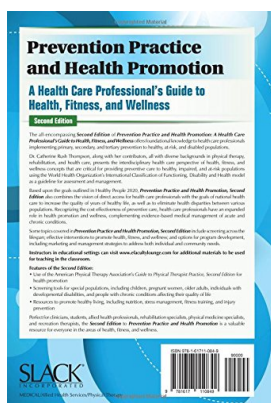


# [PDF] Prevention Practice And Health Promotion: A Health Care Professional's Guide To Health, Fitness, And Wellness

Catherine Rush Thompson PhD MS PT - pdf download free book



## Books Details:

Title: Prevention Practice and Health

Author: Catherine Rush Thompson PhD

Released:

Language:

Pages: 392

ISBN: 1617110841

ISBN13: 9781617110849

ASIN: 1617110841

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pdf, mobi, epub, azw, kindle

**Description:**

The all-encompassing **Second Edition** of ***Prevention Practice and Health Promotion: A Health Care Professional's Guide to Health, Fitness, and Wellness*** offers foundational knowledge to health care professionals implementing primary, secondary, and tertiary prevention to healthy, at-risk, and disabled populations.

Dr. Catherine Thompson along with her contributors, all with diverse backgrounds in physical therapy, rehabilitation, and healthcare, present the interdisciplinary health care perspective of health, fitness, and wellness concepts that are critical for providing preventive care to healthy, impaired, and at-risk populations using the World Health Organization's International *Classification of Functioning, Disability, and Health* model as a guideline for assessment and management.

Based upon the goals outlined in *Healthy People 2020*, ***Prevention Practice and Health Promotion, Second Edition*** also combines the vision of direct access for health care professionals with the goals of national health care to increase the quality of years of healthy life, as well as to eliminate health disparities between various populations. Recognizing the cost effectiveness of preventive care, health care professionals have an expanded role in health promotion and wellness, complementing evidence-based medical management of acute and chronic conditions.

Some topics covered inside ***Prevention Practice and Health Promotion, Second Edition*** include an overview of screening across the lifespan; effective interventions to promote health, fitness, and wellness; and options for program development, including marketing and management strategies to address both individual and community needs.

Instructors in educational settings can visit [www.efacultylounge.com](http://www.efacultylounge.com) for additional materials to be used for teaching in the classroom.

#### **Features of the Second Edition:**

- Use of the American Physical Therapy Association's Guide to Physical Therapist Practice, Second Edition for health promotion
- Screening tools for special populations, including children, pregnant women, older adults, individuals with developmental disabilities, and people with chronic conditions affecting their quality of life
- Resources to promote healthy living, including nutrition, stress management, fitness training, and injury prevention

Perfect for clinicians, students, allied health professionals, rehabilitation specialists, physical medicine specialists, and recreation therapists, the **Second Edition to *Prevention Practice and Health Promotion*** is a valuable resource for everyone in the areas of health, fitness, and wellness.

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