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Chronic Disorders in Children and Adolescents

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There has been a significant increase in the prevalence of certain chronic disorders among children and adolescents. For example, health experts warn of an epidemic of diabetes mellitus due to an increase in the sedentary life style and poor nutrition of children. There are many questions still to be addressed in the study of chronic disorders among children and adolescents.What are the risk factors associated with chronic diseases in these populations?What are the major complications that contribute to disability and increased health care utilization and costs? What impact do chronic diseases have on the psychosocial development? What are the most effective diagnostic, treatment,and rehabilitation strategies? How can patient education and self-management activities be improved to help children and adolescents improve compliance with treatment regimens? How can parents and other family members become more involved in assessment and management? In what ways can peers, schools,religious institutions, and other organizations help children and adolescent scope with their chronic disease? This book addresses these questions by focusing on how eight chronic disorders affect health care utilization, costs, coping, and health outcomes in children and adolescents.Research studies are used to illustrate wide range of topics from the epidemiology of chronic diseases in children and adolescents, health care utilization and costs, to treatment outcomes, disability, and family processes.Case studies from a clinical psychologist's private practice are used to clarify major psychosocial issues underlying chronic diseases in these populations. Chapter One analyzes the epidemiology of eight chronic conditions in children and adolescents. Data on the prevalence of diseases and associated risk factors are stressed in this chapter. Health care planners can use these analyses to improve primary, secondary, and tertiary prevention through more effective uses of health care resources. Chapter Two examines the latest information on health care utilization and costs for children and adolescents that can point to a more efficient means of reducing the rising health care costs associated with the treatment of chronic diseases.

In the remaining chapters, the eight chronic diseases are evaluated in terms of five major issues. First, the latest trends in complications associated with each chronic condition are explored.Second, the impact of each disease on disability and psychosocial development of children and adolescents are analyzed. Third, recent research findings on diagnosis,treatment, and rehabilitation strategies are discussed. Fourth, new trends in patient education and self-management are presented. Fifth, each chapter will assess the role of family, peers, schools, and other organizations in helping children and adolescents cope with their chronic disorders. Dr. Mark L. Goldstein, a clinical psychologist, reviews the literature and uses composite case studies from his practice to illustrate the impact of these trends on how children and adolescents manage chronic disease. The information in this book will be relevant to a wide range of professionals and students in the fields of pediatrics, medicine, nursing, public health, mental health, social work,education, health administration, health policy, and social sciences.

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