



Understanding Chronic Care

A practical guide to managing long-term health conditions



Chronic care works best when you understand your condition, take medications as directed, monitor important changes, and stay connected with your healthcare team.

What Is a Chronic Health Condition?

A chronic condition is a health problem that generally requires ongoing monitoring or treatment. Many conditions can be controlled very well with medications, lifestyle changes, and regular follow-up. Your care plan should consider your overall health, especially when you have more than one condition.

- High blood pressure (hypertension)
- Diabetes and high cholesterol
- Heart disease or heart failure
- COPD, asthma, and other chronic lung conditions
- Chronic kidney disease
- Obesity and weight-related conditions
- Arthritis and chronic pain
- Circulatory or vascular conditions
- Chronic or recurring wounds

Monitor Your Health Between Visits

Some chronic conditions can change before you feel significantly different. Monitoring at home can help you and your healthcare team identify patterns and respond earlier.

Keep track of:

- Blood pressure
- Blood glucose
- Weight
- Heart rate
- Oxygen saturation
- Swelling of the legs or feet
- Breathing symptoms
- Medication side effects
- Skin or wound changes
- Changes in appetite, activity, or energy

Take Medications Safely

Keep an updated medication list that includes prescriptions, over-the-counter medicines, vitamins, supplements, injections, inhalers, and topical medications. Tell your clinician about side effects, cost concerns, missed doses, or anything you do not understand. Do not stop or change a prescribed medication without discussing it with your healthcare professional unless you have been specifically instructed otherwise.

Healthy Daily Habits Matter



Nutrition: Choose a balanced diet appropriate for your health needs.

Activity: Regular movement can support strength, cardiovascular health, glucose control, and mobility. Follow your clinician's recommendations.

Hydration: Drink appropriate fluids unless you have been told to restrict them.

Sleep & tobacco: Prioritize restorative sleep and ask for help if you use tobacco and want to quit.

Prevent Complications

Preventive care is still important when you have chronic conditions. Depending on your age and medical history, your plan may include laboratory testing, vaccinations, cancer screening, eye or foot exams, kidney monitoring, cardiovascular risk assessment, and other preventive services. Keep scheduled appointments even when you feel well.

Know When Something Has Changed

Contact your healthcare provider when you notice a significant or persistent change from your usual condition. Examples include:

- Increasing swelling or unexplained weight change
- Increasing shortness of breath
- Persistent high or low blood pressure readings
- Frequent abnormal blood glucose readings
- A new or worsening wound
- Increasing redness, drainage, odor, or pain around a wound
- New dizziness, weakness, or confusion
- Persistent vomiting or diarrhea
- Medication reactions or concerning side effects

WHEN TO SEEK EMERGENCY CARE

Call 911 or seek immediate emergency medical care for severe difficulty breathing, severe or persistent chest pain or pressure, sudden weakness or numbness on one side, new difficulty speaking, loss of consciousness, severe allergic reaction, uncontrolled bleeding, or another potentially life-threatening emergency.

BRT Clinical is not a substitute for emergency medical services.

Prepare for Your Healthcare Visits

Bring your current medication list, recent blood pressure or glucose readings, hospital discharge paperwork, available lab or imaging results, insurance information, and a written list of questions. If a family member or caregiver helps manage your care, consider having that person participate when appropriate.

How BRT Clinical Can Help

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| • Mobile and home-based primary care | • Medication review and management |
| • Chronic condition management | • In-home health evaluations |
| • Post-hospital and transitional care | • Care coordination |
| • Advanced wound care | • Telehealth services |
| • Pulmonary care | • Medical weight management, including GLP-1 medications when clinically appropriate |

Take an Active Role in Your Health

Know your conditions. Know your medications. Keep your appointments. Monitor important symptoms and readings. Ask questions when something is unclear. Small steps taken consistently can help reduce complications and support better long-term health.

Questions about your health?

BRT Clinical Nursing Services, Inc.

Phone: (951) 386-9489 | Email: info@brtclinical.com

This guide is for general patient education and does not replace individualized medical advice, diagnosis, or treatment. Recommendations vary according to each patient's medical history and clinical condition.