

Health The Basics Green Edition

In 1987, our first book *Acupuncture: Textbook and Atlas* received rave reviews (e.g., in *New England Journal of Medicine*). This prompted us to write this smaller, affordable version in order to reach a wider audience. The smaller format has been so successful that we are now into our fourth revised edition. This has given us the opportunity to update and improve the book. For example, numerous new references to scientific advances have been added. Also the section on traditional Chinese medicine (TCM) was added because it gives a more complete picture of the current practice of acupuncture. Acupuncture has come a long way since our first book in 1987. There has been a surge of interest in treating drug addictions by ear acupuncture in 450 centers world wide. The treatment of nausea and vomiting has been so well tested (scientifically) that the FDA (USA) is considering making this the major indication for acupuncture in America. Research into its efficacy for neurological and pulmonary diseases is also gaining credibility. No longer is chronic pain the only scientifically acceptable use for acupuncture (based on the endorphin mechanism).

"The *Health Sciences Library Liaison Today* provides fodder for discussion, ideas for programming potential, implementation and evaluation methods, planning processes, and recommendations for library liaison programs. It discusses challenge for librarians to be proactive, current collaborators in the academic and clinical environments"--

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This book provides an engaging, jargon-free introduction to the threat of global pandemics, offering an overview of the many origins and triggers of pandemic events. It covers the impacts generated by novel infectious disease outbreaks across various dimensions – from social and ethical to medical and political, from media to economic and legal implications. The author discusses the preparedness strategies developed globally, the lessons learned from various outbreaks and the mitigation measures deployed — from quarantine and social distancing to data sharing and surveillance systems — including their unintended impacts. While the risk of global pandemics is certainly intensely debated by the scientific community, and increasingly by policy makers at various levels, the threat is hardly discussed in the public domain. It only permeates the media during crisis events, such as during the SARS outbreak in 2003, the West African Ebola outbreak in 2014–15, and most notably the ongoing COVID-19 global pandemic crisis. This book is thus highly timely and topical. It has a global scope, whilst at times zooming in on the implications of pandemic risk and mitigation for the Global North or the Global South. Given the interdisciplinarity of the topic, this book will be of great interest to a wider non-academic audience, as well as students from a range of subjects including politics, sociology, geography, anthropology, and international development, along with entry-level medical students keen to widen their appreciation of the social dimensions of the medical work they set out to conduct.

HealthThe BasicsBenjamin-Cummings Publishing Company

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With at least 40% new or updated content since the last edition, Clinical Decision Support, 2nd Edition explores the crucial new motivating factors poised to accelerate Clinical Decision Support (CDS) adoption. This book is mostly focused on the US perspective because of initiatives driving EHR adoption, the articulation of 'meaningful use', and new policy attention in process including the Office of the National Coordinator for Health Information Technology (ONC) and the Center for Medicare and Medicaid Services (CMS). A few chapters focus on the broader international perspective. Clinical Decision Support, 2nd Edition explores the technology, sources of knowledge, evolution of successful forms of CDS, and organizational and policy perspectives surrounding CDS. Exploring a roadmap for CDS, with all its efficacy benefits including reduced errors, improved quality, and cost savings, as well as the still substantial roadblocks needed to be overcome by policy-makers, clinicians, and clinical informatics experts, the field is poised anew on the brink of broad adoption. Clinical Decision Support, 2nd Edition provides an updated and pragmatic view of the methodological processes and implementation considerations. This book also considers advanced technologies and architectures, standards, and cooperative activities needed on a societal basis for truly large-scale adoption. At least 40% updated, and seven new chapters since the previous edition, with the new and revised content focused on new opportunities and challenges for clinical decision support at point of care, given changes in science, technology, regulatory policy, and healthcare

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finance Informs healthcare leaders and planners, health IT system developers, healthcare IT organization leaders and staff, clinical informatics professionals and researchers, and clinicians with an interest in the role of technology in shaping healthcare of the future

This package contains the following components: -0321626400: Health: The Basics, Green Edition -0321667174: MyHealthLab Student Access Code Card for Health: The Basics, Green Edition (ValuePack ME Component)

INTRODUCTION to EPIDEMIOLOGY: DISTRIBUTION AND DETERMINANTS OF DISEASE gradually immerses students in the science of public health while learning about cardiovascular disease, cancer, diabetes, infectious diseases, and more. The first half of the book focuses on basic concepts in epidemiology, such as its history and integration into public health, disease occurrence, data sources, accuracy, and study design. Delving into high impact diseases and conditions, the second half guides students through the distribution and determinants of disease, including those of developing countries, which provides a global perspective. This first edition text was written for students with no prior knowledge of epidemiology, and includes useful online references, basic math resources, real-world problems, and an optional supplement package for better, faster comprehension! CourseMate includes an interactive eBook, interactive learning tools, including Quizzes, Flashcards, Videos, and more, as well as Engagement Tracker, which allows instructors to track individual or class progress.

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(Optional purchase with text -- learn more about CourseMate at www.cengage.com/coursemate). Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Diagnose and manage diseases using the newest information and research! Pathologic Basis of Veterinary Disease – Expert Consult, 6th Edition provides complete, illustrated coverage of both general pathology and the pathology of organ systems of domestic animals. Addressing species from dogs and cats to pigs and cattle — and many more — this reference describes the lesions and pathogenesises of diseases, how cells and tissues respond to injury, and the interplay of host defense mechanisms with microbes and injurious agents. Updates include the latest scientific advances and diagnostic information. Written by a team of expert contributors, this book includes an Expert Consult website with access to the complete digital book plus thousands of images and guidelines for sample acquisition and for performing a complete necropsy. Complete coverage of both general pathology and pathology of organ systems is provided in one convenient resource, and includes the latest information available. Over 20 recognized experts deliver the most relevant information for the practitioner, student, or individual preparing for the American College of Veterinary Pathology board examination. UPDATED content on cellular and organ system pathology includes the latest insights into the science of inflammation, healing, and molecular carcinogenesis, as well as expanded coverage of genetics and disease. Over 2,100 full-color illustrations include

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color schematics, flow charts, and diagrammatic representations of disease processes as well as summary tables and boxes, making it easier to understand difficult concepts. Clear, up-to-date explanations of disease mechanisms describe cell, tissue, and organ response to injury and infection. Easy-to-follow organization for each systemic disease chapter includes a brief review of basic principles related to anatomy, structure, and function, followed by congenital and functional abnormalities and discussions of infectious disease responses, helping you apply principles to veterinary practice. Expert Consult website provides the reader with the complete digital text plus: An image collection; guidelines for performing a complete, systematic necropsy and appropriate sample acquisition for all organ systems; a comprehensive glossary; and an appendix of photographic techniques in veterinary pathology. NEW line drawings and schematic diagrams depict current concepts about pathogeneses and lesions of veterinary diseases. NEW! Essential Concept boxes in each basic pathology chapter break down long and complicated topics, making it easier to understand lesions and pathogeneses in the 'organ system' chapters. NEW! Key Readings Index at the beginning of each chapter includes page numbers, making important information easy to locate. Hospital and Healthcare Security, Fifth Edition, examines the issues inherent to healthcare and hospital security, including licensing, regulatory requirements, litigation, and accreditation standards. Building on the solid foundation laid down in the first four editions, the book looks at the changes that have occurred in healthcare security since the last edition was published in

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2001. It consists of 25 chapters and presents examples from Canada, the UK, and the United States. It first provides an overview of the healthcare environment, including categories of healthcare, types of hospitals, the nonhospital side of healthcare, and the different stakeholders. It then describes basic healthcare security risks/vulnerabilities and offers tips on security management planning. The book also discusses security department organization and staffing, management and supervision of the security force, training of security personnel, security force deployment and patrol activities, employee involvement and awareness of security issues, implementation of physical security safeguards, parking control and security, and emergency preparedness. Healthcare security practitioners and hospital administrators will find this book invaluable. FEATURES AND BENEFITS: * Practical support for healthcare security professionals, including operationally proven policies, and procedures * Specific assistance in preparing plans and materials tailored to healthcare security programs * Summary tables and sample forms bring together key data, facilitating ROI discussions with administrators and other departments * General principles clearly laid out so readers can apply the industry standards most appropriate to their own environment NEW TO THIS EDITION: * Quick-start section for hospital administrators who need an overview of security issues and best practices

The question of whether humans are free to make their own decisions has long been debated and it continues to be a controversial topic today. In *Free Will: The Basics* readers are provided with a clear and accessible introduction to this central but challenging philosophical problem. The questions which are discussed include: Does free will exist? Or is it illusory? Can we be free even if everything is determined by a chain of causes? If our actions are not determined,

does this mean they are just random or a matter of luck? In order to have the kind of freedom required for moral responsibility, must we have alternatives? What can recent developments in science tell us about the existence of free will? Because these questions are discussed without prejudicing one view over others and all technical terminology is clearly explained, this book is an ideal introduction to free will for the uninitiated.

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete’s bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, The TB12 Method provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive

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while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

Basics of Health Care Performance Improvement: A Lean Six Sigma Approach prepares future healthcare administrators to meet the challenges of a changing marketplace through the proven Lean Six Sigma method of quality improvement straightforward principles and procedures that enhance how healthcare organizations operate. With an eye toward meeting consumers increasing demand for value in health care, this new volume provides in-depth information on planning and implementing a Define-Measure-Analyze-Improve-Control (DMAIC) initiative to reduce errors and improve performance in healthcare settings, and serves as an essential reference on the basics of Lean Six Sigma and its application in augmenting the quality of care. **Key Features:** Lean Six Sigma case studies drawn from the industry; A thorough exploration of DMAIC approach to quality improvement; Discussion questions in every chapter **Instructor Resources:** Instructor's Manual, PowerPoint Presentations, and a TestBank"

This accessible primer on health psychology covers the key theories and models of the discipline. Through the use of real-life case studies and examples, it covers a broad range of topics related to the field of health psychology including: health promotion, risky health behaviour and health in healthcare settings. It explains how health psychology serves to not only promote positive health and reduce maladaptive health behaviours, but also support those

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who are chronically ill. Unlike medicine, health psychology takes a more holistic approach through the interaction of psychological, social and biological factors to improve health. This book outlines the inter-relationship between how we think and feel, our biological systems and the social contexts in which we live. It discusses how belief and attitude can shape behavior, the pivotal role of stress and how we can adjust to chronic illness. Drawing from experience, the authors answer important and common questions like how can we stop people from smoking? Does stress really make us ill? Why don't people take their medication as prescribed? And how can we support people to adjust to a chronic health condition? It also provides a unique focus on children and adolescent health which considers how developmental changes impact health behaviours and subsequent health. It is an essential introductory text suitable for students, professionals and general readers interested in this important and emerging topic area. It also provides useful information for those interested in working in the field by providing an overview of what health psychologists do, where they work and the pathways available to become a registered health psychologist.

Dick Weissman gives a brief introduction to a century of the blues; This book is ideal for students and interested listeners who want to learn more about this treasured American artform.

What makes human language unique? Do women speak differently from men? Just what is the meaning of "meaning"? Language: The Basics provides a concise introduction to the study of language. Written in an engaging and entertaining style, it encourages the reader to think about the way language works. It features: * chapters on 'Language in Use', 'Attitudes to Language', 'Children and Language' and 'Language, Mind and Brain' * a section on sign

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language * a glossary of key terms * handy annotated guides to further reading. Providing an accessible overview of a fascinating subject, this is an essential book for all students and anyone who's ever been accused of splitting an infinitive.

Metaphysics: The Basics is a concise and engaging introduction to the philosophical study of the world and universe in which we live. Concerned with questions about reality, existence, time, identity and change, metaphysics has long fascinated people but to the uninitiated some of the issues and problems can appear very complex. In this lively and lucid book, Michael Rea examines and explains key questions in the study of metaphysics such as: • Can two things be in the same place at the same time? • Do creatures of fiction exist? • Are human beings free? • Is time travel possible? • Is there just one world or many worlds? With a glossary of key terms and suggestions for further reading, the book considers key philosophical arguments around Metaphysics, making this an ideal starting point for anyone seeking a full introduction to the debates both within and about metaphysics.

Quakerism: The Basics is an accessible and engaging introduction to the history and diverse approaches and ideas associated with the Religious Society of Friends. This small religion incorporates a wide geographic spread and varied beliefs that range from evangelical Christians to non-theists. Topics covered include: Quaker values in action The first generations of Quakerism Quakerism in the eighteenth and nineteenth centuries Belief and activism Worship and practice Quakerism around the world The future of Quakerism. With helpful features including suggested readings, timelines, a glossary, and a guide to Quakers in fiction, this book is an ideal starting point for students and scholars approaching Quakerism for the first time as well as those interested in deepening their understanding.

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Performance Studies: The Basics offers an overview of the multiple, often overlapping definitions of performance, from performance art, performance as everyday life, and rituals, to the performative dimensions of identity, such as gender, race and sexuality. This book defines the interdisciplinary field of performance studies as it has evolved over the past four decades at the intersection of academic scholarship and artistic and activist practices. It discusses performance as an important means of communicating and of understanding the world, highlighting its intersections with critical theory and arguing for the importance of performance in the study of human behaviour and social practices. Complete with a helpful glossary and bibliography, as well as suggestions for further reading, this book is an ideal starting point for those studying performance studies as well as for general readers with an interest in the subject.

Pragmatics: The Basics is an accessible and engaging introduction to the study of verbal and nonverbal communication in context. Including nine chapters on the history of pragmatics, current theories, the application of pragmatics, and possible future developments in the field, this book: Offers a comprehensive overview of key ideas in contemporary pragmatics and how these have developed from and beyond the pioneering work of the philosopher Paul Grice; Draws on real-world examples such as political campaign posters and song lyrics to demonstrate how we convey and understand direct and indirect meanings; Explains the effects of verbal, nonverbal, and multimodal communication and how the same words or behaviour can mean different things in different contexts, including what makes utterances more or less polite; Highlights key terms and concepts throughout and provides chapter-end study questions, further reading suggestions, and a glossary. Written by an experienced researcher

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and teacher, this book will be an essential introduction to this topic for all beginning students of English Language and Linguistics.

Books à la Carte are unbound, three-hole-punch versions of the textbook. This lower cost option is easy to transport and comes with same access code or media that would be packaged with the bound book. This package contains: Revised website, anonymous MyHealthLab self-assessments, the Teaching Health & Wellness Community website, and the Health: The Basics, Green Edition, 9/e Books a la Carte Plus Edition. It's current, it's accurate, it's user-friendly, and it's FUN! With an emphasis on environmental responsibility, the newHealth: The Basics, Green Edition features compelling graphics and relatable content that bring health topics to life. This edition makes learning personal health easier than ever. The Green Edition includes an environmental feature; new mini-chapters; a brand new art program with a new, lively design; and additional content on behavior change.

Basics of the U.S. Health Care System, Second Edition provides students with a broad, fundamental introduction to the workings of the healthcare industry. Engaging and activities-oriented, the text offers an especially accessible overview of the major concepts of healthcare operations, the role of government, public and private financing, as well as ethical and legal issues. Each chapter features review exercises and Web resources that make studying this complex industry both enjoyable and easy. Students of various disciplines including healthcare administration, business, nursing, public health, and others will discover in Basics of the U.S. Health Care System, Second Edition a practical guide that prepares them for professional opportunities in this rapidly growing sector. The Second Edition has been updated substantially to reflect the passage and implementation of the health care reform act of 2010, as well as new

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information on information technology, Medicare, Medicaid, and much more. Basics of the U.S. Health Care System features: A new chapter on the Patient Protection and Affordable Care Act of 2010 A complete overview of basic concepts of the U.S. healthcare system Student activities including crossword puzzles and vocabulary reviews in each chapter Helpful case studies PowerPoint slides, TestBank, and Instructor s Manual for instructors Online flashcards, crosswords, and an interactive glossary for students"

The City: The Basics provides a brief yet compelling overview of the study of cities and city life. The book draws on a range of perspectives – economic, political, cultural, and environmental aspects are all considered – to provide a broad comparison of the evolution of cities in the rich Global North and the poorer Global South. Topics covered in the book include: a brief history of cities from ancient times to the post-modern present the differences between "global cities" in the North and "megacities" in the South the environmental impact of urban life and the idea of sustainable cities urban planning, urban politics and urban poverty. Featuring suggestions for further reading, recommended websites and a number of maps and illustrations, this is the ideal starting point for those interested in any aspect of cities or urban studies.

"Designed as an informational resource for patients, Your Pregnancy and Childbirth: Month to Month Seventh Edition sets forth current information and clinical opinions on subjects related to women's health and reproduction. Your pregnancy and Childbirth: Month to Month is a resource for informational purposes. Topics include getting ready for pregnancy choosing an obstetric care provider what to expect during each month of pregnancy exercise during pregnancy work and travel during pregnancy pain relief during childbirth labor and delivery cesarean delivery postpartum care and taking care of the baby after birth, birth control after

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pregnancy"--

This package contains the following components: -0321499425: Take Charge of Your Health Worksheets -0321626400: Health: The Basics, Green Edition

A version of Access to Health, this text emphasizes the essential health information necessary to develop a comprehensive understanding of health promotion and disease prevention. The book is presented from a behavioural management perspective, providing readers with practical health information.

Is religion the same as culture? How does it fit with life in the modern world? Do you have to 'believe' to be part of one? From televangelism in the American South to the wearing of hijab in Britain and Egypt; from the rise of paganism to the aftermath of September 11th, this accessible guide looks at the ways in which religion interacts with the everyday world in which we live. A comprehensive introduction to the world of religion, it includes: * religion and culture * how power operates in religion * gender issues * the role of belief, rituals, and religious texts * religion in the contemporary world Religion: The Basics offers an invaluable and up-to-date overview for anyone wanting to find out more about this fascinating subject.

Learn how to influence policy and become a leader in today's changing health care environment. Featuring analysis of cutting-edge healthcare issues and first-person insights, Policy & Politics in Nursing and Health Care, 8th Edition continues to be the leading text on nursing action and activism. Approximately 150 expert contributors present a wide range of topics in policies and politics, providing a more complete background than can be found in any other policy textbook on the market. This expanded 8th edition helps you develop a global understanding of nursing leadership and political activism, as well as the complex business

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and financial issues that drive many actions in the health system. Discussions include the latest updates on conflict management, health economics, lobbying, the use of media, and working with communities for change. With these innovative insights and strategies, you will be prepared to play a leadership role in the four spheres in which nurses are politically active: the workplace, government, professional organizations, and the community. Comprehensive coverage of healthcare policies and politics provides a broader understanding of nursing leadership and political activism, as well as complex business and financial issues. Key Points at the end of chapters helps you review important, need-to-know lesson content. Taking Action essays include personal accounts of how nurses have participated in politics and what they have accomplished. Expert authors make up a virtual Nursing Who's Who in healthcare policy, sharing information and personal perspectives gained in the crafting of healthcare policy. NEW! The latest information and perspectives are provided by nursing leaders who influenced health care reform, including the Affordable Care Act. NEW! Added information on medical marijuana presents both sides of this ongoing debate. NEW! More information on health care policy and the aging population covers the most up-to-date information on this growing population. NEW! Expanded information on the Globalization of Nursing explores international policies and procedures related to nursing around the world. NEW! Expanded focus on media strategies details proper etiquette when speaking with the press. NEW! Expanded coverage of primary care models and issues throughout text. NEW! APRN and additional Taking Action chapters reflect the most recent industry changes. NEW! Perspectives on issues and challenges in the government sphere showcase recent strategies and complications. This is a fundamental text for the study of sport history. It answers the 'why,' 'how,' and

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'what' questions, introducing the key principles and practices of sport history and walking the reader through the fascinating stories, debates, issues, and national and international narratives that constitute the history of sport. The book provides an overview of the field and the various professional roles assumed by practitioners, such as researchers, academics, and public historians. It is brief, crisp, and to the point. The main general topics of interest within the field – gender, race, nationalism, religion, sport and leisure, and megaevents – are covered with introductory vignettes, stories of interest, a wide variety of theoretical frameworks, and relevant historiography in the most current and timely text of its kind. Each chapter provides a list of further readings for more in-depth study. Students are taught how to conduct research and present their findings in a variety of mediums, and teaching and publication tips are offered for educators. Sport History: The Basics is essential reading for any student on a sport-related degree course or with an interest in social and cultural history. It is also fascinating reading for anybody with a general interest in sport.

Bioethics: The Basics is an introduction to the foundational principles, theories and issues in the study of medical and biological ethics. Readers are introduced to bioethics from the ground up before being invited to consider some of the most controversial but important questions facing us today. Topics addressed include: the range of moral theories underpinning bioethics arguments for the rights and wrongs of abortion, euthanasia and animal research health care ethics including the nature of the practitioner-patient relationship public policy ethics and the implications of global and public health '3 parents', enhancement, incidental findings and nudge approaches in health care. This thoroughly revised second edition provides a concise, readable and authoritative introduction for anyone interested in the study of bioethics.

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It's current, it's accurate, it's user-friendly, and it's FUN! With an emphasis on environmental responsibility, the newHealth: The Basics, Green Edition features compelling graphics and relatable content that bring health topics to life, keeping you hooked on learning and living well. Now enhanced with an even more comprehensive package of student support materials, this edition makes learning personal health easier than ever. TheGreen Edition includes an environmental feature; new mini-chapters; a brand new art program with a new, lively design; and additional content on behavior change; in addition to a robust and expanded supplements package.

This package contains the following components: -0805378448: Behavior Change Logbook and Wellness Journal -0321626400: Health: The Basics, Green Edition

Developed by the American Medical Association's Accelerating Change in Medical Education Consortium, Health Systems Science is the first text that focuses on providing a fundamental understanding of how health care is delivered, how health care professionals work together to deliver that care, and how the health system can improve patient care and health care delivery. Along with basic and clinical science, Health Systems Science (HSS) is rapidly becoming a crucial "third pillar" of medical science, requiring a practical, standardized curriculum with an emphasis on understanding the role of human factors, systems engineering, leadership, and patient improvement strategies that will help transform the future of health care and ensure greater patient safety. Complete coverage of the evolving field of HSS includes patient safety, quality improvement, evidence-based medicine, value in health care, interprofessional teamwork, stewardship of health care resources, population management, clinical informatics, care coordination, leadership, and health care financing/reform. Patient improvement

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strategies incorporates checklists, information technology, team training, and more. A consistent chapter template provides clear coverage of each topic, including Learning Objectives, Chapter Outline, Core Chapter Content, Summary, Questions for Reflection, and Annotated Bibliography and References. Highly relevant content applicable to today's evolving health care delivery written by experts in key, emerging areas of HSS. Developed in partnership with the AMA's Accelerating Change in Medical Education Consortium, at the forefront of change and innovation in medical education.

This edition features the exact same content as the traditional text in a convenient, three-hole-punched, loose-leaf version. Books à la Carte also offer a great value—this format costs 35% less than a new textbook. It's current, it's accurate, it's user-friendly, and it's FUN! With an emphasis on environmental responsibility, the new Health: The Basics, Green Edition features compelling graphics and relatable content that bring health topics to life. This edition makes learning personal health easier than ever. The Green Edition includes an environmental feature; new mini-chapters; a brand new art program with a new, lively design; and additional content on behavior change.

Sustainability is a pressing concern for people and governments around the world, but it is also an essentially contested concept that requires an understanding of the stakes, trade-offs, and complex politics at play.

Sustainability: The Basics offers an accessible and interdisciplinary introduction

to the concept, and discusses key questions such as: What are the core principles of sustainability? What are the key ethical considerations for questions of sustainability? How do we measure sustainability? What are the critical obstacles to achieving global sustainability? What happens when societies fail to observe principles of sustainability? Fully updated in its second edition, *Sustainability: The Basics* now includes coverage of the Sustainable Development Goals, a global range of case studies and explores the complex social dynamics of Earth system changes that affect our critical life supports. The second edition also proposes a new, "sustainable humanism" that animates much of our work to make a better, more humane world. As the world reels from the effects of the Covid-19 pandemic, this book is an ideal starting point for anyone who wants to know more about what we need to do to sustain civilization, humanity, and the world we live in.

Basics of the U.S. Health Care System, Third Edition provides students with a broad, fundamental introduction to the workings of the healthcare industry. Engaging and activities-oriented, the text offers an especially accessible overview of the major concepts of healthcare operations, the role of government, public and private financing, as well as ethical and legal issues. Each chapter features review exercises and Web resources that make studying this complex

industry both enjoyable and easy. Students of various disciplines--including healthcare administration, business, nursing, public health, and others--will discover a practical guide that prepares them for professional opportunities in this rapidly growing sector.

Herbal remedies can provide safe and effective treatment for common childhood ailments ranging from diaper rash and teething to sore throats and conjunctivitis. In this Storey BASICS® guide, Rosemary Gladstar shows you how to prepare soothing salves, syrups, tablets, and teas that support children's health. With simple instructions, clear dosage guidelines, and in-depth profiles of 24 medicinal herbs, you'll soon be confidently easing your child's achy flu with some hibiscus tea and using the healing properties of nettles to combat bouts of hay fever.

Folklore: The Basics is an engaging guide to the practice and interpretation of folklore. Taking examples from around the world, it explores the role of folklore in expressing fundamental human needs, desires, and anxieties that often are often not revealed through other means. Providing a clear framework for approaching the study of folklore, it introduces the reader to methodologies for identifying, documenting, interpreting and applying key information about folklore and its relevance to modern life. From the Brothers Grimm to Internet Memes, it addresses such topics as: What is folklore? How do we study it? Why does

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folklore matter? How does folklore relate to elite culture? Is folklore changing in a digital age? With case studies, suggestions for reading and a glossary of key terminology, *Folklore: The Basics* supports readers in becoming familiar with folkloric traditions and interpret cultural expression. It is an essential read for anyone approaching the study of folklore for the first time.

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