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## Chronic disease and mobile technology: An innovative tool for clinicians

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The 21st century holds many challenges for primary care providers, chronic disease management is one. Chronic disease and conditions are among the most common, costly and preventable of all health problems (Centers for Disease Control [CDC], 2016). The incidence of one chronic disease, diabetes, is expected to explode within the next five years. While preventions and education programs have documented improvement in outcomes, the success is difficult to maintain in daily life. Chronic illness requires different approaches and conversations. The disease is managed and not cured. Much of the management of chronic illness occurs outside of the provider's office and within the daily lives of those affected by the disease. Providers, who seek different strategies to support the patient's self-management of their chronic illness, may improve outcomes. Incorporating the information provided by technology may improve self-management skills and lead to collaborative provider/patient conversations. Technology may provide the tool necessary to improve both self-management behaviors and outcomes. Primary care providers, who understand the daily struggles of those diagnosed with a chronic illness, can offer realistic strategies for an individual to develop the necessary self-management skills to manage their chronic disease.

### Biography

Stephanie Merck has been a Nurse for over 40 years in a variety of settings including the acute hospital environment and private practice. She recently completed studies and successfully defended her dissertation for a PhD in Nursing with University of Phoenix School Of Advanced Studies. She is actively employed within a suburban, multispecialty, Internal Medicine Practice for the last 22 years. She provides direct care to all patients within this practice. Additionally, she regularly precepts Nurse Practitioner students, holds an Adjunct Faculty position at Yale School of Nursing, and facilitates courses in the Undergraduate On-Line Nursing Program at University of Phoenix.

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