



**Defense Health Agency (DHA) Clinical Communities Speaker Series
Health Innovations and Promising Practices**

Disease Management within the Military Health System: The Role of Clinical Providers

Resource List – July 2020

The [Centers for Disease Control and Prevention](#)'s (CDC) National Center for Chronic Disease Prevention and Health Promotion created a fact sheet focused on preventing and controlling chronic diseases in order to maintain military readiness. Information within this fact sheet promotes better nutrition, increased physical exercise, smoking cessation and suggestions on strategies to prevent binge drinking. Additional information regarding the CDC's Fellowship Program with the Department of Defense (DoD) and other public health resources can be accessed on the CDC website.

Effective Care for High-Need Patients was published in 2017 by the [National Academy of Medicine](#) to equip health care providers with strategies to improve population health. Obtaining systematic treatment protocols for chronic disease management decreases errors in patient care that may result in injury or death. This publication is the work of several qualified health care professionals and endorsed by the National Academy of Science. Return to this publication for updated information on evidence-based clinical care management skills to treat this vulnerable population.

[VA/DoD Clinical Practice Guidelines](#) hosts the Department of Defense's (DOD) Chronic Disease Management Program suite of Clinical Practice Guidelines (CPG's). Identified by the Institute of Medicine (IOM) in 2010 as "leaders in clinical practice guideline development" the VA/DoD partnership develops evidence-based clinical practice guidelines that are regarded as the cornerstones for accountability, research and patient care.

[HHS Initiative on Multiple Chronic Conditions](#) was created for the purpose of prevention and support for those suffering from chronic disease conditions. A repository of education and training materials instruct healthcare providers in the core domains and competencies essential to caring for this patient population and achieving the HHS goals of "optimal health and quality of life for individuals with multiple chronic conditions."

Obtaining a chronic disease diagnosis has become synonymous with poor quality of life, disability and morbidity. [Health Coaching Interventions for Persons with Chronic Conditions: A Systematic Review and Meta-Analysis Protocol](#) examines health coaching literature to determine if health coaching promotes positive behavioral outcomes in patients diagnosed with a chronic condition. This meta-analysis and systematic review compared usual care, therapy interventions, health education and support group interventions to determine their efficacy in the treatment of chronic disease management. The aim of this study is to identify the ideal coaching duration, frequency and delivery format that will result in the most optimal outcomes for patients and health care providers managing chronic diseases.



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References**

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