



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 important aspect 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.

This book draws together the key issues in managing long-term conditions and provides a practical and accessible guide for nurses and allied health professionals in the primary care environment. It covers background context and policy in the UK and further afield, as well as practical guidance for all key aspects of long-term condition management, including:

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

Packed with helpful, clearly written information, *Managing Long-term Conditions and Chronic Illness in Primary Care* includes two chapters of case studies as well as key fact boxes and pointers for practice throughout. It is suitable for pre-registration students undertaking community placements and post-registration students studying long-term condition/chronic disease management.

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