate symptoms or trigger cardiac events.

**Emergency Preparedness Essentials:** Maintain a medication plan and know the signs of a heart attack or stroke.

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**Mo's Pearls**

- Cold weather makes your heart work harder
- Nitro spray in hot weather may cause rapid drop in blood pressure

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**SHOVEL SMART!**

*Shoveling heavy, wet snow can cause back injuries and heart attacks. Don't push yourself!*

- Dress warmly**, making sure to cover your head, fingers and toes.
- Stay hydrated**, but avoid heavy meals right before or after shoveling.
- Move only small amounts of snow** with each pass of the shovel.
- Take frequent breaks.** Stop shoveling entirely if you feel exhausted!

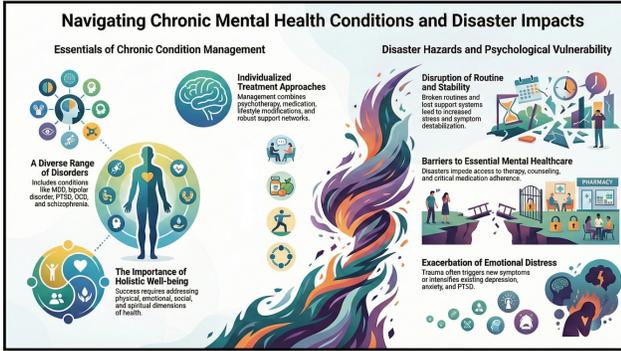
weather.gov 

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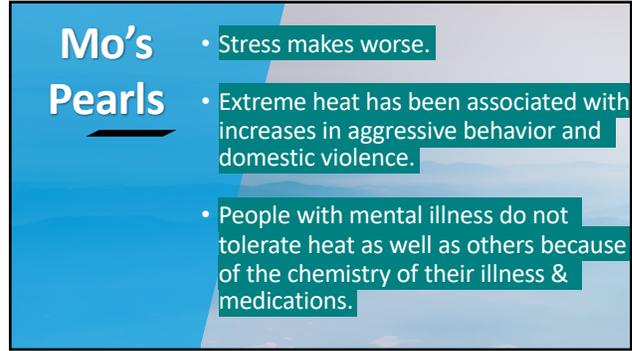
**Neuropsychotropic**



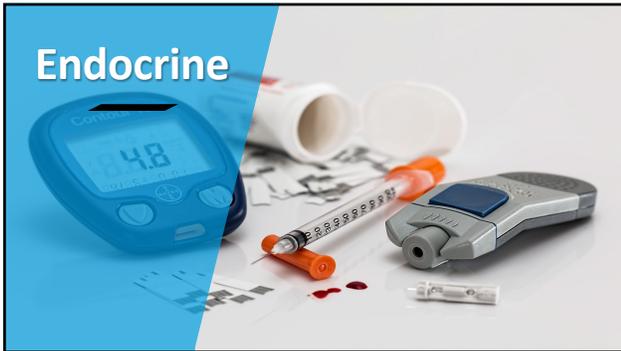
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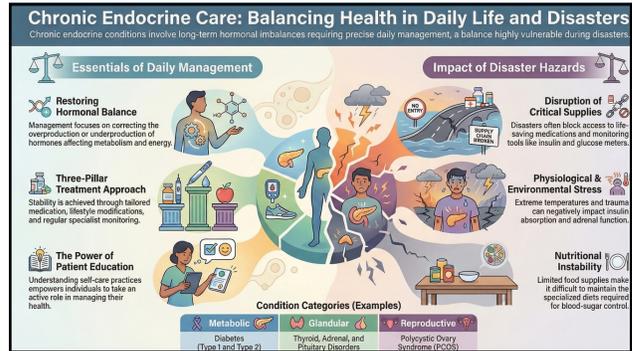
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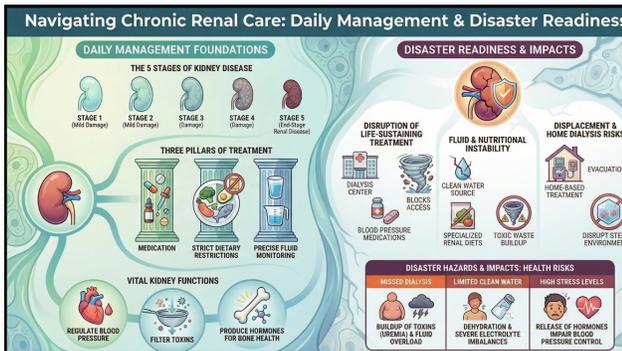
## Mo's Pearls

- Protect the Feet – wear socks and shoes.
- Watch out for infection.
- 2 types of insulin- fast and slow, may have to adjust based on food available.
- Have glucagon to prevent hypoglycemia.

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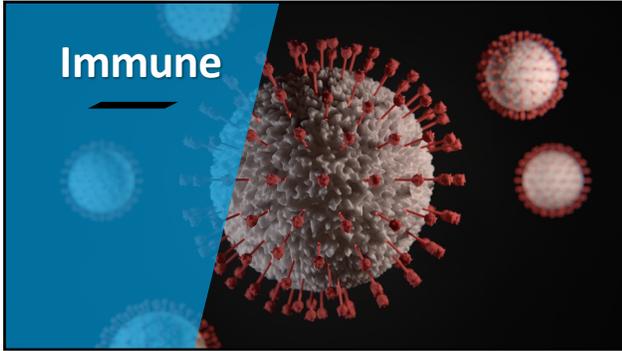


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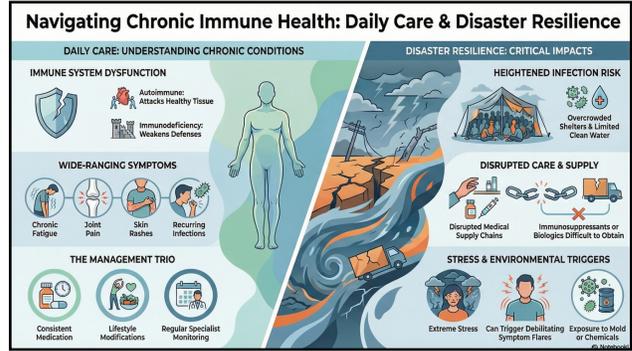
## Mo's Pearls

- Stress makes worse.
- Know other dialyzing locations than your own.
- Keep potassium low.
- Recent lab results if possible.

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**Mo's Pearls**

- Try to avoid mold.
- Stress makes worse.
- Wash your hands as often as possible or use hand sanitizer with at least 60% alcohol.

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## Oxygen Delivery



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## Nutritional Supplement



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## Vision



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## Dental



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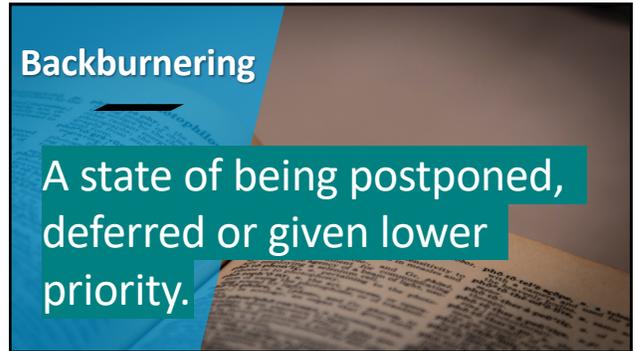
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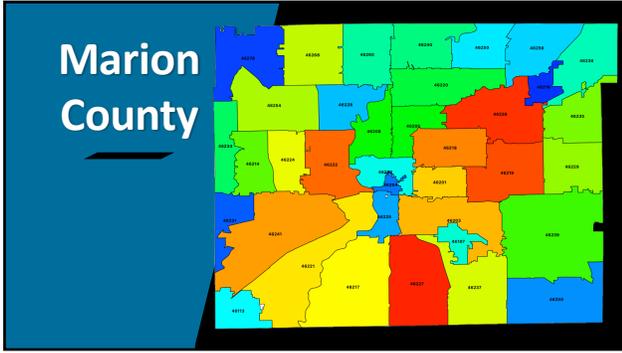
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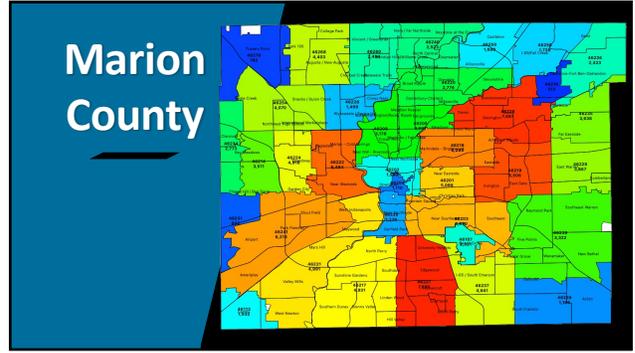
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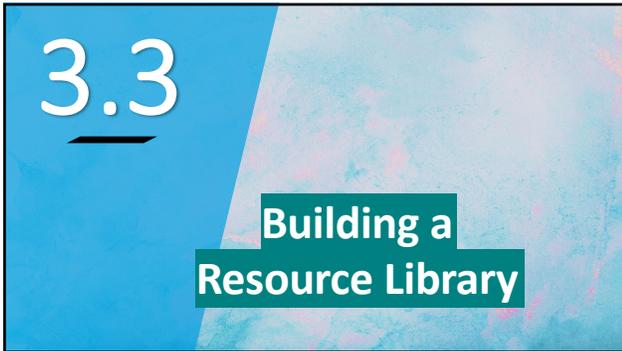
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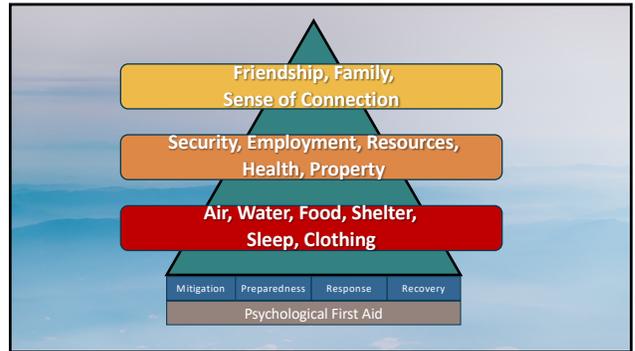
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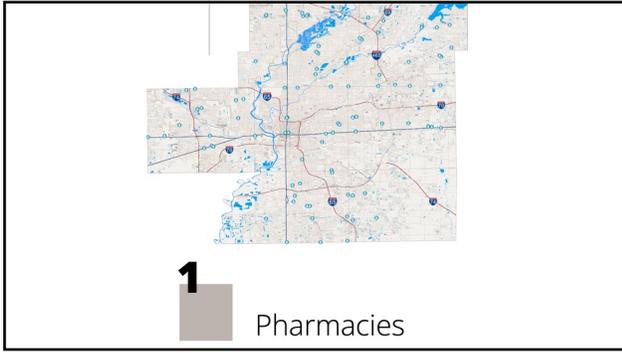
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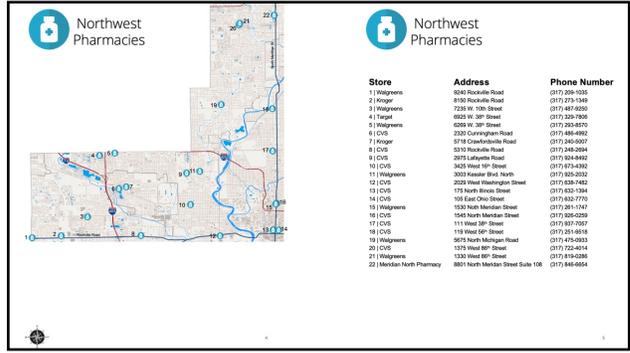
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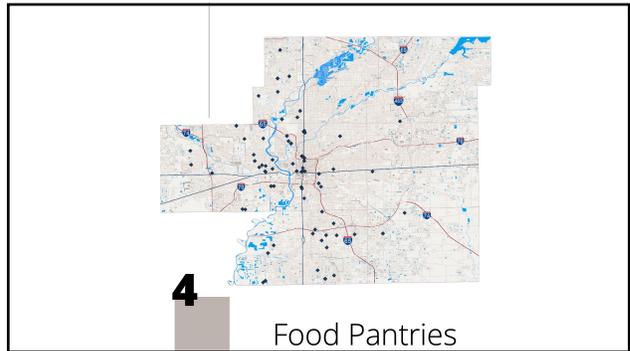
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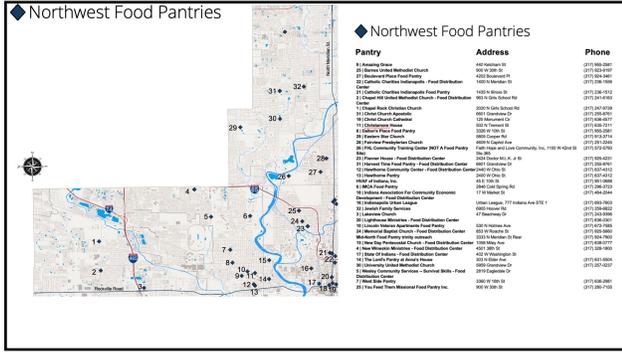
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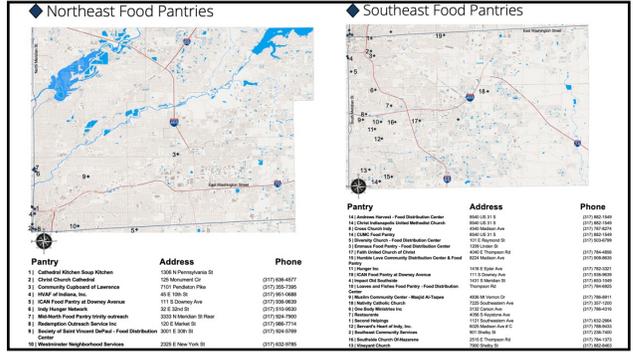
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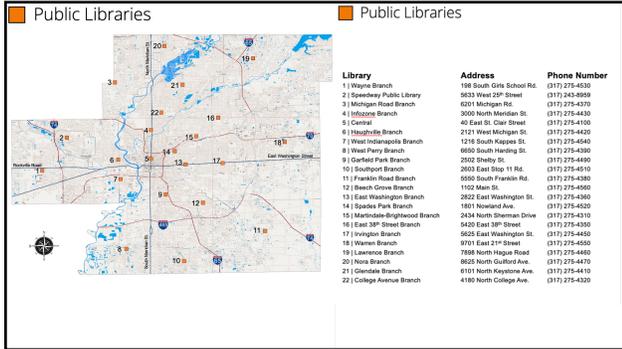


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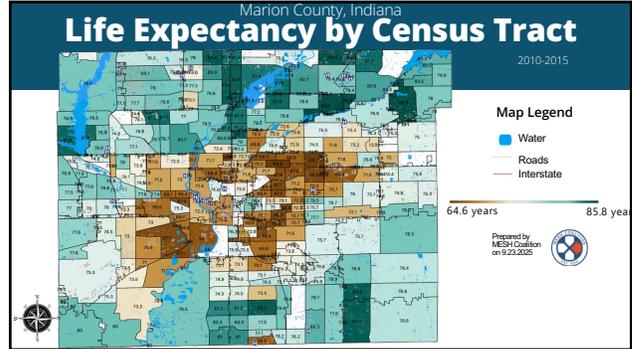


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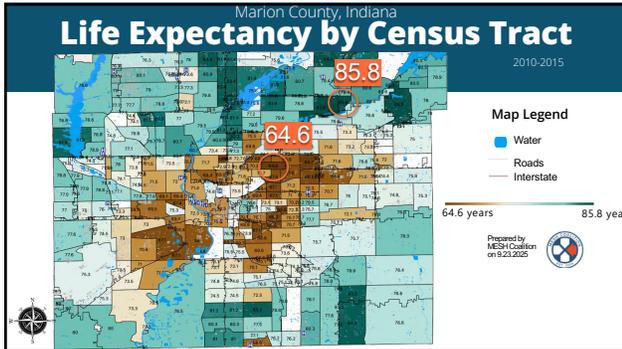




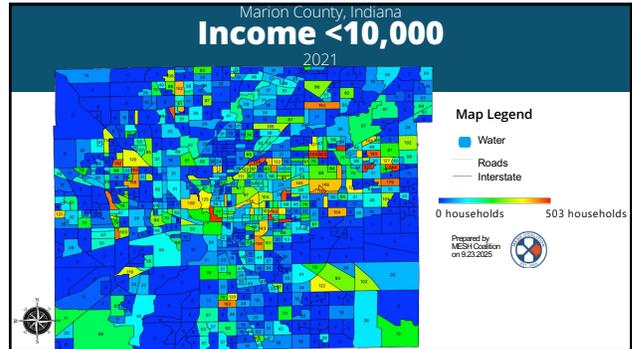
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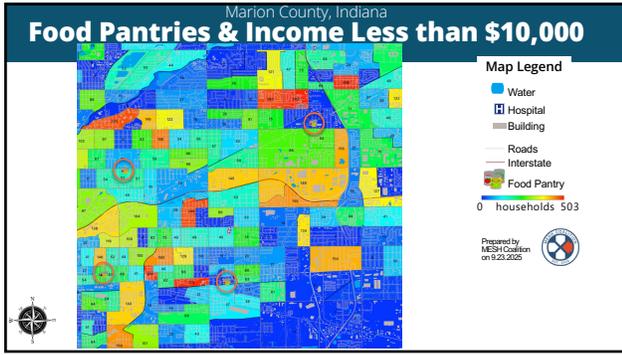
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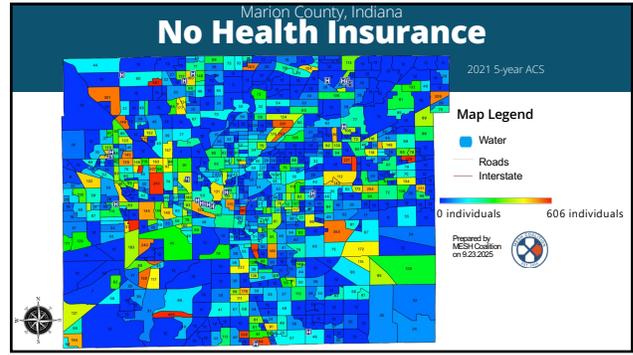
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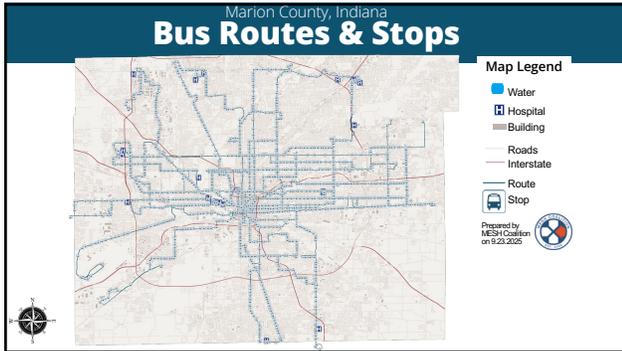
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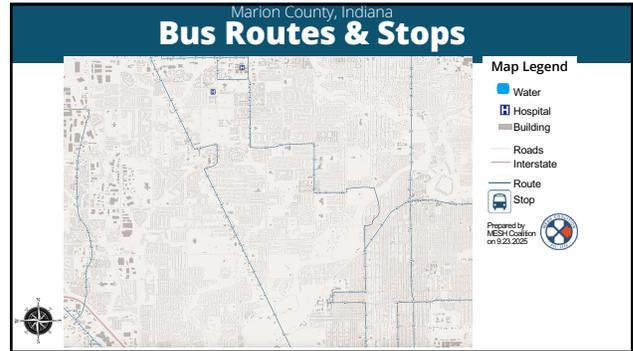
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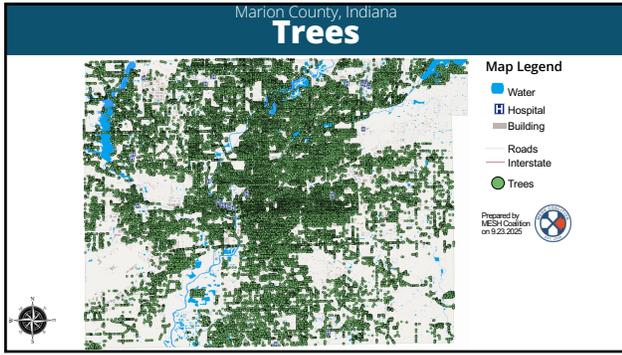
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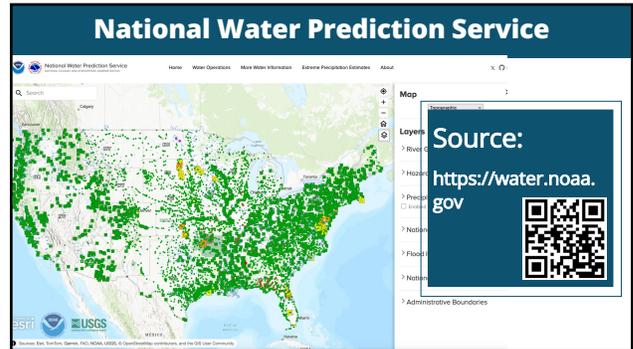
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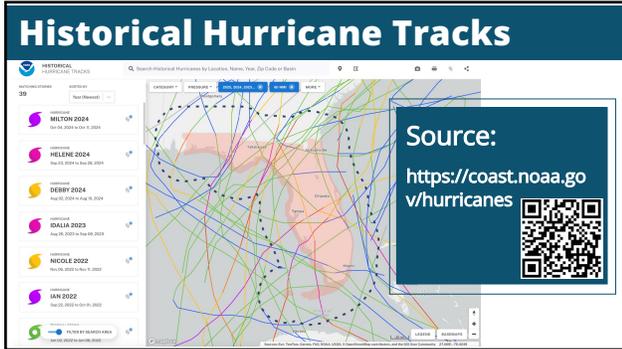
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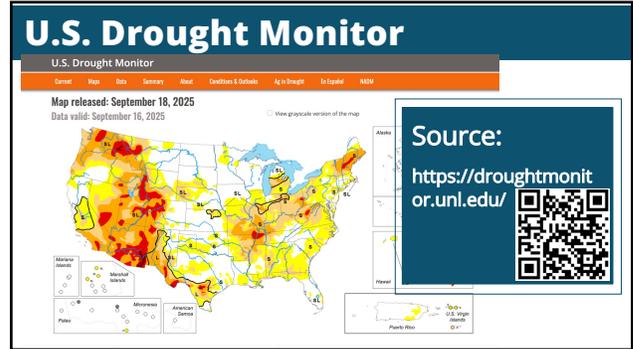
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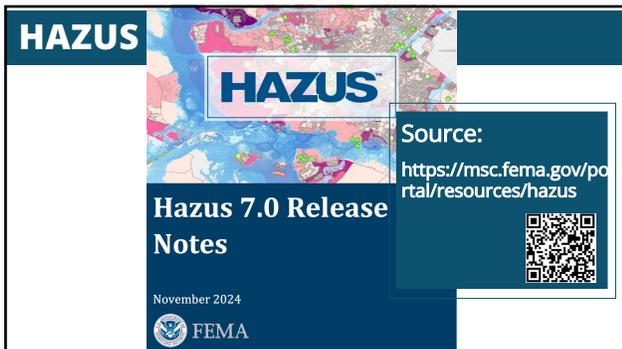
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**HHS emPOWER Map**

HHS emPOWER Map

Medicare At-Risk Populations by Geography

Millions of Medicare beneficiaries rely on mobility devices, medical and assistive equipment (MDE) and devices under certain essential health plan services to live independently in their homes. Some medical and other equipment, especially those with strength power ratings, can be challenging for these individuals. The HHS emPOWER Map is updated monthly and displays the total number of Medicare beneficiaries who have been identified as at-risk for or more than one mobility device, equipment or device under certain essential health plan services and certain combinations of these who rely on a certain essential health care service and any electricity-dependent MDE and device.

Users can select different geographic areas, related to county or risk population and download related data needed to track their emergency preparedness, response recovery, and mitigation public health activities. Users can also access real-time national hazard risk maps to ensure they address the needs of at-risk community members in emergency for their operations and infrastructure, assess the potential risk rate in the target center.

Hover over or select attributes to display Medicare data for a state/territory or counties or ZIP Code(s) within a state/territory, and national hazard data. Download selected data.

SELECTED GEOGRAPHIES

At-Risk Scale

0 - 20.0%

20.0% - 40.0%

40.0% - 60.0%

60.0% - 80.0%

80.0% - 100.0%

Source: [empowerprogram.hhs.gov/empowermap](https://empowerprogram.hhs.gov/empowermap)

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**County Health Rankings & Roadmaps**

County Health Rankings & Roadmaps

Health Score

0 - 20

20 - 40

40 - 60

60 - 80

80 - 100

Source: [Countyhealthrankings.org](https://Countyhealthrankings.org)

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**GIS Mapping: Strengths & Weaknesses**

Jan

CLOSED DOWN

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**Strengths**

- Data Collection
- Epidemiology Tracking
- Implementation Strategies
- Visualize & Interact with Data
- Gap Analysis
- Equity Focus

(S) & Adams, 2020

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**Weaknesses**

- Maintenance & Updating
- Risk of Oversimplification & Misinterpretation
- Skewed Data
- Cost of Tools, Training, & Resources
- Data Quality & Availability
- Privacy & Ethical Concerns

(DIN & Johnson, 2020)

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3.4

**Homework**

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**Capture**

**How will you apply what you have learned today over the next week?**

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**Any Questions?**

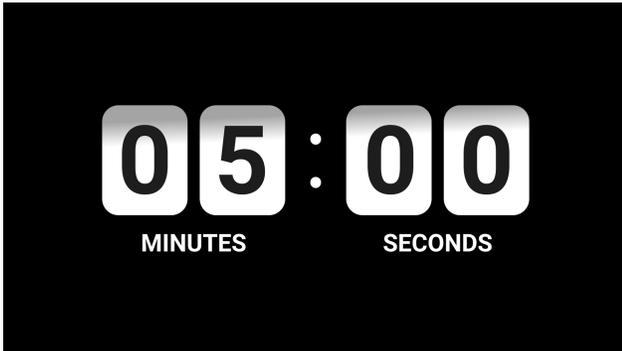
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