

Developing Holistic Care for Long Term Conditions: A Comprehensive Guide

Long-term conditions are a major public health challenge. In the United States, more than 100 million people have a long-term condition, and these conditions account for 70% of all healthcare spending. Long-term conditions can have a devastating impact on individuals and families, causing pain, disability, and premature death.



Traditional healthcare approaches to long-term conditions have often been fragmented and ineffective. These approaches have focused on treating symptoms rather than addressing the underlying causes of the condition. As a result, many people with long-term conditions have not been able to

achieve optimal health and well-being. Holistic care is a patient-centered approach to healthcare that addresses the physical, emotional, and spiritual needs of individuals with long-term conditions. Holistic care recognizes that the patient is the expert on their own condition and that they should be actively involved in their care.

The Principles of Holistic Care

The principles of holistic care include:

- The patient is the expert on their own condition.
- Holistic care addresses the physical, emotional, and spiritual needs of the patient.
- Holistic care is patient-centered.
- Holistic care is evidence-based.
- Holistic care is collaborative.

The Practice of Holistic Care

The practice of holistic care includes a wide range of approaches, including:



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by Catherine Geissler

★★★★☆ 4.8 out of 5

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Enhanced typesetting : Enabled
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- Patient education and self-management
- Counseling and support
- Complementary and alternative medicine
- Lifestyle changes
- Medication management

Holistic care is not about replacing traditional healthcare approaches. Rather, it is about complementing these approaches with a more patient-centered, comprehensive approach.

The Benefits of Holistic Care

Holistic care has been shown to improve health outcomes for people with long-term conditions. Studies have shown that holistic care can reduce pain, improve function, and increase quality of life. Holistic care can also help to reduce healthcare costs.

Developing Holistic Care for Long Term Conditions provides a comprehensive overview of the principles and practices of holistic care for people with long-term conditions. The book covers a wide range of topics, including the biopsychosocial model of health, patient-centered care, self-management and self-care, and the role of complementary and alternative medicine. Developing Holistic Care for Long Term Conditions is an essential resource for healthcare professionals, patients, and families who are seeking a more comprehensive approach to the management of long-term conditions.

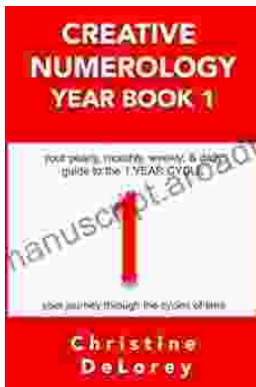


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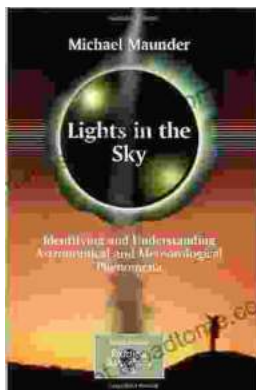
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