

1. Record Nr.	UNINA9910484224003321
Titolo	Integrative Health Nursing Interventions for Vulnerable Populations // edited by Amber Vermeesch
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2021
ISBN	3-030-60043-2 9783030600433
Edizione	[1st ed. 2021.]
Descrizione fisica	1 online resource (xiii, 203 pages) : illustrations (some color)
Disciplina	610.73
Soggetti	Nursing - Research Nutrition Therapeutics Sports sciences Nursing Research Sport Science
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Preface -- Chapter 1. Addressing the lens of cultural humility with vulnerable populations. -Chapter 2. Addressing health inequities in vulnerable populations through social justice -- Chapter 3. Integrative health overview of nursing interventions for vulnerable and underserved -- Chapter 4. Mindfulness stress reduction strategies with graduate students -- Chapter 5. Stress reduction strategies with undergraduate and graduate nursing students -- Chapter 6. Stress management for undergraduate students exposed to inappropriate patient sexual behaviour -- Chapter 7. Nutrition strategies to promote wellness, address inadequate nutrition, and support stress reduction -- Chapter 8. Working with community populations to increase wellness -- Chapter 9. Understanding Healthcare for the Transgender & Gender Non-Confirming Community -- Chapter 10. Physical Activity as an integral part of overall wellness in the college/emerging-adult population -- Chapter 11. Physical activity interventions with African American women -- Chapter 12. Wellness and Integrative Health

Strategies for Rural populations -- Chapter 13. Physical activity interventions with Latina women -- Chapter 14. Nursing strategies to reduce perceived stress among vulnerable student populations preparing for NCLEX -- Chapter 15. Integrative Health Approaches for Women's Mental Health -- Chapter 16. Integrative Strategies for American Indians -- Chapter 17. Role of Nature Therapy and Mindfulness for Resilience among Rural Health Care Providers -- Chapter 18. Conclusion and reflection for the future?

Sommario/riassunto

This book provides nurses, clinicians, practitioners, educators and students working with vulnerable and underserved populations with essential information on effective wellness strategies to address inadequate nutrition, promote physical activity, and reduce perceived stress through an integrative health nursing framework. It begins with an overview of cultural humility, health inequities, and social justice, establishing the need for an integrative health nursing framework. In turn, the book addresses a broad range of interventions; particular attention is given to wellness strategies designed to prevent the adverse effects of poor nutrition, perceived stress, and lack of physical activity. Written by respected experts in the field, the book offers readers valuable insights into strategies for working with vulnerable populations. Accordingly, it will appeal to researchers working to diminish health inequities among vulnerable populations, and will be of particular interest to nursing educators, practitioners, and students.
