

Community Health and Chronic Disease Management

COMMON TYPES OF CHRONIC DISEASES



Alzheimer's
disease



Arthritis



Cancer



Chronic
kidney disease



Chronic
liver disease



Chronic
respiratory
diseases



Diabetes



Heart disease



Mental health
disorders



Obesity

Community medicine focuses on preventing disease and promoting health at the population level. In recent years, chronic diseases such as diabetes, hypertension, and asthma have increased significantly. These conditions require continuous care and patient education.

Healthcare professionals are currently working with multidisciplinary teams to improve patient outcomes. Nurses are monitoring patients while doctors are adjusting treatments. At the same time, public health workers are educating families about healthy lifestyles.

Before modern community programs were implemented, many patients had received limited follow-up care. They had often visited hospitals only when symptoms became severe. By the time they arrived, complications had already developed.

Since community-based programs have expanded, patients have had better access to care. Health centers have offered regular screenings, and professionals have identified diseases earlier. As a result, mortality rates have decreased.

In one clinical case, a 55-year-old patient was experiencing chest pain while he was working. He had been smoking for over 30 years. Doctors discovered that he had developed coronary artery disease. He was admitted to the hospital, where he received immediate treatment.

The medical team reviewed his history. He had not followed previous medical advice. By the time he changed his lifestyle, damage had already occurred. However, after he had received education and medication, his condition improved.

In the future, community medicine is going to play a more important role. Governments will invest more resources, and healthcare workers will continue developing prevention strategies. If patients follow recommendations, complications can be avoided.

(El texto continúa con análisis de reportes, tablas de prevalencia, descripciones de gráficos de enfermedades crónicas y seguimiento clínico).

Activity 1: Skimming (Main Idea)

Choose the correct answer.

1. The main purpose of the text is to:
 - A) Explain hospital technology
 - B) Describe community health and chronic disease care
 - C) Compare doctors and nurses
 - D) Discuss medical education

Activity 2: Scanning (Specific Information)

2. How old was the patient in the clinical case?
 - A) 45
 - B) 50
 - C) 55
 - D) 60

Activity 3: Keyword Identification (Present & Past Continuous)

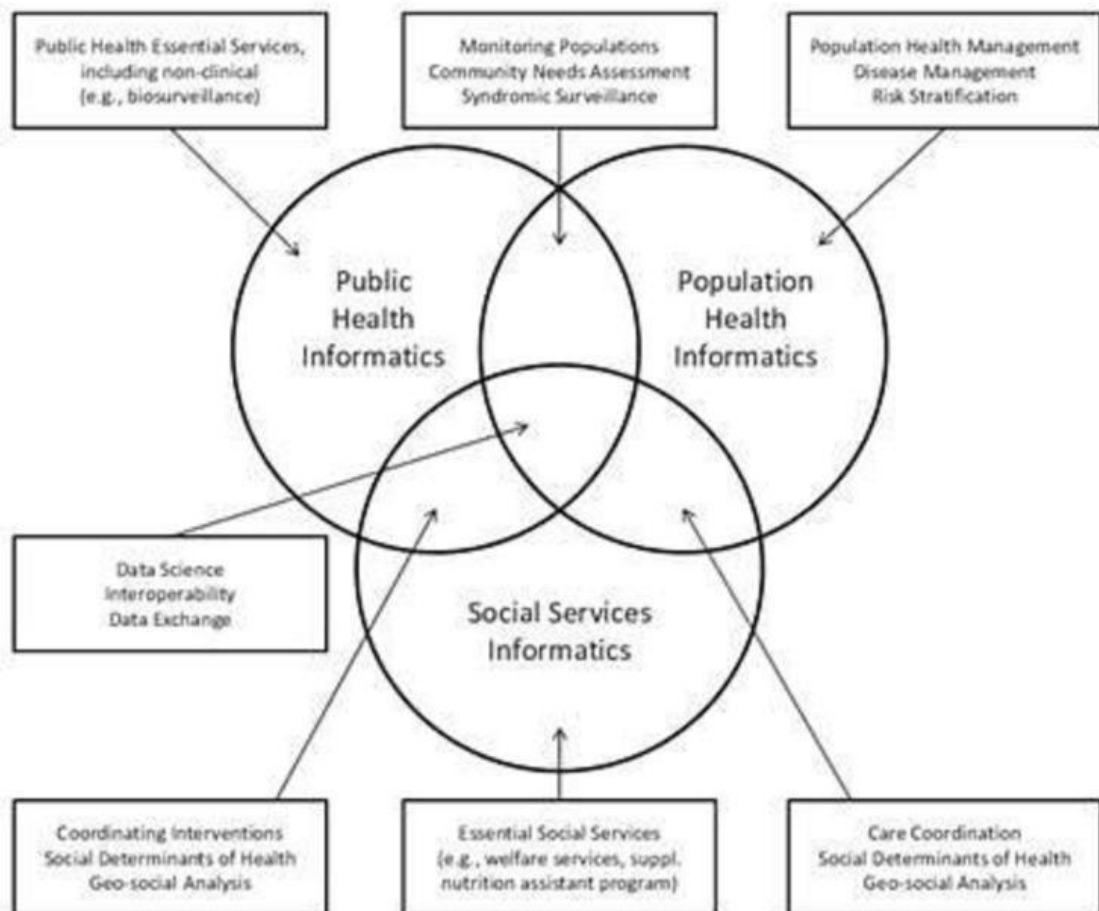
3. Which action was in progress in the past?
 - A) He received treatment
 - B) He was working
 - C) He has improved
 - D) He will recover

Activity 4: Keyword Identification (Grammar)

4. Identify the sentence in Present Continuous:

- A) Nurses monitored patients
- B) Nurses are monitoring patients
- C) Nurses will monitor patients
- D) Nurses have monitored patients

Concept Maps & Diagrams (Text-based)



Medical Chart Template

Patient Demographics

Patient Name:			
Date of birth:		Sex/Gender:	
Address:			
Phone:		Email:	
Emergency Contact Name:			
Relationship:		Phone:	
Primary Care Provider:		Insurance Details:	

Vital Signs

Blood Pressure		Heart Rate	
Respiratory Rate		Temperature	
Oxygen Saturation		Pain Level	
Weight		Height	

Medical History

Past Illnesses/ Chronic Conditions:	
(List any significant past or ongoing medical conditions, injuries, or chronic illnesses.)	
Surgeries & Hospitalizations (with dates):	

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Activity 5: Concept Map (Short Answer)

5. Complete the map:

Community Medicine

→ Prevention

→ _____

→ Reduced mortality

Activity 6: Paragraph Structure & Connectors

Choose the correct connector. Write the letter.

6. Patients received education, _____ their condition improved.

A) however

B) because

C) therefore

D) although

Activity 7: Future (going to / will) Write.

7. Community medicine _____ play a more important role.

A) is going to

B) was going to

C) has

D) had

 Activity 8: Tables & Charts (Multiple Choice)

8. What does a decrease in mortality usually indicate?
- A) Poor treatment
 - B) Better prevention
 - C) More diseases
 - D) Less education

 Activity 9: Present Perfect vs Past Perfect

9. Which sentence uses Past Perfect correctly?
- A) He has followed advice
 - B) He followed advice
 - C) He had followed advice before complications occurred
 - D) He will follow advice

 Activity 10: Exam-Style Questions (Modals)

10. What should patients do to prevent complications?
- A) They might ignore symptoms
 - B) They should follow medical advice
 - C) They can stop treatment
 - D) They must avoid doctors

T.SUE