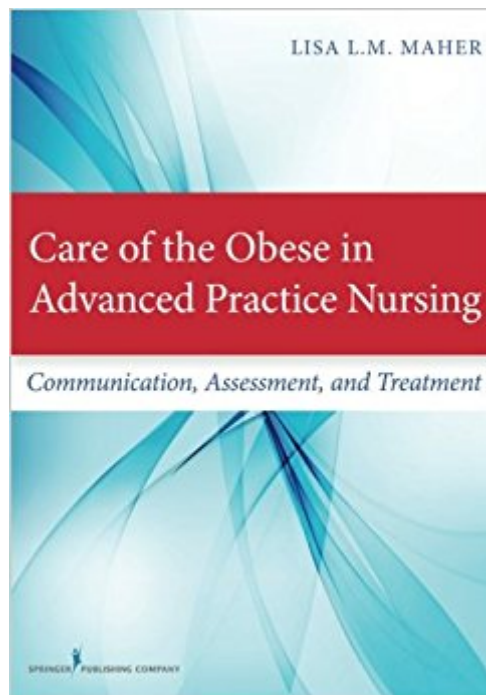




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Care Of The Obese In Advanced Practice Nursing: Communication, Assessment, And Treatment



Synopsis

This book is the first resource to give the APN the practical tools with which to communicate, assess, and treat obese patients. Designed to help APNs easily broach an uncomfortable topic, the book walks practitioners through the exam, providing tips on effective communication, understanding lifestyle constraints, and working with the patient to improve his or her condition without shame. Emphasizing multidisciplinary approaches and evidence-based treatment, the book addresses prevention, provider recognition, and treatment of adult and pediatric obesity with the goal of improving overall quality of life. This resource offers practical information on diet and exercise to foster healthy weight loss along with psychological, pharmacological, and surgical recommendations. Effective tips on all facets of working with obese patients, bolstered with real-life examples that provide the patient's perspective, will help APNs understand and provide high-quality care to these vulnerable patients. Additionally, the book includes substantial information on comorbidities, which add to the complexity of obesity treatment. Chapters address current trends and causes of obesity; communication and the patient's perspective; and the technical aspects of obesity, including genetics and pathophysiology; treatment of addiction and eating disorders; assessment from the APN point of view; disease management; pharmacological, surgical, and medical management; and costs and insurance coverage. Tools that can be used to enhance clinical practice are featured in the Appendices. **KEY FEATURES:** Written specifically for the advanced practice nurse Covers all facets of communication, assessment, and treatment Includes case studies and treatment plans designed specifically for nurses Highlights a multidisciplinary approach Includes effective tips, photographs, and real-life examples that will benefit both provider and patient

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