

1. Record Nr.	UNINA9910676684403321
Autore	Guerreiro Mara Pereira
Titolo	A Practical Guide on Behaviour Change Support for Self-Managing Chronic Disease // edited by Mara Pereira Guerreiro, Isa Brito Félix, Marta Moreira Marques
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2023
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (XXVI, 122 p. 15 illus., 12 illus. in color.)
Classificazione	MED000000MED072000PSY000000SCI056000
Disciplina	610
Soggetti	Medical sciences Psychology Physiology Pharmacy Health Sciences Behavioral Sciences and Psychology Psicologia Malalties cròniques Modificació de la conducta Autogestió Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Chapter 1: Interprofessional learning outcomes-based curriculum to support behaviour change in persons self-managing chronic disease -- Chapter 2: Concepts and theories in behavior change to support chronic disease self-management -- Chapter 3: Identifying and assessing self-management behaviours -- Chapter 4: Implementing behaviour change strategies -- Chapter 5: Communication and person-centred behaviour change -- Chapter 6. Supplementary on-line resources for the development of behaviour change support competencies.
Sommario/riassunto	This open access book is a valuable resource for students in health and

other professions and practicing professionals interested in supporting effective change in self-management behaviors in chronic disease, such as medication taking, physical activity and healthy eating. Developed under the auspices of the Train4Health project, funded by the Erasmus+ program of the European Union, the book contains six chapters written by international contributors from different disciplines. Chapter one introduces the competencies necessary for delivering effective behavior change support, based on an established program of work, and related learning outcomes. The four following chapters describe how these competencies can be acquired, focusing on concepts and theories, assessing self-management behaviors, implementing change strategies and person-centered communication, using a practical approach. The last chapter points out supplementary learning resources, developed as part of the Train4Health project.
