

# 5 STRATEGIES FOR COPING WITH CHRONIC ILLNESS

1. Educate Yourself About Your Condition



2. Build a Support System



3. Practice Self-Care



4. Communicate With Your Healthcare Team



5. Stay Positive



# Coping With Long Term Illness

**Marilyn Frank-Stromborg**



## **Coping With Long Term Illness:**

**Nursing Care of Children and Young People with Long-Term Conditions** Mandy Brimble, Peter McNee, 2021-03-15

The second edition of *Nursing Care of Children and Young People with Long Term Conditions* remains the only nursing specific text on the care of paediatric patients with chronic illness. Written to meet the needs of nursing students and professionals alike, this comprehensive volume provides authoritative and up to date information on the context, theory and practice of delivering holistic care to children and families in a range of health and social care settings. Contributions from a team of experienced academics, educators and practitioners offer valuable insight into the impact of chronic illness on children and parents, the practical implications of meeting their physical, psychological and social needs, empowering them to be experts in their care and many more vital aspects of long term paediatric care. This edition features new and revised content reflecting contemporary guidelines and evidence based practice, including updated clinical case studies and a new chapter examining the impact of having a sibling with a long term condition. Emphasising a multi disciplinary approach to managing chronic illness, this important resource provides numerous case studies and activities illustrating the application of theoretical principles and current evidence in nursing practice. Investigates the genetic basis of chronic illness and the differing onsets of long term conditions. Discusses current political, economic and social policies that are influencing healthcare for children and bringing challenges to managers and practitioners. Examines both classic and contemporary theories of grief, loss, coping and adaptation. Explores ethical, legal and professional aspects of nursing children and young people with chronic illness. Addresses evolving nursing roles, the importance of acute emergency care and the planning and delivery of effective transition from child to adult services. *Nursing Care of Children and Young People with Long Term Conditions* is required reading for student and registered children's nurses as well as for practitioners in related health and social care disciplines.

**Long-Term Conditions** Liz Meerabeau, Kerri Wright, 2011-05-09. This book is a very welcome tool which will enable health professionals to understand the complexity, challenge and rewards of proactively managing long term conditions. Putting this knowledge into skilled practice in partnership with patients will transform the lives of many individuals and their families and thus fulfil the fundamental purpose of nursing. From the Foreword by Professor Rosemary Cook CBE, Director the Queen's Nursing Institute and Visiting Professor of Enterprise, University of Northumbria. *Long Term Conditions* is a comprehensive practical guide for nurses and healthcare professionals on the care and management of people with chronic illness. It explores case management, individual care and management, the role of the expert patient, quality of life issues, counselling skills, self management and optimum self care. *Long Term Conditions* discusses the three main long term conditions currently resulting in most hospital admissions: diabetes, respiratory and coronary heart disease, with a focus on empowering the patient to self manage. Key Features: A comprehensive guide to the care and management of long term conditions. Focuses on the management of the conditions from the patient's perspective. Practical and accessible in style.

Five Hundred Tips for Coping with Chronic Illness Pamela D. Jacobs,1995      **Coping with Chronic Disease** Thomas G. Burish,Laurence A. Bradley,1983      **Maternal and Child Health Nursing** Adele Pillitteri,2013-11-25 Adele Pillitteri aims to ensure that today s students have a technical understanding without losing the importance of compassion in their role as a nurse The text presents pediatrics and maternity as a continuum of knowledge taking a holistic approach and viewing maternity and pediatric content as a family event The text links theory closely with application that helps students gain a deeper understanding of content and be better prepared to practice in their careers Provided by publisher      *Coping with Chronic Disease* Thomas G. Burish,Laurence A. Bradley,1983      **Coping with Chronic Illness** Judith Fitzgerald Miller,1992 Completely rewritten to include the most recent research and nursing strategies the 3rd edition expands nurses perceptions of persons with long term health problems in a way that emphasizes patient and family power resources The book includes nursing assessment diagnosis interventions conceptual models and related research      **Maternal & Child Health Nursing** Adele Pillitteri,2010 Growing research shows that many children from immigrant and refugee families are not doing well in school due in part to linguistic and cultural disadvantages Teaching dual language learners requires cultural sensitivity an understanding of language acquisition and intentional teaching strategies Combining research and techniques this resource helps early childhood educators support dual language learners as they develop the skills necessary for school readiness and success      **Families in Trouble Series: Chronic illness and disability** Catherine S. Chilman,Elam W. Nunnally,Fred M. Cox,1988      **Chronic Illness** Ilene Morof Lubkin,1995      *Grief Responses to Long-term Illness and Disability* Judith M. Agee,1980      **Key Aspects of Preventing and Managing Chronic Illness** Sandra G. Funk,2001      Health Promotion and Chronic Illness Bundeszentrale für Gesundheitliche Aufklärung (Germany),1992 For people with chronic illness the concept of health promotion is still in its infancy What is it that enable some people to cope better than others What kinds of supportive environments and personal skills make it possible for some individuals and some families to deal with severe health problems more easily than others The collection of texts presented in this book explore answers to these questions and many others They provide an overview and a scientific evaluation of some chronic conditions common to all industrialized countries cancers myocardial infarction and chronic pain The book takes stock of medical progress and practice yet goes much further in exploring new avenues to health The authors give many examples of ways to enhance the wellbeing of those who have to live with chronic health problems The Ottawa charter for health promotion is included in this volume      *Chronic Conditions and Caregiving in Canada* Miriam Joyce Stewart,2000 *Chronic Conditions and Caregiving in Canada* is based on the result of a nationally funded research program conducted by teams of multidisciplinary researchers This collection includes innovative assessment and intervention studies involving patients with diabetes cystic fibrosis spina bifida HIV AIDS cardiac conditions and stroke The studies evaluate various forms of social support on the basis of a model that is outlined in the first chapter Several chapters explore barriers to accessing

support and key strategies for seeking support The final chapters summarize the findings and outline the challenges that still face researchers in the field BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

**Abstracts** ,1977     Understanding the Child with a Chronic Illness in the Classroom Janet Fithian,1984     Social Support and Adaptation to Long-term Illness Margaret Dimond,1978     **Long-term Care** Kathleen King,1985  
*Instruments for Clinical Nursing Research* Marilyn Frank-Stromborg,1992     **Health Promotion of the Child with Long-term Illness** Shirley Steele,1983

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