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ISSN: 2375-4273
Health Care : Current Reviews

Opinion Article

A Model for Improving the Integration of Behavioral Health

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DESCRIPTION

People with severe medical conditions frequently struggle with behavioral health issues. People who have these struggle with treatment, expensive medical procedures and results while having complicated clinical and social demands. These disparities are a result of multiple interrelated variables, such as the historical distinction between behavioral and physical health care. The data base focuses predominantly on primary care populations and settings, despite the fact that several care models for integrating mental health and general medical treatment have been developed and evaluated. Model for serious illness care in behavioral Health. It offers a conceptual framework of building blocks for behavioral health integration to serious illness care populations and the variety of settings in which they receive care. It was developed through a mixed methods approach combining literature review, surveys, interviews and input from an expert advisory panel. The model's goal is to provide a solid framework for the creation and delivery of integrated behavioral health and serious illness care. People with major medical conditions such cancer, stroke, heart disease, chronic obstructive lung disease, end-stage renal disease, chronic neurologic/neurodegenerative disease and dementia frequently experience Behavioral Health (BH) issues. Beyond the usual care for a major disease, people with concomitant BH disorders usually have complex clinical and social needs. Clinical results, overall costs and patient caregiver and healthcare staff satisfaction can all suffer from inadequate provision. There are a number of care models that have been created and tested for integrated BH and general medical care. The primary care demographics and settings are the main focus of this evidence base. In this health serious illness care is proposed, furthering the work. The diagnosis and treatment of BH problems that occur simultaneously with significant illness can be quite difficult. Diagnosis can be difficult because the symptoms of serious illness and BH disorders commonly interact and overlap. There is a risk of diagnostic overshadowing in people with existing BH conditions where physical symptoms may be incorrectly attributed to pre-existing psychopathology because changes in cognition or altered sensorium, for example, are common in serious illnesses and their treatment regimens but can also occur in psychiatric illnesses. The management of SIC can be made more challenging by behavioral symptoms and social challenges linked to BH. The provision of adequate care in a SIC context is significantly hampered by traumatic backgrounds and socioeconomic issues. People, who suffer from Significant Mental Illnesses (SMI), such as schizophrenia and bipolar disorder, are of particular concern. Linkage and integration are crucial because they are more likely than people without SMI to lack access to essential specialty care, receive subpar care and experience worse results. Support for self-management encompasses several areas of management, including controlling the physical symptoms of the illness, the role changes it causes and its psychological repercussions. With the use of educational resources, technologies, and training programs, health care practitioners may play a significant role in teaching patients about their diseases and fostering patient engagement and self-management abilities. It has been demonstrated that enhancing patients' abilities and self-assurance to actively participate in their treatment not only aims to increase autonomy and improve quality of life but also enhances health outcomes and care experiences. Home care is becoming more practical for people with serious illnesses because to new home and community health care models and cutting-edge communication technologies. Family caregivers are essential to the care process and may need support from others to manage the difficulties of caring for people who have serious illnesses.

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Received: 01-Nov-2022, Manuscript No. HCCR-22-19023; **Editor assigned:** 04-Nov-2022, Pre QC No. HCCR-22-19023(PQ); **Reviewed:** 18-Nov-2022, QC No. HCCR-22-19023; **Revised:** 25-Nov -2022, Manuscript No. HCCR-22-19023 (R); **Published:** 01-Dec-2022, DOI: 10.35248/2375-4273.22.10.324.

Citation: Chog K (2022) A Model for Improving the Integration of Behavioral Health. Health Care Curr Rev. 10:324.