



Managing Long-term Conditions and Chronic Illness in Primary Care: A Guide to Good Practice

Judith Carrier

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Effective management of long-term conditions is an essential part of contemporary nursing policy and practice. Systematic and evidence-based care which takes account of the expert patient and reduces unnecessary hospital admissions is vital to support those with long-term conditions/chronic diseases and those who care for them.

Reflecting recent changes in treatment, the nurse's role and the patient journey and including additional content on rehabilitation, palliative care, and non-medical prescribing, this fully updated new edition highlights the key issues in managing long-term conditions. It provides a practical and accessible guide for nurses and allied health professionals in the primary care environment and covers:

- the physical and psychosocial impact of long-term conditions
- effective case management
- self-management and the expert patient
- behavioural change strategies and motivational counselling
- telehealth and information technology
- nutritional and medication management.

Packed with helpful, clearly written information, *Managing Long-term Conditions and Chronic Illness in Primary Care* includes case studies, fact boxes and pointers for practice. It is ideal reading for pre- and post-registration nursing students taking modules on long-term conditions, and will be a valuable companion for pre-registration students on community placements.

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