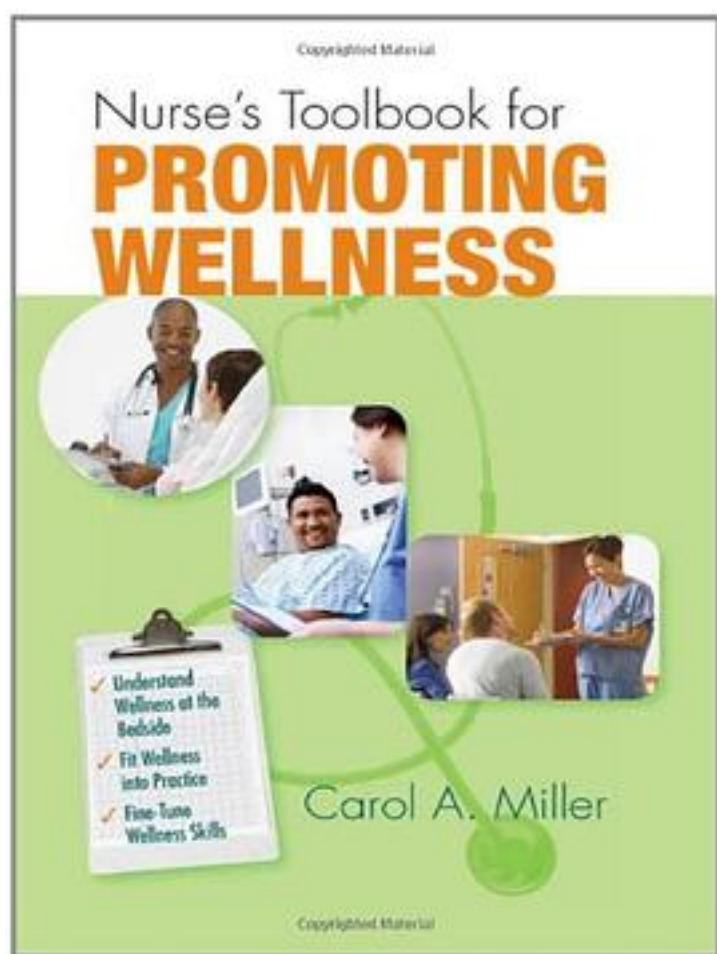


# Nurse's Toolbook for Promoting Wellness



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The tools and guidance you need to make wellness a part of your everyday nursing practice While many books have covered the theoretical aspects of wellness, only one resource gives you a real sense of what wellness looks like at the bedside: the Nurse's

Toolbook for Promoting Wellness. Compact and easy to use, this unique how-to guide is filled with wellness-oriented clinical tools and practical suggestions, from teaching nutritional wellness to promoting specific aspects of patients' wellness such as moving and breathing well. Features Wellness Assessment Tools that give specific instructions on how to identify areas for potential wellness interventions Wellness Teaching Tools specifically designed to be used as handouts educate patients about how they can participate in their own care Insightful stories from nurses and patients demonstrating the role of wellness in patient care Clear three-part organization that begins with a helpful overview of wellness nursing, then covers how to promote patients' wellness in their daily lives and facilitate specific aspects of patients' wellness Detailed, step-by-step guidelines that provide specific techniques to use at the bedside Hands-on self-assessment tools that enable you to utilize wellness techniques in your own life

作者介绍:

目录:

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