

Foodservice Manual For Health Care Institutions

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teaching made easy is a practical accessible and comprehensive guide to teaching in general practices and hospitals

lifestyle the manner in which people live is fundamental to health wellness and prevention of disease it follows that attention to lifestyle is critically important to effective and successful health care but here s the challenge health care professionals receive very little if any formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice in response lifestyle medicine is evolving as a means to fill this knowledge gap lifestyle medicine approaches health and wellness by harnessing the power of lifestyle related behaviors and influencing the environment we live in it is a formal approach that promises to enhance and strengthen a re invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity diabetes depression hypertension and cancer among others lifestyle medicine a manual for clinical practice presents this formal approach in a pragmatic context this unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine the approach is both explanatory and pragmatic providing case studies and bulleted translation of academic information into clinical practice recommendations there is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine there is a how to rationality to the book consistent with a premise that any and all health care professionals should and perhaps must incorporate lifestyle medicine a valuable checklist is included at the close of the book that

summarizes key points and provides a practical tool for routine patient encounters

an illustrated manual designed to help community health workers learn how to use simple drugs to treat common illnesses specific to health conditions in southeast asian countries the book uses simple explanatory texts and illustrations to communicate instructions for treating illnesses and knowing when a patient must be referred to a doctor first issued in 1988 and revised in 1992 the book has been further expanded and updated in line with new knowledge and considerable experience with use of the previous editions the manual has two parts the first provides instructions for the correct and appropriate use of 34 essential drugs ranging from aspirin and paracetamol through chloroquine and oral re hydration salts to penicillin tetracycline eye ointment and several vitamins each is described according to a common framework that explains how the drug helps when it should be used how it is supplied and given to patients side effects that may occur and special precautions to follow where appropriate information on dosage and prescribing schedule by age and weight is set out in tabular form part two provides advice for the management or referral of 22 common medical problems moving from anemia cough diarrhea and ear and eye problems through hiv aids leprosy malaria and tuberculosis to poisoning snakebites wounds burns and shock advice on pain relief and on the management of skin and tooth problems is also provided

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