

Chronic Illness Management Program



The Chronic Illness Management Program at Children's Specialized Hospital (CSH) is a comprehensive inpatient program for adolescents and young adults who struggle to manage their medical diagnosis. The program provides a structured, comprehensive treatment plan to address medical, nutritional, psychological, and family communication. Since parents and caregivers have a crucial role in supporting their child's health, we emphasize parent/caregiver participation in medical education, nutritional and psychological counseling sessions to ensure the greatest success. The principal goal of the program is to ensure a healthy transition back into the community. We help patients work with their outpatient medical treatment team, school, and community-based agencies to ensure success once they return home.

The team approach includes:

- Direct instruction to develop new skills/knowledge
- Experiential learning (i.e., cooking group, daily exercise)
- Generalization of skills across activities and settings
- Medication education
- Scheduled education
- Shaping of appropriate behavior
- Structured nutritional counseling and instruction
- Supportive psychological counseling
- Use of visual tools

Treating children with chronic medical conditions, such as:

- Asthma
- Cystic Fibrosis
- Diabetes
- HIV/AIDS
- Obesity
- Pre/post-organ transplant
- Sickle cell disease
- Other chronic medical illnesses considered on an individual basis

This program is also intended for children who require strict adherence to prescribed treatment regimens, such as those who have undergone organ transplantation.



The Chronic Illness Management Program is typically a four week program that follows a multidisciplinary approach to care, that addresses the physical, emotional, and psychosocial needs of each patients. The goal for each patient is always to improve self-management of the disease at a developmentally appropriate level, by improving adherence to medical routine/ regimen and lifestyle changes.



Learn more by [clicking here](#)
or scan the QR code.

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