C3.0: Health Promotion: A Catalyst to Enhance Quality of Life in Person Living with Chronic Disabling Conditions

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Abstract:
Overview: According to current estimates, more than 54 million Americans live with some type of chronic condition or disability. In an effort to influence the trajectory of functional limitations, disability, and quality of life in persons with chronic disabling conditions, a number of investigators and clinicians have begun to develop and test innovative interventions to promote the health of persons with chronic disabling conditions. We propose that health promotion is distinct from disease and symptom management although both may focus on similar behaviors. The critical difference between these two approaches is how they view the person in interaction with their condition and the purpose of the intervention or behavior change (maximizing health and quality of life vs. control and management of disease). Wellness/health promotion interventions are resources that allow the person to choose behaviors to sustain and enhance quality of life within the context of living with a chronic disabling condition. Disease management interventions are primarily oriented toward controlling symptoms, disease progression and risk factors. The four papers in this symposium will address facets of health promotion for different populations of persons with chronic disabling conditions. First, we will evaluate the present evidence for health promotion interventions for persons with chronic and disabling conditions based on a MedLine review of randomized clinical trials published between 1990 -2007. Additional papers will describe how cross cultural qualitative data analysis can be done to develop culturally appropriate health promotion interventions that address health disparities among women aging with disability, what factors are associated with health promotion for cancer survivors with pre-existing functional limitations and how evolving social relationships among participants in a randomized clinical trial of a health promotion intervention for women with fibromyalgia influenced study outcomes. Each of the four papers will address how health promotion strategies can serve as a vehicle to enhance quality of life for those with chronic disabling conditions.

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