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In Caring for People with Challenging Behaviors, caregiving staff can find effective ways to prevent, reduce, or eliminate disruptive behaviors exhibited by residents in long-term care settings. Nearly 80% of LTC residents have some degree of moderate to severe behavior problems, stemming from mental illness, dementia, difficult personalities, longstanding behavior patterns, or personal distress. This new book provides practical, evidence-based coping and intervention strategies for use in care planning and day-to-day care. Through vignettes of readily recognizable resident types, staff will learn to understand what triggers and reinforces residents' challenging behavior. Solutions come from identifying the interpersonal "ABCs of behavior"--the antecedents, the behaviors, and the consequences--and using communication techniques and other effective psychological approaches to encourage positive behavior. From this book staff can learn to recognize and manage on-the-job stressors avoid common intervention mistakes respond to obstacles to effective interventions promote teamwork and improve interpersonal relationships set and execute realistic, achievable goals in treatment planning encourage residents' autonomy The principles and interventions are presented here in easy-to-understand language directed to everyone who works in a nursing home. The book can be used as a self-help tool or as a modified curriculum for in-services. Numerous handouts and displays familiarize, remind, or deepen the understanding of staff, supervisors, and administrators who want to implement these proven techniques. In addition, tracking forms help staff track residents' behaviors and their own responses to them.

"Nurses play a vital role in improving the safety and quality of patient care -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043)." - online AHRQ blurb, <http://www.ahrq.gov/qual/nursesbdbk/>

Compassion and caring are at the very heart of nursing – possibly that’s why you were attracted to the nursing profession in the first place. But what does compassionate caring really mean in nursing practice? Compassion, Caring and Communication: Skills for Nursing Practice is a practical book that guides you through the complex dimensions of caring. It considers the ways in which you connect with patients, families and co-workers, and the long-lasting impact of emotions and feelings. Using real-life narratives, case studies and reflection activities, the authors demonstrate how you can develop and maintain the empathy and communication skills you need to create effective, compassionate and caring partnerships. New to the second edition: Comprehensively updated throughout to reflect and highlight current professional pressures and public concerns around nursing practice. Includes a broader range of relevant case studies, discussions and scenarios to engage students and qualified nurses at all levels. Contains new content about the impacts of recent government reports and policies on nursing care, developing an awareness of contemporary issues and debates. The BOND caring framework has been revised and updated alongside new ‘caring indicators’, to support the development of compassionate caring skills. All references have been updated using the latest sources and evidence-based studies.

Approximately 4 million U.S. service members took part in the wars in Afghanistan and Iraq. Shortly after troops started returning from their deployments, some active-duty service members and veterans began experiencing mental health problems. Given the stressors associated with war, it is not surprising that some service members developed such mental health conditions as posttraumatic stress disorder, depression, and substance use disorder. Subsequent epidemiologic studies conducted on military and veteran populations that served in the operations in Afghanistan and Iraq provided scientific evidence that those who fought were in fact being diagnosed with mental illnesses and experiencing mental health-related outcomes—in particular, suicide—at a higher rate than the general population. This report provides a comprehensive assessment of the quality, capacity, and access to mental health care services for veterans who served in the Armed Forces in Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn. It includes an analysis of not only the quality and capacity of mental health care services within the Department of Veterans Affairs, but also barriers faced by patients in utilizing those services.

Written to save careers one voice at a time through scientifically proven methods and advice, this resource teaches people how to protect and improve one of their most valuable assets: their speaking voice. Simple explanations of vocal anatomy and up-to-date instruction for vocal injury prevention are accompanied by illustrations, photographs, and FAQs. An audio CD of easy-to-follow vocal-strengthening exercises—including Hum and Chew, Puppy Dog Whimper, Sirens, Lip Trills, and Tongue Twisters—is also included, along with information on breathing basics, vocal-cord vibration, and working with students who have medical complications such as asthma, acid reflux, or anxiety.

If you're tired of staring at the same mess every day, but struggling to find the time and willpower to clean it, you probably have a very good reason: anxiety, fatigue, depression, ADHD, or lack of support. Designed by therapist KC Davis, this revolutionary method of cleaning and organizing helps end the stress-mess cycle. After KC Davis gave birth to her second child, she didn't fold a single piece of laundry for seven months. Between postpartum depression and ADHD, she felt numb and overwhelmed. She regained her sanity--and the functionality of her home--after one life-changing real-

ization: You don't work for your home; your home works for you. In other words, messiness is not a moral failing. A new sense of calm washed over her as she let go of the shame-based messaging that interpreted a pile of dirty laundry as "I can never keep up" and a chaotic kitchen as "I'm a bad mother." Instead, she looked at unwashed clothes and thought, "I am alive," and at stacks of dishes and thought, "I cooked my family dinner three nights in a row." Building on this foundation of self-compassion, KC devised the powerful practical approach that has exploded in popularity through her TikTok account, @domesticblisters. The secret is to stop following perfectionist rules that don't make sense for you--like folding clothes that don't wrinkle anyway, or thinking that every room has to be clean at the same time--and to find creative solutions that accommodate your needs, pet peeves, daily rhythms, and attention span. Inside, you'll learn exactly how to customize your approach and rebuild your relationship with your home, including: -How to stop seeing care tasks as a reflection of your worth, but rather as kindnesses to your future self -How to use calming rituals to keep you from feeling overwhelmed when you look at a big mess -How to stagger tasks that are easy to procrastinate throughout the week and month -How to quickly transform a room from messy to fully functional through the "5 Things" tidying method, and other shortcuts requiring minimal energy Read this book to make home feel like a sanctuary again: where you can move with ease, where guilt, self-criticism, and endless checklists have no place, and where you always have permission to rest, even when things aren't finished.

If your teenager shows signs of having an eating disorder, you may hope that, with the right mix of love, encouragement, and parental authority, he or she will just "snap out of it." If only it were that simple. To make matters worse, certain treatments assume you've somehow contributed to the problem and prohibit you from taking an active role. But as you watch your own teen struggle with a life-threatening illness, every fiber of your being tells you there must be some part you can play in restoring your child's health. In Help Your Teenager Beat an Eating Disorder, James Lock and Daniel Le Grange--two of the nation's top experts on the treatment of eating disorders--present compelling evidence that your involvement as a parent is critical. In fact, it may be the key to conquering your child's illness. Help Your Teenager Beat an Eating Disorder provides the tools you need to build a united family front that attacks the illness to ensure that your child develops nourishing eating habits and life-sustaining attitudes, day by day, meal by meal. Full recovery takes time, and relapse is common. But whether your child has already entered treatment or you're beginning to suspect there is a problem, the time to act is now. This book shows how.

Stop being a pushover - it's time for you to be seen, be heard, and to get what you deserve. Have you spent the better portion of your life physically and mentally unable to strive for what you really want, passively riding the waves as they come? Are you constantly considerate of others' feelings, having made too many compromises in the past that have left you feeling unfulfilled and empty? You may currently be facing an unsettling internal conflict, wondering how you can assert yourself and express your genuine thoughts, needs, and opinions without being aggressive or disliked by those around you. There's no reason to be held back by discomfort and fear anymore - with the right training, your timid nature will undoubtedly subside, making room for the assertive person you've always longed to be. In Assertiveness Training, you will discover: Scientifically proven steps to practice self-awareness and emotional control to avoid the most common emotional setbacks barricading the way between you and your assertive self. How to tackle the anxiety and fear that come from your first attempts at being assertive, making assertiveness second nature. A plethora of situation-based tips and tricks that will guide you through the process of knowing exactly what to say and do to let people know that you're not to be walked over. A step-by-step action plan, taking you on a transformative journey towards building more confidence that's rooted in a polite and kind contact with the people around you. + Plus as a bonus, you'll also get "Stop People Pleasing" to help you to start saying no and set healthy boundaries with your family, friends, and colleagues. In Stop People Pleasing, you will discover: The 4 defense mechanisms specific to people pleasing, how to identify them, and how to respond to them Multiple exercises and approaches to help you rediscover who you are at heart, breaking free from feeling the need to seek validation from others Coping mechanisms designed to help you overcome discomfort or frustration as you redefine the boundaries in your life. A step-by-step 14-day action plan to help you achieve instant and notable improvements. Assertiveness is not a natural-born trait, but it is a skill that we all can acquire with perseverance and the right kind of guidance. With the right tools and techniques by your side, you will be able to hit the ground running and be one step closer to living your life the way you want to live it. If you're ready to finally stand up for yourself and transform your life, then scroll up and click the "Add to Cart" button right now.

Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

“Ellen Galinsky—already the go-to person on interaction between families and the workplace—draws on fresh research to explain what we ought to be

teaching our children. This is must-reading for everyone who cares about America's fate in the 21st century." — Judy Woodruff, Senior Correspondent for The PBS NewsHour Families and Work Institute President Ellen Galinsky (Ask the Children, The Six Stages of Parenthood) presents a book of groundbreaking advice based on the latest research on child development.

This book serves as a comprehensive reference for the basic principles of caring for older adults, directly corresponding to the key competencies for medical student and residents. These competencies are covered in 10 sections, each with chapters that target the skills and knowledge necessary for achieving competency. Each of the 45 chapters follow a consistent format for ease of use, beginning with an introduction to the associated competency and concluding with the most salient points for mastery. Chapters also includes brief cases to provide context to the clinical reasoning behind the competency, strengthening the core understanding necessary to physicians of the future. Written by expert educators and clinicians in geriatric medicine, Geriatric Practice is key resource for students in geriatric medicine, family and internal medicine, specialties, hospice and nursing home training, and all clinicians studying to work with aging patients.

This second edition of the Handbook of Eating Disorders offers a comprehensive, critical account of the whole field of eating disorders, incorporating both basic knowledge and a synthesis of the most recent developments in the area. Many of the important developments in recent years are reflected in this expanded volume such as the basic science of appetite control, the discovery of leptin and the knowledge about the neurotransmitters involved in eating. An invaluable review of scientific knowledge and approaches to treatment of eating disorders from anorexia nervosa to obesity. * Covers basic concepts and science, clinical considerations of definition and assessment, and treatment approaches * Focuses on newer developments in research and treatment * Reflects evidence-based approaches to treatment as a guide to best practice * Includes many new chapters and authors who represent the most authoritative scientists and clinicians worldwide

Help your child eat normally again Parents are the first to know when their child starts behaving differently. Has your son stopped eating his favorite food, or does he refuse to eat out with friends? Has your daughter drastically increased her exercise regimen, or become obsessed with health foods? These are among the telltale signs that your child, like millions of others, may have an eating disorder (ED). In this essential guide, registered dietitians Casey Crosbie and Wendy Sterling introduce an all-new strategy you can use to help your child at home. The Plate-by-Plate approach is rooted in family-based treatment (FBT)—the leading psychological therapy for EDs. Unlike complicated "exchange" systems, this is simple: Crosbie and Sterling coach you through every aspect of meeting your child's nutritional needs, using just one tool—a ten-inch plate. Paired with therapy, this intuitive, visual method is the best way to support your child on the path to recovery. Plus, the authors cover how to talk about diet and weight, what to do while traveling, what to expect from your child's doctor, and much more.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Caring for a Loved One with an Eating Disorder: The New Maudsley Skills-Based Training Manual provides a framework for carer skills workshops which can be used by anyone working with these conditions. Based on the successful New Maudsley Model, which equips carers with the knowledge and skills needed to support those with an eating disorder, the book consists of two sections which will help facilitators to deliver skills workshops to carers. The first section provides the theoretical background, while the second uses exercises to bring the New Maudsley Model to life. The skills workshops provide a much-needed lifeline, giving carers an opportunity to meet in a safe, non-judgemental and confidential environment, and to learn to recognise that changes in their own responses can be highly beneficial. With session-by-session guidelines and handouts for participants, Caring for a Loved One with an Eating Disorder: The New Maudsley Skills-Based Training Manual will be of aid to anyone working with someone coping with these conditions.

It is widely agreed that education should involve the development of understanding, critical thinking, imagination, and emotions. However, this book, first published in 1990, argues that our views to these key concepts are confused and inaccurate, and therefore what we do in schools is generally inappropriate to our ideal. This book will be of interest to students of education and philosophy.

Based on the authors' pioneering work and up-to-date research at London's Maudsley hospital, A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa provides adults with anorexia nervosa and the professionals working alongside them with a practical resource to work through together. The approach described is recommended by the National Institute of Clinical and Care Excellence (NICE) as a first-line, evidence-based treatment for adults with anorexia nervosa. A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa provides adults with anorexia nervosa and the professionals working alongside them with a practical resource to work through together. The manual is divided into accessible modules, providing a co-ordinated, step-by-step guide to recovery. Modules include: Nutrition Developing treatment goals Exploring thinking styles Developing

an identity beyond anorexia. A Cognitive Interpersonal Therapy Workbook for Treating Anorexia Nervosa is a highly beneficial aid to recovery for those with the condition, their families and mental health professionals.

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

The Institute of Medicine study Crossing the Quality Chasm (2001) recommended that an interdisciplinary summit be held to further reform of health professions education in order to enhance quality and patient safety. Health Professions Education: A Bridge to Quality is the follow up to that summit, held in June 2002, where 150 participants across disciplines and occupations developed ideas about how to integrate a core set of competencies into health professions education. These core competencies include patient-centered care, interdisciplinary teams, evidence-based practice, quality improvement, and informatics. This book recommends a mix of approaches to health education improvement, including those related to oversight processes, the training environment, research, public reporting, and leadership. Educators, administrators, and health professionals can use this book to help achieve an approach to education that better prepares clinicians to meet both the needs of patients and the requirements of a changing health care system.

Skills-based Learning for Caring for a Loved One with an Eating Disorder equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. Through a coordinated approach, this book offers information alongside detailed techniques and strategies, which aim to improve professionals' and home carers' ability to build continuity and consistency of support for their loved ones. The authors use evidence-based research and personal experience, as well as practical support skills, to advise the reader on a number of difficult areas in caring for someone with an eating disorder. These include: working towards positive change through good communications skills developing problem solving skills building resilience managing difficult behaviour. This book is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder. It will enable the reader to use the skills, information and insight gained to help change eating disorder symptoms.

U.K. nursing students gain an understanding of nursing theory and knowledge from their lectures and textbooks, but when they first encounter clinical situations how can they translate this into the clinical skills needed with patients? This U.K. book identifies a wide range of clinical skill and explains each one from start to finish, step-by-step with accompanying illustrations. Easy to use and attractively designed in 2 colours throughout, this U.K. clinical manual concentrates on the preparation for each skill, the procedure, and post-procedure guidelines. With over 120 essential skills and procedures, written and produced in a clear, consistent style, this U.K. book is invaluable in any clinical setting and suitable for all foundation students regardless of their future specialty.

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

THE MUST-READ MULTIMILLION BESTSELLING MYSTERY SERIES • Everyone is talking about A Good Girl's Guide to Murder! With shades of Serial and Making a Murderer this is the story about an investigation turned obsession, full of twists and turns and with an ending you'll never expect. Everyone

in Fairview knows the story. Pretty and popular high school senior Andie Bell was murdered by her boyfriend, Sal Singh, who then killed himself. It was all anyone could talk about. And five years later, Pip sees how the tragedy still haunts her town. But she can't shake the feeling that there was more to what happened that day. She knew Sal when she was a child, and he was always so kind to her. How could he possibly have been a killer? Now a senior herself, Pip decides to reexamine the closed case for her final project, at first just to cast doubt on the original investigation. But soon she discovers a trail of dark secrets that might actually prove Sal innocent . . . and the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life might be in danger. And don't miss the sequel, Good Girl, Bad Blood! "The perfect nail-biting mystery." --Natasha Preston, #1 New York Times bestselling author

Effective counseling depends on mastering basic communication skills. In this integrative, classroom-ready text, Elisabeth Nesbit Sbanotto, Heather Daveidiuk Gingrich and Fred Gingrich break these skills into manageable microskills and connect them to insights and practices from Scripture, theology and spiritual formation.

When Willow is born with severe osteogenesis imperfecta, her parents are devastated—she will suffer hundreds of broken bones as she grows, a lifetime of pain. In this provocative story from the #1 New York Times bestselling author, “Picoult writes with unassuming brilliance” (Stephen King). Every expectant parent will tell you that they don’t want a perfect baby, just a healthy one. Charlotte and Sean O’Keefe would have asked for a healthy baby, too, if they’d been given the choice. Instead, their lives are made up of sleepless nights, mounting bills, the pitying stares of “luckier” parents, and maybe worst of all, the what-ifs. What if their child had been born healthy? But it’s all worth it because Willow is, funny as it seems, perfect. She’s smart as a whip, on her way to being as pretty as her mother, kind, brave, and for a five-year-old an unexpectedly deep source of wisdom. Willow is Willow, in sickness and in health. Everything changes, though, after a series of events forces Charlotte and her husband to confront the most serious what-ifs of all. What if Charlotte had known earlier of Willow’s illness? What if things could have been different? What if their beloved Willow had never been born? To do Willow justice, Charlotte must ask herself these questions and one more. What constitutes a valuable life? Emotionally riveting and profoundly moving, *Handle with Care* is an unforgettable novel about the fragility of life and the lengths we will go to protect it.

To maintain their own health and the health of their families and communities, consumers rely heavily on the health information that is available to them. This information is at the core of the partnerships that patients and their families forge with today’s complex modern health systems. This information may be provided in a variety of forms — ranging from a discussion between a patient and a health care provider to a health promotion advertisement, a consent form, or one of many other forms of health communication common in our society. Yet millions of Americans cannot understand or act upon this information. To address this problem, the field of health literacy brings together research and practice from diverse fields including education, health services, and social and cultural sciences, and the many organizations whose actions can improve or impede health literacy. *Health Literacy: Prescription to End Confusion* examines the body of knowledge that applies to the field of health literacy, and recommends actions to promote a health literate society. By examining the extent of limited health literacy and the ways to improve it, we can improve the health of individuals and populations.

This book trains students of the caring professions, across health and social care, in the basic philosophical skills and knowledge needed to deal with the ethical aspects of their profession. It shows why ethical education is required, and teaches the skills of reasoning that equip professionals to think critically about the theories and arguments used in ethical discussions. It demonstrates how we can be confident that we can rely on common moral ground; but it also points out how we need to recognise the influence of different world-views, and to note how, on some issues, these can lead us in starkly different directions. It explains relevant philosophical theories, and evaluates their strengths and weaknesses – particularly in relation to what is required for proper professional ethics. It shows how to employ the commonly accepted framework of four ethical principles – beneficence, non-maleficence, autonomy, and justice. These various matters are then illustrated in two extended case studies, which focus on the problem of euthanasia, and the question of screening for disability and the value of human life. *Ethical Basics for the Caring Professions* is designed for use on all health and social care and human services courses on ethics and values. It will also be of interest to academics and professionals working within these fields. *Caring for a loved one with an eating disorder* is a difficult task; carers often find it hard to cope, and this can contribute to the maintenance of the disorder. *The Clinician's Guide to Collaborative Caring in Eating Disorders* shows how active collaboration between professional and non-professional carers can maximise the quality of life for both the sufferer and all other family members. The book provides straightforward guidance for clinicians who work with families and carers. It suggests ways of ensuring that interpersonal elements that can maintain eating disorders are minimised and indicates skills and knowledge that can be taught to the carer for both managing their personal reaction to the illness, and for providing a practically and emotionally supportive environment that is conducive to change. The appendices of the book contain a Toolkit for Carers, a series of worksheets designed to help carers recognise their own unique caring styles. This book is worthwhile reading for all health professionals working with people with eating disorders. It is relevant across a variety of settings and client groups including inpatients, out-patients, community and day patients.

Davis Advantage for Basic Nursing www.DavisAdvantage.com Instant Access: 978-0-8036-6819-5 Access Card: 978-0-8036-6818-8 LEARN-APPLY-ASSESS Davis Advantage for Basic Nursing takes an all-new approach to RN Fundamentals education by offering a unique focus on the Learn-Apply-Assess continuum. This complete solution integrates an innovative textbook with online adaptive technology to make learning personal. Together, they create a seamless experience that tracks each student's progress and assesses their knowledge until they have mastered the concepts and are ready to apply them in class, clinical, and practice. A special code in the front of the book unlocks online Personalized Learning Plans and Quizzing for students and an interactive ebook version of the text. LEARN The Textbook Basic Nursing: Thinking, Doing, and Caring, 2nd Edition This student-focused text teaches students to "Think Like a Nurse" from the very first day, connecting the concepts students are learning in class to the real world in which they will practice. A consistent and concise organization along with a wealth of pedagogical features promote critical thinking and clinical decision making by emphasizing the Thinking, Doing, and Caring at the heart of professional practice they will do as nurses. In every chapter, they'll first explore the theoretical knowledge behind the concepts, principles, and rationales. Then, they'll study the practical knowledge involved in the processes; and finally, learn the skills and procedures. APPLY Online Personalized Learning Plans Personalized learning plans offer multiple paths to learning

success. Students are assessed on their comprehension of key topics and then are given a plan to work through based on their strengths and weaknesses. Interactive case studies, video animations and dynamic activities engage students and bring the concepts to life to help drive mastery. Click here to read the white paper. ASSESS Online Personalized Quizzing Davis Edge's online quizzing platform uses NCLEX(R)-style questions for assessment and remediation. Its interactive, question-based format provides the practice students need to master course content and improve their scores on classroom exams through a series of personalized quizzes based on each student's performance. Click here for a preview of the text and the resources available when you purchase this book.

The secret to leadership and transformation of a group—or of another person—is the quality of the relationship one person has with another. The effective group leader or counselor will be the person who learns how to listen to other people. By studying and employing listening skills, church leaders will engage others more compassionately, allowing them to feel that their needs are being met. These skills can be used with persons who are terminally ill, inactive at church, going through a divorce, in a family with a severely ill person, unemployed, seeking a new church, grieving, traumatized by catastrophe, going through teenage adolescence, in marriage counseling, or leading a ministry team. John Savage offers eleven specific and teachable listening skills for improving relationships among those who do ministry in small-group settings or when offering counsel to others. The skills are taught through oral exercises and unfailingly helpful examples from actual congregational situations. The skills include paraphrasing, productive questions, perception check, expression of feelings and emotions, fogging, negative inquiry, behavior description, and story listening.

The fourth edition contains guidelines on the development and evaluation of the health and safety of children in early care and education settings. This guide features 10 chapters of more than 650 standards and dozens of appendixes with valuable supplemental information, forms, and tools. KEY FEATURES More than 100 updated standards and appendixes Updated appendixes, including Signs and Symptoms Chart, Recommended Immunization Schedule, and Recommendations for Preventive Pediatric Health Care Completely revised and updated topics on environmental health, infectious diseases, and nutrition TOPICS INCLUDE Staffing Program activities for healthy development Health promotion and protection Nutrition and food service Facilities, supplies, equipment, and environmental health Play areas and playgrounds, and transportation Infectious diseases Children with special health care needs and disabilities Administration Licensing and community action And more ...

If your people know you care about them, they will move mountains. Employee engagement and loyalty expert Heather Younger outlines nine ways to manifest the radical power of caring support in the workplace. Heather Younger argues that if you are looking for increased productivity, customer satisfaction, or employee engagement, you need to care for your employees first. People will go the extra mile for leaders who show they are genuinely concerned not just with what employees can do but with who they are and can become. But while most leaders think of themselves as caring leaders, not all demonstrate that care in consistent ways. Your employees will judge you by your actions, not your intentions. Based on Younger's interviews with over eighty leaders for her podcast *Leadership with Heart*—including Howard Behar, former president of the Starbucks Coffee Company; Judith Scimone, senior vice president and chief talent officer at MetLife; Garry Ridge, CEO and chairman of the board of the WD-40 Company; and Shawnté Cox Holland, head of culture and engagement at Vanguard—this book outlines nine ways that leaders can make all employees feel included and cared for. She even provides access to a self-assessment so you can measure your progress as a caring leader. But this is not a cookie-cutter approach: just as Monet and Picasso expressed themselves very differently, each leader should express caring in his or her own unique, personal style. Younger takes an often nebulous, subjective concept and makes it concrete and actionable. Leaders have the power to change the lives of those they lead. They shouldn't just want to care, they should see caring as imperative for the success of their employees and their organization.

The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles -- including limits on nurses' scope of practice -- should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

The Public Health Foundation (PHF) in partnership with the Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of *Epidemiology and Prevention of Vaccine-Preventable Diseases*, 13th Edition or “The Pink Book” E-Book. This resource provides the most current, comprehensive, and credible information on vaccine-preventable diseases, and contains updated content on immunization and vaccine information for public health practitioners, healthcare providers, health educators, pharmacists, nurses, and others involved in administering vaccines. “The Pink Book E-Book” allows you, your staff, and others to have quick access to features such as keyword search and chapter links. Online schedules and sources can also be accessed directly through e-readers with internet access. Current, credible, and comprehensive, “The Pink Book E-Book” contains information on each vaccine-preventable disease and delivers immunization providers with the latest information on: Principles of vaccination General recommendations on immunization Vaccine safety Child/adult immunization schedules International vaccines/Foreign language terms Vaccination data and statistics The E-Book format contains all of the information and updates that are in the print version, including: · New vaccine administration chapter · New recommendations regarding selection of storage units and temperature monitoring tools · New recommendations for vaccine transport · Updated information on available influenza vaccine products · Use of Tdap in pregnancy · Use of Tdap in persons 65 years of age or older · Use of PCV13 and PPSV23 in adults with immunocompromising conditions · New licensure information for varicella-zoster immune globulin Contact bookstore@phf.org for more information. For more news and specials on immunization and vaccines visit the Pink Book's Facebook fan page

Skills-based Learning equips carers with the skills and knowledge needed to support those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. Through a coordinated approach, it offers detailed techniques and strategies, which aim to improve

professionals' and carers' ability to build continuity of support for their loved ones. Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas in caring for someone with an eating disorder. This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder.

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to an-

swer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read Daring Greatly and Rising Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

Skills-based Caring equips carers with the skills and knowledge needed to support those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery. Through a coordinated approach, it offers detailed techniques and strategies, which aim to improve professionals' and carers' ability to build continuity of support for their loved ones. Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas in caring for someone with an eating disorder. This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder.

Social work is rooted in the values of service, social justice, and strong interpersonal relationships, but as the profession evolves, so must the approach to education. Michael E. Sherr and Johnny M. Jones have created an introductory textbook written for the future of social work. The second edition integrates the knowledge of practice, policy, research, HBSE, and field work with the skills and practice behaviors necessary for students to become fully competent social workers by the time they graduate. Students are introduced to social work through a "Why We Do, What We Do" model that emphasizes how and why social workers commit to their careers. 41 case vignettes, 16 of which are new, engage students and present a clear picture of the profession to help them become invested in enhancing and restoring the well-being of individuals, groups, and communities. Visit www.oup-arc.com for student and instructor resources.