**Chapter Exercises**

**PART II: ADVANCED APPROACHES AND EMERGING TRENDS**

**CHAPTER 7: Chronic Illness: Issues and Interventions**

1. **Cultural and Health Belief Exercise**

Think of a time when someone in your family faced a serious illness. Examine how cultural and personal differences, including communication barriers, health beliefs, attitudes toward pain, chronic disease, and use of unconventional therapies affected disease management. Were there any tensions between the patient, family and healthcare team? What were the sources of these tensions? What is the role of social work in these situations?

2. **Patient Adherence Exercise**

Read *Needles; A Memoir of Growing Up With Diabetes* (Dominick, A., 1998) an autobiography about the author’s struggle adapt to Type-1 diabetes and her family’s response. Analyze the author’s ability to cope with the diagnosis throughout her childhood, adolescence, and young adulthood using the Adherence Counseling model outlined in this chapter. Describe the disease onset and progression, symptoms, progression, and treatment experienced. Assess and explain how various factors, such as family health beliefs, medical history and experiences within the healthcare sys­tem impacted their perceptions and trust of providers and subsequent adherence to treatment recommendations. Based on this assessment, how might a social worker facilitate behavioral changes, improve communication and advocacy skills and maximize effective coping?

3. **Social Determinants of Health Exercise**

Research reveals that the economic and social conditions under which people live also affect their health and well-being. The WHO published a final report and recommendations for creating health equity through action on the social determinants of health. Discuss those [factors impacting individual health and pursuit of healthcare](http://www.who.int/social_%20determinants/en/).

4. **Myths of Chronic Disease**

The *World Health Organization. Preventing Chronic Diseases: A vital Investment* report and web­site contain fact sheets, country-based information, and technical papers on projections of morbidity, mortality, and impact of chronic diseases. Review these documents and watch the short video (seven minutes) related to the myths of chronic diseases and their prevalence around the world. Review the [information and contrast international experiences with that of the U.S](http://www.who.int/chp/chronic_disease_report/en/index.html).