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# Healthwise Handbook A Self Care Manual For You

**Thorana S Nelson, Frank N Thomas**



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Handbook of Solution Focused Brief Therapy is an invaluable reference for all types of therapists including psychologists counselors social workers and family therapists at any level of experience including students trainees and experienced therapists

*When Technology Fails* Matthew Stein, 2008-08-18 There's never been a better time to be prepared This book is an indispensable basic manual for the real life issues that await us in the decades to come A treasure trove of practical wisdom James Howard Kunstler author of *The Geography of Nowhere* Matthew Stein's comprehensive primer on sustainable living skills from food and water to shelter and energy to first aid and crisis management skills prepares you to embark on the path toward sustainability But unlike any other book Stein not only shows you how to live green in seemingly stable times but to live in the face of potential disasters lasting days or years coming in the form of social upheaval economic meltdown or environmental catastrophe *When Technology Fails* covers the gamut Inside you'll learn The basics of installing a renewable energy system for your home or business How to find and sterilize water in the face of utility failure How to keep warm if you've been left temporarily homeless Practical information for dealing with water quality issues Alternative health and first aid techniques Each chapter describes skills for self reliance in good times and bad Chapters Include A survey of the risks to the status quo Supplies and preparation for short and long term emergencies Emergency measures for survival Prepping water food shelter and clothing First aid low tech medicine and healing Securing energy heat and power Metalworking Utensils and storage Low tech chemistry engineering machines and materials Fully revised and expanded *When Technology Fails* ends on a positive proactive note with a chapter on Making the Shift to Sustainability which offers practical suggestions for changing our world on personal community and global levels *When Technology Fails* is a massive project done well First the book gives a superb presentation of WHY one should be more aware and prepared and then HOW one should go about this The scope of this book is thorough John McPherson author *Primitive Wilderness Living and Survival Skills*

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Donald W. Kemper, Healthwise, Incorporated, Katy E. Magee, Steven L. Schneider, 2004-04

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Donald W. Kemper, Katy E. Magee, Steven L. Schneider, Patrice Burgess, 2005

Subject Guide to Books in Print, 1997

**Manual of School Health** Keeta DeStefano Lewis, Bonnie J. Bear, 2008-06-23 Completely updated the 3rd edition of this practical highly portable manual offers quick access to the most relevant health and wellness information for children from birth through age 21 in the school setting You'll find valuable guidance on developmental stages learning domains acute and chronic illnesses first aid medical syndromes special education and emergency illness This edition also addresses the growing array of issues affecting today's children including mental health disorders disaster management substance abuse and school violence as well as new threats such as West Nile virus dermatological conditions and the reemergence of tuberculosis Ideal for use in school and community settings this manual is a must have resource for anyone who works with children A best practice approach to health issues and concerns helps you provide the best possible care to students A clear consistent outline format and straightforward writing style make it easy to locate and apply essential information Updated

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*Telephone Triage Protocols for Nurses* Julie K. Briggs, 2007 This quick reference manual presents over 200 triage protocols for evaluating patients symptoms over the telephone Each symptom entry lists questions grouped by urgency level to determine whether the caller should seek emergency care now seek medical care the same day call back for appointment or follow home care instructions Detailed home care instructions are then provided This edition features fourteen new protocols avian influenza bird flu congestive heart failure electrical burns hand wrist problems hip pain injury influenza neurological symptoms newborn problems pertussis severe acute respiratory syndrome SARS sickle cell disease problems substance abuse use or exposure West Nile virus and wound care sutures or staples New appendices include guidelines for scenario practice difficult caller practice scenarios mystery caller practice session temperature conversion guide weight conversion chart acetaminophen dosage chart ibuprofen dosage chart infant feeding guide abdominal pain causes and characteristics chest pain causes and characteristics and headache causes and characteristics

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