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Healthwise Handbook A Selfcare Manual For You

Christine A. Baker



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Healthwise Handbook Donald W. Kemper, Kathleen E. McIntosh, Toni M. Roberts, 1989-08 *Healthwise Handbook* Healthwise, Incorporated, 1997-07 *Handbook of Solution-Focused Brief Therapy* Thorana S Nelson, Frank N Thomas, 2012-03-22 An invaluable guide to the history descriptions of practice strategies and applications of SFBT The Handbook of Solution Focused Brief Therapy is a unique comprehensive guide that assists clinicians regardless of experience level in learning and applying the concepts of Solution Focused Brief Therapy SFBT to particular situations with clients Noted experts discuss the therapy practices and various uses for the approach in detail which focuses on encouraging clients to look at exceptions times when the problem could have occurred and did not and goals and future possibilities A history of the practice model and its interventions is discussed along with limitations descriptions of practice strategies applications to specific client populations and clinical problems and concerns This useful resource also includes an illustrative case study that uses the SFBT model The Handbook of Solution Focused Brief Therapy first lays a foundation of knowledge providing chapters on the crucial assumptions and practices history and epistemology behind the approach Further chapters use that basis to explain the application of the approach with several clinical issues and various populations including couples depression domestic violence schools children pastoral work therapist burnout and a few outside therapy room applications Other chapters focus on the important issues in therapist training and supervision Extensive references are provided at the end of each chapter Topics discussed in the Handbook of Solution Focused Brief Therapy include assumptions within the SFBT tradition history of the SFBT approach epistemology SFBT with couples depression domestic violence offenders public schools children and young people SFBT in faith based communities assessing and relieving burnout in mental health practice SFBT beyond the therapy room supervision of training possible limitations misunderstandings and misuses of SFBT a tribute to the late Steven de Shazer co founder of the SFBT approach The 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

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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

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SPM Handbook of Health Assessment Tools Gerald C. Hyner,1999 *The Healthy Mind, Healthy Body Handbook* David Stuart Sobel,Robert Evan Ornstein,1996 A valuable new kind of prescription for health and well being It offers easy to understand practical advice on improving physical health and leading a happier more productive life This book not only explains the important benefits of a healthy mind and body in simple understandable language but gives you practical ways to improve how you feel today From how to manage stress moods and illness to communicating effectively this book offers guidance that can make a positive impact on your life now and in the future

Healthcare Infrastructure Bruce R. Schatz,Richard B. Berlin Jr.,2011-06-23 The first systematic survey of Healthcare Infrastructure this book describes the inevitable future of health systems It gives a concrete plan for improved quality at diminished cost via merger of personal medicine and public health It discusses general aspects of infrastructure engineering and specific aspects of healthcare systems It discusses current and future technologies for health measurement and management This book outlines how the health of populations will be measured at the level of individuals combining engineering and medicine to support viable health systems for the first time This book is unique in combining a systematic survey of health determinants with a research monograph on health technologies Readers will gain a broad context and a deep knowledge of future information technology applied to health systems

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 **The Official Patient's Sourcebook on Headaches** James N. Parker, 2003 This book has been created for patients who have decided to make education and research an integral part of the treatment process Although it also gives information useful to doctors caregivers and other health professionals it tells patients where and how to look for information covering virtually all topics related to headaches also Chronic paroxysmal hemicrania Cluster Headaches Episodic paroxysmal hemicrania Headache cluster Headache histamine Headache migraine from the essentials to the most advanced areas of research The title of this book includes the word official This reflects the fact that the sourcebook draws from public academic government and peer reviewed research Selected readings from various agencies are reproduced to give you some of the latest official information available to date on headaches Given patients increasing sophistication in using the Internet abundant references to reliable Internet based resources are provided throughout this sourcebook Where possible guidance is provided on how to obtain free of charge primary research results as well as more detailed information via the Internet E book and electronic versions of this sourcebook are fully interactive with each of the Internet sites mentioned clicking on a hyperlink automatically opens your browser to the site indicated Hard copy users of this sourcebook can type cited Web addresses directly into their browsers to obtain access to the corresponding sites In addition to extensive references accessible via the Internet chapters include glossaries of technical or uncommon terms *Subject Guide to Books in Print* ,1997 *The Consumer Health Information Source Book* Alan M. Rees, 1994 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what's most important in the world of alternative medicine The sixth edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it **Perspectives on Self-care in the Context of Managed Care** Christine A. Baker, 2000 Telephone Triage Protocols for Nursing Julie Briggs, 2015-05-22 Performing telephone triage requires the ability to make quick and effective decisions based on limited information This rapid access resource delivers more than 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 immediately seek medical care the same day call back for appointment or follow home care instructions Detailed home care instructions are then provided Simple direct and useful this is the most comprehensive and user friendly telephone triage book available

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