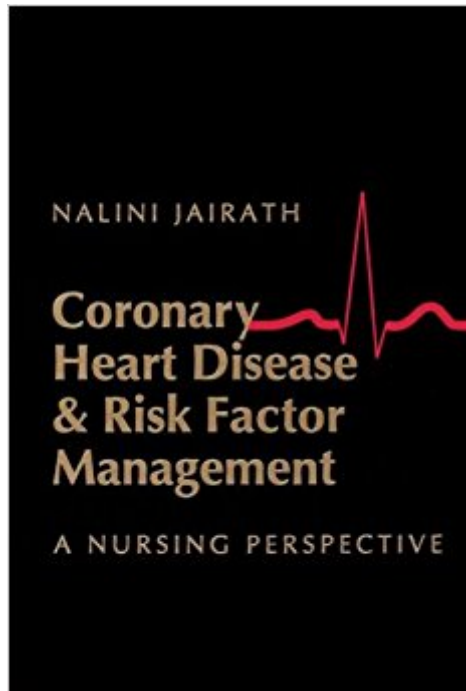


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Coronary Heart Disease & Risk Factor Management: A Nursing Perspective



Synopsis

No other book delves as deeply into the important role the nurse plays in the management of risk factors for coronary heart disease. Written specifically for nurses, it provides the skills necessary to prevent and reduce the risk of coronary heart disease and limit its damaging effects. This text helps nurses teach at-risk patients and patient populations to minimize such factors as elevated serum cholesterol, smoking, and a sedentary lifestyle. Nurses will also learn how to teach patients to help themselves through sensitization activities, patient education, stress management, and behavior modification skills training. Interventions can be used in any nursing environment...hospitals, cardiac rehabilitation programs, or outpatient settings.

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