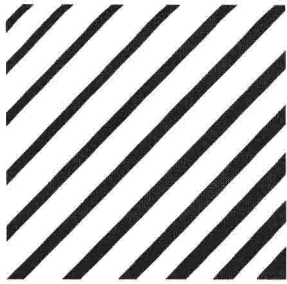


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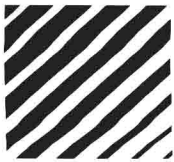
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Some drugs and medical devices presented in this publication have Food and Drug Administration (FDA) clearance for limited use in restricted research settings. It is the responsibility of the health care provider to ascertain the FDA status of each drug or device planned for use in their clinical practice.

We dedicate this book to students' and providers' spirit of inquiry in the challenge of participating with patients, their families, and communities in interdisciplinary relationship-centered care.

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Preface

All books begin with an idea; this one is no different. Its development began with the recognized need for a book that would offer comprehensive, integrated information on the care of patients with prevalent diagnoses, primarily of a chronic nature, seen in primary care. Primary care is complex and encompassing, and care is given by many different types of providers—nurse practitioners, physicians, physician assistants, nurse midwives, and clinical PharmDs, who work together in both formal and informal interdisciplinary groups. All primary care providers are not the same. We come from different disciplines, and no one owns all this knowledge. While the disciplines have shared knowledge, each brings their own ways of applying that knowledge to practice.

Health care is experiencing a shift from a reactive disease orientation to one of proactive primary health care. Patient participation, to the best extent possible, is critical to this changing health paradigm. Interdisciplinary practice enriches not only the experience of delivering primary care, but broadens our knowledge base and supports relationship-centered care.

In Section 1 the framework for primary care is presented. Chapter 1 elucidates our philosophy and identifies concepts essential for achieving interdisciplinary relationship-centered primary care. Building upon this, the remaining chapters in Section 1 describe a framework for providers to facilitate com-

prehensive assessment and management that includes family and cultural assessment; health promotion and disease prevention, including information on complementary approaches to care; nutritional assessment; violence exposure and vulnerability assessment; and community assessment. Section 2 presents comprehensive, integrated information on prevalent primary care diagnoses of adult primary care patients. As appropriate for each condition, the following are included: Anatomy, Physiology, and Pathology; Epidemiology; Diagnostic Criteria; History and Physical Exam; Diagnostic Studies; Treatment Options, Expected Outcomes, and Comprehensive Management; Teaching and Self-Care; Community Resources; Referral Points and Clinical Warnings; and an Editor's Note on Selected Complementary Approaches. At the end of the book are three appendices. Appendices A and B offer additional information on specific vitamins, minerals, herbs and supplements, and the selected complementary modalities. Appendix C discusses pre-operative evaluation.

This book is intended to assist faculty and students in the primary care disciplines in teaching and learning, support experienced practitioners, and facilitate specialized health care providers as they make the transition to providing primary care.

JKS and the Editorial Group



Personal Thank-You's



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