

What is a chronic disease?

A chronic disease is a long-term health condition that needs ongoing treatment and management.

Benefits of the programme

The programme is designed so that you and your GP (family doctor) can work together to monitor your condition and identify the best way to treat it now.

The Chronic Disease Treatment Programme supports you by providing:

- set reviews of your chronic disease with your GP or practice nurse
- a personalised care plan that you develop and agree with your GP
- reviews of your care plan and medicine
- support you to manage your condition
- early detection of any new conditions you may develop
- early detection of complications in your condition
- care in your community, close to your home

Order code: **HPC01327**



Chronic Disease Treatment Programme



Who is the Chronic Disease Treatment Programme for?

The programme is for people aged 18+ years who have a medical card, GP visit card or a Health Amendment Act card and have a specific chronic disease or diseases. The specific chronic diseases included in the programme are:

- type 2 diabetes
- asthma
- chronic obstructive pulmonary disease (COPD)
- cardiovascular disease, including heart failure, heart attack (angina), stroke and irregular heartbeat (atrial fibrillation)

Non cardholders aged 18+ years registered on the CDM Prevention Programme with a diagnosis of Gestational Diabetes or Pre-Eclampsia and who develop Diabetes are eligible for registration on the CDM Treatment Programme.

How do I register for the programme?

Your GP will ask you to confirm that you want to take part in the programme. If you do, they will set up a review with you and register you for the programme.

How does the programme work?

The programme is free and includes two set reviews in every 12-month period. Each review includes one visit with the practice nurse followed by a visit with your GP. You may see both during the same visit or at different times.

These reviews may be in the GP practice or they may be online or over the phone.

If your review takes place in the GP practice, it will include tests such as blood tests. There is no charge to you for any tests that are part of your programme reviews.

You can still visit your GP as normal outside of the scheduled programme reviews.

What is my care plan?

When you have your review, you can work with your GP to set your own goals. After the review, you will get a written care plan. This care plan will help you learn about your disease and the steps you can take to improve your self management.

What information is kept about me?

As part of the Chronic Disease Treatment Programme, your GP or practice nurse will record certain information about you at each set review.

This includes your:

- name and age
- chronic disease diagnosis or diagnoses
- medical history
- details of any symptoms or tests you have had since your last visit

This includes your name, address and medical card, GP visit card, Health Amendment Act card or PPSN number and chronic disease history.

Your personal information is stored safely and confidentially in line with data protection regulation. You will have full and open access to the personal information we keep about you, and you can request it from us at any time.

How does the HSE use my information?

We will use your information to help improve our understanding of chronic diseases. Your personal information will be anonymous: we will make sure you cannot be identified.

This information will improve our ability to detect, treat and prevent chronic diseases. It will help us to deliver an improved service to people who have one of the chronic diseases listed in this leaflet.

More information about how we use and store your information is in our Privacy Statement. This is available at your GP practice.

Can I leave the programme?

It is your choice to take part or not. You can leave the programme at any time by letting your GP know. This means that you will no longer receive set reviews and other care planning under the programme. You can always re-join the programme again later if you wish.

Where can I get more information?

If you have any questions about the programme, speak to your GP or practice nurse. Further information is available at

[hse.ie/cdm](https://www.hse.ie/cdm)