



Developing Holistic Care for Long-term Conditions

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Developing Holistic Care for Long-term Conditions focuses on how to help people with long-term health conditions cope more effectively. It brings together physical and mental health, offering a holistic approach for students and practitioners in a variety of care settings.

Comprising four sections, this text introduces the policy and background to caring for people with chronic illness as well as the psychosocial impact of long-term conditions. Essential skills for practice are explored including holistic assessment, symptom control and the promotion of effective partnership between client and carer in supporting coping, recovery and end of life care. There is an emphasis on maximising individual health potential and resilience with the role of nutrition, exercise, complementary therapy and spirituality considered. The focus is on client centred care which addresses the whole person, mind and body. The extensive final section presents examples of key health issues where UK national guidelines have been published including:

Long-term neurological conditions

Diabetes

Mental health

Cancer

Coronary heart disease

Older people

This evidence-based book takes note of the relevant National Service Frameworks and offers an informative and pragmatic guide for all those learning about caring for the chronically ill, as well as providing a useful reference work for qualified nurses and allied health professionals.

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