

Visceral Disability and Chronic Illness



Visceral Disability and Chronic Illness are persistent conditions like heart disease, asthma, cancer, and diabetes. These conditions lead to ongoing health issues such as organ dysfunction, pain, fatigue, and limitations in daily activities.

Individuals with visceral disability and chronic illness may have the following conditions:

- Encounter mobility limitations, such as challenges with writing, walking, or using equipment due to weakened strength, endurance, or coordination
- Experience attention and concentration difficulties exacerbated by medical conditions and medication side effects, leading to fatigue and reduced stamina
- Experience reduced academic efficiency and performance due to chronic pain or fatigue
- Face restrictions in physically demanding activities due to fatigue or health-related concerns
- Navigate campus with difficulty and move slowly due to dizziness, disorientation, or lack of physical stamina

Diagnosis and Treatment



In Hong Kong, visceral disability and chronic illness is diagnosed by healthcare professionals. With appropriate treatment and support, individuals can minimize challenges and enhance daily functioning and quality of life.

Treatment for visceral disability and chronic illness is often tailored based on the individual's condition, focusing on symptom management and addressing specific needs. Although there may be no single medication for visceral disabilities, symptom relief and management of potential complications are achievable through various therapeutic approaches. Psychotherapy may also provide significant benefits for individuals, helping to improve mood and alleviate emotional distress.

Supporting Students with Visceral Disability and Chronic Illness



University life can present unique challenges for individuals with visceral disability and chronic illness, particularly in social communications, academic performance, and emotion well-being. Helpful tips may include:

Social Communication

- ✓ Foster a supportive network that families, faculty/staff, and peers, to help students with visceral disability and chronic disease to reach their full potential and enjoy a fulfilling campus life

Academic Support

- ✓ Allow early access to course materials and assignment details for preparation
- ✓ Arrange a separate, easily accessible venue for tests and examinations to minimize distractions and alleviate stress
- ✓ Be flexible with attendance policy to accommodate medical needs
- ✓ Consider alternative assessment methods for students with functional or mobility challenges
- ✓ Provide access to lecture recordings to facilitate revision/learning after classes
- ✓ Provide supplementary videos or materials as alternative to field trips, when applicable

Psychological Support

- ✓ Refer to psychological counseling service for students' mental health and adversity coping capability

It is essential to recognize that individuals with visceral disability and chronic illness have unique strengths and capacity. Fostering an inclusive and supportive environment can empower students to pursue their goals with confidence and resources they need.

