



Chronic Physical Illness: Self Management and Behavioural Interventions

Stanton Newman, Elizabeth Steed, Kathleen Mulligan

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"This is a ground-breaking book which provides a needed overview of self-management and chronic physical illness ... The book provided useful definitions that helped to introduce the concept of self-management and behavioural interventions to new readers ... Its strengths were its ease of use, accessible and informative content, and the clear application of theory into practice."

International Journal of Therapy and Rehabilitation

"Newman, Steed and Mulligan have provided an honest attempt to capture the essential practical material required for those working directly with clients in this growing area ... As a broad introductory text, this book achieves its purpose."

International Journal of Integrated Care

"I feel this book would be a great addition on any adult nursing bookshelf, especially useful in health promotion, community and management modules. Any healthcare profession such as nurses, doctors, occupational therapists who deal with individuals with chronic illnesses will benefit from this book. I highly recommend this book, a 'must read' for nursing students."

Isobel Weston, Nursing Student, Nottingham University, UK

This groundbreaking book provides a much-needed overview of self-management in chronic physical illness. It provides the theoretical and conceptual background to self-management, as well as examining issues related to the delivery of self-management interventions in chronic illness. The chapters systematically review the efficacy and effectiveness of interventions in a range of different chronic conditions, including:

- Asthma
- Coronary artery disease
- Heart failure
- COPD
- Hypertension
- Diabetes
- Rheumatoid arthritis

Authored by a range of leading international authors, each of them experts in the chronic diseases they discuss, the book is key reading for a wide range of health care professionals dealing with individuals with chronic conditions, including nurses, doctors, physiotherapists, health psychologists and occupational therapists. The book concludes by looking at the future of self-management for chronic illness.

Contributors: Susan J. Blalock, Debbie Cooke, Angela Coulter, Robert F. DeVellis, Joe Ellins, Maarten J. Fischer, Wendy Hardeman, Eric S. Hart, Paul Higgs, Martin Hyde, Ad A. Kaptein, Kate Lorig, Patrick McGowan, Susan Michie, Debra K. Moser, Serap Osman, Jerry C. Parker, Sheetal Patel, Nina Rieckmann, Margreet Scharloo, Nancy E. Schoenberg, Timothy C. Skinner, Jane R. Smith, Lucia Snoei, Frank J. Snoek, Stephen Sutton, John Weinman, Manuel Paz Yopez

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Steven Holt:

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Anthony Lainez:

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