

Post-Webinar QUIZ: How Much Did You Learn about Chronic Illness/Conditions?ⁱ

True or False?

- T or F** 1. A “trajectory” is defined as the course of an illness over time, plus the actions of clients, families, and healthcare professionals to manage that course.ⁱⁱ
- T or F** 2. Patients that have the same exact illness (same diagnosis based on pathophysiology) have the same illness trajectory.
- T or F** 3. To be effective, the case manager for a person with chronic illness should learn how to create an “insider-expert” relationship with the patient.ⁱⁱⁱ
- T or F** 4. The goal of coaching people with chronic illness is to help them be totally compliant with physician orders and directions.^{iv}
- T or F** 5. According to CMSA’s (Case Management Society of America) Case Management Standards, people receiving case management from private case managers and payers must give permission for that service.
- T or F** 6. Warfarin is the medication that is the cause of the most Emergency Room visits.^v
- T or F** 7. DRGs that are coded and billed as MCCs (such as DRG 435 “Disorders of Hepatobiliary System or Pancreas W MCC”) are more highly reimbursed by Medicare than DRGs that have no MCCs (such as DRG 440: “Disorders of Hepatobiliary System or Pancreas W/O CC/MCC” .)^{vi}
- T or F** 8. Chronic conditions are almost always terminal, which is why they must be managed as aggressively as possible.
- T or F** 9. A person’s family is the best judge of their loved one’s change in the quality of life caused by chronic illness because they are more objective than the patient his/herself.
- T or F** 10. Diabetics diagnosed with even minor depression have higher HBA1c levels than diabetics without depression, even when the population is adjusted for demographics, co-morbidity, severity, diabetes type and duration, treatment type, and clinic.^{vii}
- T or F** 11. Depression has no effect on the amount of cardiac risk factors in diabetic patients^{viii}
- T or F** 12. The top 5% of complexly ill patients use 50% of the US health resources^{ix}

- T or F** 13. According to Milliman Healthcare (2006), patients with cancer have the highest prevalence of mental conditions when compared with other patients, such as those with COPD, neurological disorders, and heart disease.^x
- T or F** 14. People who rate their own health as “Fair to Poor” are more likely to be high healthcare service users than those that rate their health as better than Fair.^{xi}
- T or F** 15. The main challenge of training COPD patients how to care for themselves is that the prolonged and persistent hypoxia have deteriorated their lung function and reduced their cognitive performance.^{xii}
- T or F** 16. Community Lifecare Planning (CLP) is the process of creating a medical plan of care with a chronically-ill and/or handicapped person and their family.^{xiii}
- T or F** 17. Because patients with high complexity are often uninsured or underinsured, receiving comprehensive care is not as likely to occur as for patients with high quality insurance coverage.^{xiv}
- T or F** 18. In 2007, the nonprofit Center for Studying Health System Change found that 25 million adult Americans sought new primary care doctors, and more than 60 million sought new specialists.^{xv}
- T or F** 19. Various expert medical committees usually agree on guidelines, evidence, and “Best practice for the treatment of chronic illness”^{xvi}
- T or F** 20. The most helpful advice that can be given to a burned-out family caregiver is to remind him or her to get enough rest.

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ⁱ 1) T, 2) F, 3) T, 4) F, 5) T, 6) T, 7) T, 8) F, 9) F, 10) T, 11) F, 12) T, 13) F, 14) T, 15) T, 16) F, 17) T, 18) T, 19) F, 20) F

ⁱⁱ Corbin, 1998 in Lubkin and Larsen, *Chronic Illness*, MA: Jones and Bartlett, p 3.

ⁱⁱⁱ Lamb, G. and Stempel, J., “Nurse Case Management from the Client’s View: Growing as Insider-Expert”, *Nursing Outlook* Jan/Feb 1994, p 7-13

^{iv} Hamilton, G.

^v The Remington Report (March/April 2012) Vol. 20, No. 2. P 8; CDC Report in NEJM

^{vi} Ingenix DRG Expert, 2012

^{vii} Kathol, R., Perez, R., and Cohen, J. (2011) *The Integrated Case Management Manual*, NY: Springer, p.23

^{viii} *IBID* p. 22

^{ix} *Ibid*, p. 16

^x *Ibid* p. 16

^{xi} *Ibid*, p. 12

^{xii} Messenger, R. “Reducing COPD Readmissions”, *Professional Case Management*, 2012, p 109

^{xiii} Jackson, J. *Healthcare Without Medicare*, Lenox, MA.

^{xiv} Kathol, R., Lattimer, C., Gold, W, Perez, R., and Gutteridge, D. *Professional Case Management*, Vol. 16, No 6, p. 290-298

^{xv} Ha T., Tu and Lauer, J *Word of Mouth and physician referrals still drive health care provider choice*”, *HSC Research Brief*, December, 2008

^{xvi} Groopman, J, and Hartzband, P. Your Medical Mind. NY: Penguin Books, 2011, p 62