

Patient Education

A Practical Approach

SECOND EDITION

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Production Credits

Publisher: David Cella
Acquisitions Editor: Katey Birtcher
Associate Editor: Maro Gartside
Associate Production Editor: Julia Waugaman
Marketing Manager: Grace Richards
Manufacturing and Inventory Control Supervisor: Amy Bacus
Composition: Glyph International
Cover Design: Kristin E. Parker
Photo Research and Permissions Supervisor: Christine Myaskovsky
Associate Photo Researcher: Jessica Elias
Cover Image: © Ronfromyork/Dreamstime.com
Printing and Binding: Courier Stoughton
Cover Printing: Courier Stoughton

To order this product, use ISBN: 978-1-4496-3018-8

Library of Congress Cataloging-in-Publication Data

Muma, Richard D.

Patient education : a practical approach / Richard D. Muma, Barbara Ann Lyons. – 2nd ed.

p. ; cm.

Rev. ed. of: Patient education / edited by Richard D. Muma ... [et al.] c1996.

Includes bibliographical references and index.

ISBN-13: 978-0-7637-7710-4

ISBN-10: 0-7637-7710-2

1. Patient education. I. Lyons, Barbara Ann. II. Title.

[DNLM: 1. Patient Education as Topic—methods. W 85]

R727.4.P375 2011

615.5071—dc22

2010046111

6048

Printed in the United States of America

15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

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After the student clinician learns how to diagnose disease states and develop treatment plans, it is important for her or him to discuss with patients specific healthcare information related to their illness. The student should be able to discuss with patients the pathophysiology of disease states; symptoms and progression of disease; treatment modalities, including drugs, nutrition, and exercise; and counsel those patients who are experiencing emotional reactions to their illness. *Patient Education: A Practical Approach, Second Edition* addresses these issues.

This book is important and timely in light of healthcare reform in the United States and globally. Because ready access to health care and prevention are emphasized, a greater emphasis will be placed on educating patients; specifically, this means focusing on methods that will lead to improved patient understanding of diseases, increased adherence to medical regimens, and early recognition of problems by the patient.

Although all healthcare providers will play a role in educating patients, this book is aimed toward mid-level practitioner students and professionals: advanced practice nurses and physician assistants. These practitioners have been identified as key players in the delivery of primary care and patient education.

A strength of this book is that it provides the clinician with useful and practical patient education information on many primary care diseases. All parts of the book provide step-by-step information, whether it is learning the approach to patient education, selecting patient education materials, or reviewing one of several primary care diseases.

The Second Edition of Patient Education: A Practical Approach follows a format similar to the *First Edition*, where the

beginning student (or practitioner) will review the book in three parts. **Part I** presents the importance of patient education and a typical approach to patient education. Expanded chapters on behavior modification and selecting and evaluating patient education materials (in light of growing information available on the Internet) are available in this section. Similarly, focused areas of alternative medicine and managing medication adherence are included. **Part II** is similar in scope to the *First Edition* in its coverage of primary care disorders, but it increases the number of conditions to reflect a similar coverage of disorders noted on national certification exams for physician assistants and nurse practitioners. **Part III** includes patient education materials that can be copied for patients and are also available in electronic format. Finally, the anatomic diagrams in the *First Edition* have been updated and are also provided electronically for instructors.

This book can be used in nursing, physician assistant, and medical curricula when medical interviewing, physical examination, and clinical medicine courses are completed. Ideally the book should be used in a separate patient education course; however, patient education content may be integrated into other courses throughout the curriculum of study. Patient education cases, along with standardized patient scripts, are available for instructors. PowerPoint slides for lecturing to students about the process of patient education are also available. Most chapters offer references to current reviews and studies on the corresponding topic for individuals who wish to pursue any topic in greater detail.

The overall goal of this book is to provide the healthcare student or clinician with concise, up-to-date information on patient education and various primary care diseases to enable the optimal care of patients.

We acknowledge the input of our students who have helped shape the contents of this book, the cooperation of our contributing authors, and the continuing support of our colleagues.

We would like to thank our families, who have offered their support during the development and production of the manuscript.

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