THE ROLE OF SOCIAL WORK IN CARDIOPULMONARY REHABILITATION

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OBJECTIVES

Identify the role of the social worker in providing ongoing education to patients with chronic illnesses.

Explore how social worker case managers can provide ongoing case management after discharge and resources to patients with chronic illnesses.

Examine ways that social workers facilitate and provide psychosocial support with patients with chronic illnesses.
ROLES OF THE SOCIAL WORKER

**Support** - crisis intervention; helping patient adjust to illness

- Solution focused interventions
- Resources for counseling
- Support groups for different types of chronic illnesses
Education—learning about the diagnosis and what it means for a patient’s life

- Help navigating the various systems of healthcare (clinics; rehabilitation; home health; etc.)
- Explaining accommodations the patient is entitled to (vocational rehabilitation; waivers that are available; grants)
- Learning about Social Security Disability if applicable and/or other coverage needs
- Education patients on various topics as it pertains to them (substance abuse resources; cardiac disease prevention; mental health education; etc.)
Advocate - for patient needs and wants

- Assist the patient to advocate for themselves when they can
- Talk with physicians about the patient’s needs and/or wants
**ROLES (CONTINUED)**

**Connect** - link to support networks, community resources

- Provide transportation resources that are available (Medicaid transportation; Wheels; etc.)
- Provide referrals to community food banks when needed
- Facilitate referrals to home health agencies
- Provide information for community agencies that help patients access what they need (Bluegrass Area Agency on Aging; Vocational Rehabilitation; Senior Citizen’s Center)
- Housing resources
- Homeless shelters; free meals throughout Lexington; information on clothing banks
- Substance Abuse treatment resources
Empower – identify strengths and supports; give patient the tools to create positive change

- Giving patients opportunities and resources so they access the care they need making it easier for them to do so in the future.

- Providing patients options so they can make their own decisions on what resources or services are best for them (community resources; home health companies; mental health services, etc.)
Patients continually need access to information and education regarding specific illness, treatment options, health maintenance, psychosocial and financial services.

- Education helps to further support the patient during the decision-making process.
- Education helps patients prepare for care transitions due to disease progression.
ONGOING CASE MANAGEMENT

Care Coordination

• Arranging appointments
• Referral to higher level of care when necessary

Care Management

• Comprehensive assessment
• Making sure patients are aware and understand the treatment plan
• Helping family to understand next steps
• Referring family members/caregivers to resources within the community
In case management, the individual needs of the patient are the central issue instead of the disease.

The SW case manager will gain a holistic picture of the client’s needs based not only on their medical history but on environmental factors, psychosocial factors, and the client’s own goals.
PSYCHOSOCIAL SUPPORT STRATEGIES

Support groups

• Help in coping with emotions accompanying illness and treatment
• Assistance in changing behaviors to minimize impact of disease and treatment and manage their effects
• Help in managing disruptions in work, activities, family life, and social network

Brief interventions

• SW can provide quick yet efficient intervention for patients experiencing a range of psychosocial functioning difficulties – i.e., SW teaching progressive muscle relaxation to patient presenting with anxiety
the necessity of psychosocial support

- Studies have shown that people who live alone and lack social support are at higher risk for heart disease and death
- Intervening in the lives of socially isolated people with heart disease has been found to increase quality of life and mental well-being

social network

- Heart disease increases the risk of depressive and anxiety disorder
- Leaving depression and anxiety untreated can further complicate the course of heart disease

anxiety and depression
THANK YOU FOR YOUR TIME!

Questions? Comments? Concerns?

KEEP CALM AND Call the Case Manager
REFERENCES


