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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*

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 content includes important contemporary issues in schools such as body piercing backpack syndrome and computer ergonomics Brain Findings section offers relevant information about recent brain and neurology research with insights on how it relates to childhood development and health Numerous appendices including the latest growth charts and immunization schedules provide essential information for assessing school age children English Spanish translation guide for common health terms and phrases helps you communicate more effectively with Hispanic students Web site resources at the end of each chapter provide reliable sources for further information and research A convenient Glossary familiarizes you with

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SPM Handbook of Health Assessment Tools Gerald C. Hyner,1999

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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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