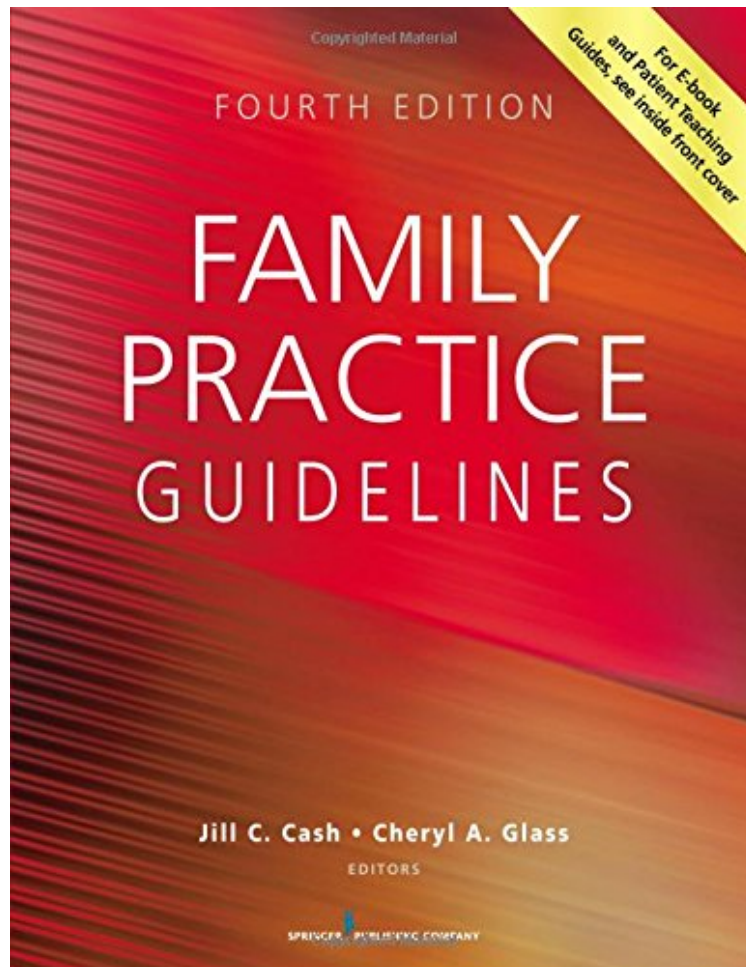


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Family Practice Guidelines, Fourth Edition

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This bible of family practice for primary care students and clinicians provides current national practice guidelines for professional standards of care across the life span. Concise and clearly organized, the resource features detailed, step-by-step instructions for physical examinations and diagnostic testing in the outpatient setting, information on health promotion, care guidelines, dietary information, information on culturally responsive care, patient resources, and

abundant patient education handouts. This fourth edition is updated to include new evidence-based guidelines for rheumatology, public health (featuring updated information on substance abuse, violence, obesity, homelessness, and lesbian health), the sports physical exam and interventions, endocrinology, new Centers for Disease Control and Prevention (CDC) recommendations for health maintenance, posttraumatic stress disorder (PTSD) assessment and management, restless legs syndrome, sexual dysfunction treatment, and psychiatric disorders. Several new and updated Patient Teaching Guides--with printable education points--add to the book's outstanding utility as a thorough and reliable clinical resource. Each of the 268 diagnoses includes definition, incidence, pathogenesis, predisposing factors, common complaints, signs/symptoms, subjective data, physical exam and diagnostic tests, differential diagnosis, and a care plan. New to the Fourth Edition: New and updated guidelines for: - Rheumatology: polymyalgia rheumatica, Sjogren's syndrome, psoriatic arthropathy, pseudogout (calcium pyrophosphate dihydrate), ankylosing spondylitis, reactive arthritis, Raynaud's syndrome - Public Health: substance abuse, violence, obesity, homelessness, lesbian health - Sports Exam: assessment and treatment - CDC recommendations: vaccine and cancer screening - Endocrinology: diabetes management and new Food and Drug Administration-approved medications - JNC 8 guidelines for hypertension - Neurology: PTSD and restless legs syndrome management - Sexual dysfunction - Bipolar and other behavioral health disorders New and updated Patient Teaching Guides Key Features: Presents information for 268 disorders in consistent format for ease of use Highlights key considerations with Practice Pointers Provides individual care points for pediatric, pregnant, and geriatric patients Includes 138 printable Patient Teaching Guides Offers 18 procedure guidelines and routine health maintenance guidelines

About the Author Jill C. Cash, MSN, APRN, FNP-BC, a family nurse practitioner for over 20 years, currently practices as a family nurse practitioner at the Vanderbilt Medical Group, Westhaven Family Practice, in Franklin, Tennessee. Her past experience includes teaching as an instructor for the School of Nursing, Southern Illinois University in Edwardsville and Carbondale, Illinois, in the undergraduate BSN program and the graduate NP program. She has been a clinical preceptor for a variety of programs. Her previous experience includes high risk obstetrics as a clinical nurse specialist in maternal-fetal medicine at Vanderbilt University Medical Center, rheumatology in the outpatient setting, women's health in the outpatient setting, and providing wound care in skilled nursing facilities. She has served as a member and officer on numerous boards which include Hospice of Southern Illinois, the Marion Memorial Health Foundation, the American Cancer Society, and Women for Health and Wellness in Southern Illinois. Ms. Cash has authored several chapters in other textbooks and is the co-author of Family Practice Guidelines, first, second, third, and fourth editions, and Adult-Gerontology Practice Guidelines. Most recently, she was awarded the 2017 AANP Nurse Practitioner State Award for Excellence from Illinois. Cheryl A. Glass, MSN, WHNP, RN-BC, is a women's health nurse practitioner who currently practices as a clinical research specialist for KEPRO in TennCare's Medical Solutions Unit in Nashville, Tennessee. She is also adjunct faculty at Vanderbilt University School of Nursing. Previously, Ms. Glass was a clinical trainer and trainer manager for Healthways. Her previous nurse practitioner practice was as a clinical research coordinator on pharmaceutical clinical trials at Nashville Clinical Research. She also worked in a collaborative clinical obstetrics practice with the director and assistant directors of maternal-fetal medicine at Vanderbilt University Medical Center Department of Obstetrics-Gynecology. Ms. Glass is the author of several book chapters and is coauthor of Family Practice Guidelines, second, third, and fourth editions, and Adult-Gerontology Practice Guidelines. She has published five refereed journal articles. In 1999, Ms. Glass was named Nurse of the Year by the Tennessee chapter of the Association of Women's Health, Obstetric and Neonatal Nurses.