

## Core Concepts In Health 10th Edition

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the most reliable and widely used personal health text core concepts in health utilizes the theme of personal responsibility to teach and motivate students about health and wellness

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for those developing or enhancing their knowledge and skills in education and mentorship in healthcare this book is a guide to the key theories issues and practical considerations involved in healthcare education in the 21st century it is aimed at those studying to be educators in both academic and practice settings as well as supporting the continuing professional development of more experienced lecturers and practice educators the book can be used as a reference source a platform for further study and an essential text the book comprises 40 succinct chapters each covering a topic and featuring a definition of the concept key points discussion of the main issues a case study to illustrate the application to practice and suggestions for further reading

the central idea in this book is the concept of balance composed of five universal elements that support survival of all human beings adaptation equilibrium homeostasis needs and health and how it applies to health and nursing behavior is the key that unlocks these elements through interaction with the internal and external environments the concepts of imbalance personality open systems behavior

pyramid culture technology and physical forces are viewed as influences that affect behavior using existing related concepts and theories derived from the social nursing and physical sciences a novel view of the health illness continuum was conceptualized from this theoretical background a new nursing model was developed the balance health nursing model bhnrm using balance as a framework in the nursing process a balance health assessment tool was developed with a sample case study to demonstrate its use this view of balance offers an alternative approach to health and illness and the role of nursing and other health care professionals in their practice settings

core concepts brief ninth edition provides a concise and current introduction to health topics and issues bringing students scientifically based and accurate information about health and wellness topics an affordable alternative to larger health texts core concepts brief ninth edition includes a built in study guide for students to test their knowledge of health related issues and assess their level of wellness

key concepts in health studies provides a much needed guide to the central concepts used across the subject and offers the reader a comprehensive overview of the core topics theories and debates drawing together the fundamentals within the disciplines of health nursing and social policy this book is an ideal text both for students studying health in a range of academic fields and for health and social care practitioners from ageism to public health and gender to obesity the book offers an exciting guide to the multidisciplinary field each entry features a snapshot definition of the concept a wider discussion of the main issues case studies illustrating the application of theory to practice examples of further reading highly readable with clear indexing and cross referencing between entries this is not only a student friendly textbook that will enable the reader to dip into and update their knowledge of a particular key concept but a valuable resource to anyone practicing in the health care field

now in its eighteenth edition connect core concepts in health remains the leading health textbook in u s higher education in 2020 connect core concepts in health won the textbook and academic authors mcguffey award for excellence and longevity the book's unique psychological approach to mind body health encourages students to take proactive self assessments students can stay current on the latest studies while learning how to negotiate cross cultural ideas of what it means to be healthy and how to live in our diverse consumer oriented society mcgraw hill education's digital and teaching learning tools also integrate connect core concepts in health's authoritative sciencebased content

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