

1. Record Nr.	UNINA9910808342103321
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Titolo	A multi-disciplinary approach to managing Ehlers-Danlos (type III)-- hypermobility syndrome : working with the chronic complex patient / / Isobel Knight
Pubbl/distr/stampa	London ; ; Philadelphia, Pa., : Singing Dragon, c2013
ISBN	1-299-31293-4 0-85701-055-7
Descrizione fisica	1 online resource (364 p.)
Disciplina	616.7/7
Soggetti	Ehlers-Danlos Syndrome Health care teams
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) - Hypermobility Syndrome: Working with the Chronic Complex Patient; Foreword; Acknowledgements; Preface; Introduction; PART I: THE BODY AND THE SELF; Chapter 1 The body and the self in illness and health: An autoethnographical approach; Chapter 2 Isobel's story; Chapter 3 Visit to consultant rheumatologist; Chapter 4 Implications of diagnosis; PART II: PHYSIOLOGY; Chapter 5 Maslow's Hierarchy of Needs and homeostasis; Chapter 6 Autonomic dysfunction and postural orthostatic tachycardia syndrome (POTS) Chapter 7 Digestion and bowel problems Chapter 8 Bladder; Chapter 9 Surgical and nursing implications for EDSIII/chronic complex patients; Chapter 10 Hormonal aspects of hypermobility and living with endometriosis; Chapter 11 Sleep and fatigue; Chapter 12 Fatigue and unexpected responses to treatment and incidents; Chapter 13 Crisis, flare-ups and management; Chapter 14 The chronic complex patient and pain management; PART III: PSYCHOLOGY; Preface to Part III: Psychology; Chapter 15 Isobel's experience of working with EDSIII patients as a Bowen therapist Chapter 16 The physiotherapist and patient relationship Chapter 17 Goal-setting and patient review; Chapter 18 Trust; Chapter 19 The challenging patient; Chapter 20 The doctor/patient relationship and

treatment of chronic complex patients; Chapter 21 Learning styles and learning 'difficulties'; Chapter 22 Social media, forums and support groups; Chapter 23 Self-harm, anxiety and depression; Chapter 24 Cognitive analytic therapy (CAT); Chapter 25 Managing complex patients with psychological issues: Isobel's reflection; Chapter 26 Terminating client relationships
Chapter 27 I'm not mad: I have EDS so why would I need to see a psychologist?PART IV: EXERCISE AND REHABILITATION; Chapter 28 Exercise and rehabilitation: EDS patient experiences of physiotherapy and Isobel's 'stages' of treatment; Chapter 29 Imaging exercises and 'less is more'; Chapter 30 Pilates, physiolates and core stability; Chapter 31 Movement patterns: Overuse and muscle stiffness; Chapter 32 Neurology and movement disorders; Chapter 33 Measuring treatment outcomes and assessing progress; Chapter 34 Returning to normal life
Chapter 35 Speech, swallowing and hearing difficulties, TMJ and eye problemsChapter 36 Cervical spine; Chapter 37 The trauma of birth and post-traumatic stress disorder; Chapter 38 The Bowen technique and working on fascia and connective tissue disorders; Chapter 39 The Feldenkrais Method®; Chapter 40 Cardiovascular and endurance work; Chapter 41 Isobel 'now' and thoracic spine; Chapter 42 Conclusion; Appendix 1: Diagnostic criteria; Appendix 2: Sample forms; Appendix 3: Useful contacts; References; Further reading; List of contributors; Subject Index; Author Index

Sommario/riassunto

The complex effects of Ehlers-Danlos Syndrome (Type 3, Hypermobility), or EDSIII, on a patient's physical and mental wellbeing are extremely challenging for everyone involved, requiring a multidisciplinary care team and enormous dedication from the patient. This book presents an overview of what it means to be a chronic complex patient, examining the wide range of physiological and psychological implications associated with EDSIII and other conditions such as endometriosis and fibromyalgia. It explores the exercise and rehabilitation work involved in managing the condition effectively, consi
