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**Sommario/riassunto**

Problem Based Learning in Health and Social Care offers a practical insight into the opportunities, benefits and challenges of using problem based learning (PBL) in health and social care education and also student directed learning (SDL) as a learning and teaching tool. It represents a collection of practical and emerging concepts in terms of how to do PBL and SDL and considers the practical barriers and solutions, challenges to self awareness and finally future potentialities and directions for learning.

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