Infectious Disease - Health Decision Making

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Materials	
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Type	

Health Decision Making

Client Centered Care: Providing care that is respectful of and responsive to individual patient preferences, needs and values and ensuring that patient values guide all clinical decisions

“Nurses have a central role in providing clinical expertise to facilitate clients’ decision making...to reach decisions that are well-informed and best for them”

- Shared decision making:
  - Health care providers bring knowledge of health issues, outcomes, risk, probabilities
  - Patients bring knowledge of their values, beliefs, preferences, risk tolerance and circumstances
- Goals of Care Discussion: directly informs decision making (current care)
  - Seek permission to discuss
  - Establish patient preferred role; Determine their understanding of condition/situation; Provide information; Identify dilemmas
  - Explore values and beliefs; Elicit preferences
  - Document information on meaning & experience of health; Encourage dissemination among family

- Review regularly
- Advanced Care Planning Conversations: guides future decision making - kitchen table discussion (eg. substitute decision maker, serious illness planning, advance directives)

Factors influencing patient decision making:

- Interpersonal relationships
- Other’s experiences
- Preservation of current well-being, normality, quality of life
- Need for control
- Personal importance of benefits and risks
- Timing of information

Contributing factors to decisional conflict:

- Innate: 2 or more options, outcomes: risky/uncertain, permanent, serious, value tradeoffs: benefits versus harms, anticipated regret: ‘missed’ benefits of option not chosen
- Modifiable: knowledge & expectations, values clarity, support & resources

Unresolved decisional conflict likely change mind, delay decision, regret, fail knowledge test, blame practitioner for bad outcomes

Decisional needs ↔ decision quality (decision support)

Patient Decision Aids/ counseling

- Inform
  - Provide facts about condition, options, benefits, harms
  - Communicate probabilities
- Clarify values
  - Patient experience
  - Ask which benefits/harms matters most
  - Facilitate communication

- Support
  - Guide in steps in deliberation/communication
  - Worksheets, list of questions

Patient Decision Aid criteria:

- Development process
- Disclosure
- Internet delivery
- Balance
- Plain language
- Up to date evidence

Challenges to implementing patient decision support:

- Mismatch and lack of incentives
- Disruption to established workflows
- Organizational inertia
- Lack of confidence related to content of PtDAs
- Nature of professional and organizational resistance vs barriers and facilitators analysis

Infectious Disease

Pathogen: disease-causing agent

Epidemic: disease outbreak in a community

Pandemic: global epidemic

Endogenous microorganism: live in coexistencewith human host

Exogenous microorganism: do not normally in habit the human body

Immune system: protects us from infectious diseases

Agents of Infectious Diseases: bacteria (cocci, bacilli, spirilla), viruses, fungi, protozoa, parasites

Types of Infectious Diseases:

- Blood Borne Infections: viruses carried in blood
- Enteric and food borne infections → intestinal illness caused by viruses, bacteria, parasites
- Respiratory Diseases: infections in respiratory system caused by virus/bacteria
- Sexually Transmitted Infections: infections caused by virus/bacteria transmitted via sexual contact
- Vaccine Preventable Diseases: immunization to save lives; reduce health care costs
- Vector borne and Zoonotic Diseases: virus/bacteria/parasites transmitted to humans from animals or in

Risk factors for Infectious Disease:

- Uncontrollable: heredity, aging, environmental conditions
- Controllable: stress levels, inadequate nutrition, physical inactivity and lack of sleep, misuse or abuse of substances/drugs, personal hygiene, high risk behaviours

Body defenses to Disease:

- Physical/ chemical defences:
  - Skin enzymes
  - Slight elevations in body temperature
  - Linings of the body (mucous membranes)
  - Secretions at body entrances (tears)
- Immune system:
  - Antigens: substance capable of triggering an immune response
  - Antibodies: substances produced by the body to destroy or weaken specific antigens
  - Immunoglobulins: role in neutralizing, setting

up for destruction, or destroying antigens

Humoral immune response: body's major

defence against bacteria and bacterial toxins

Cell-mediated immunity: formation of a

population of lymphocytes that can attack and

destroy a foreign invader

Physiologic response to disease:

Fever: produced by toxins secreted by pathogens → destroy some disease causing organisms + stimulate WBC production

Vaccines: bolster immunity

Pain: stops action; prevents further injury; often accompanied by inflammation

STIs:

Transmission: vaginal (intercourse), anal, oral (oral-genital, mouth to mouth), fluids from body sores, hand-genital contact

Eg:
Gonorrhea: early treatment- antibiotics; untreated can cause sterility

Venereal Warts: highly transmissible genital warts caused by HPVs; disappears w/o treatment; treatmentL medication, cream, surgery, injections
Pelvic Inflammatory Disease (PID): infect uterus, fallopian tubes, and ovaries, can result from untreated infections; nonsexual causes: excessive douching, substance abuse, and smoking
Candidiasis (Moniliasis): yeast-like fungus - symptoms: itching; discharge; swelling; burning; treated with antifungal drugs

Herpes: Sores and Eruptions (2 types); no cure, meds reduce symptoms

Chlamydia: most prevalent in Ca, preventable and treatable - maybe no symptoms and lead to secondary damage
Syphilis: caused by a bacterial organism → increase transmission of HIV; treatment: biotics (penicillin)

Digestion-related disorders - Peptic Ulcers:

Damage to stomach or intestinal lining commonly caused by bacterial infection

Treatment: antibiotics

More prevalent in those highly stressed

- Especially high fat foods, excessive alcohol