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Titolo	Cardiovascular prevention and rehabilitation in practice / / edited by Jennifer Jones, John Buckley, Gill Furze, Gail Sheppard
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ISBN	1-118-45868-0 1-118-45867-2 1-119-07100-3
Edizione	[Second edition.]
Descrizione fisica	1 online resource (337 pages)
Disciplina	613
Soggetti	Cardiovascular Diseases - prevention & control Cardiac Rehabilitation - methods Health Behavior Healthy Lifestyle
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cardiovascular Disease Prevention and Rehabilitation -- Standards and Core Components in Cardiovascular Disease Prevention and Rehabilitation -- Delivering Quality Standards -- Health Behaviour Change and Education -- Achieving long-term abstinence from tobacco use in patients in a cardiovascular prevention and rehabilitation setting -- Diet and Weight Management -- Physical Activity and Exercise -- Psychosocial Health -- Medical Risk Management -- Long-term Management -- Audit and evaluation -- Future Prospects and International Perspectives.
Sommario/riassunto	"Cardiovascular Prevention and Rehabilitation in Practice is a comprehensive, practitioner-focused clinical handbook which provides internationally applicable evidence-based standards of good practice. Edited and written by a multidisciplinary team of experts from the British Association for Cardiovascular Prevention and Rehabilitation (BACPR), this book is invaluable for practitioners helping people with heart disease return to health. The text provides an overview of

research findings, examines the core components of cardiac rehabilitation, and discusses how to support healthier lifestyles and reduce the risks of recurrence. Now in its second edition, this textbook has been fully revised to incorporate recent clinical evidence and align with current national and international guidelines. Increased emphasis is placed on an integrated approach to cardiac rehabilitation programmes, whilst six specified standards and six core components are presented to promote sustainable health outcomes"--Provided by publisher.
