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Grace, Not Perfection Study Guide
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The Science of Beach Lifeguarding
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Catalogue
Handhelds in Medicine
ACEP First Aid Manual 5th Edition
Time: A to Z Health Guide
Walking
The Noncommissioned Officer and Petty Officer
In the Middle of the Mess
MDCT: A Practical Approach
Chronotherapy
Rhymes for Big Rascals
The Body
Case Studies in Infant Mental Health

Grace, Not Perfection Study Guide

Covers the most frequently asked and tested points on the pediatric board exam. Each chapter offers a quick review of specific diseases and conditions clinicians need to know during the patient encounter. Easy-to-use and comprehensive, clinicians will find this guide to be the ideal final resource needed before taking the pediatric board exam.

EKG Plain and Simple

Medical Terminology For Dummies

A first of its kind, this book-of, by, and for the noncommissioned officer and petty officer-is a comprehensive explanation of the enlisted leader across the U.S. Armed Services. It complements The Armed Forces Officer, the latest edition of which was published by NDU Press in 2007, as well as the Services' NCO/PO manuals and handbooks. Written by a team of Active, Reserve, and retired senior enlisted leaders from all Service branches, this book defines and describes how NCOs/POs fit into an organization, centers them in the Profession of Arms, explains their dual roles of complementing the officer and enabling the force, and exposes their international engagement. As Chairman of the Joint Chiefs of Staff General Martin E. Dempsey writes in his foreword to the book, "We know noncommissioned officers and petty officers to have exceptional competence, professional character, and soldierly grit-they are exemplars of our Profession of Arms." Aspirational and

fulfilling, this book helps prepare young men and women who strive to become NCOs/POs, re-inspires serving enlisted leaders, and stimulates reflection by those who have retired from or left active service. It also gives those who have never worn the uniform a better understanding of who these exceptional men and women are, and why they are properly known as the "Backbone of the Armed Forces."

Electric Fields of the Brain

This text is a graphics intensive training manual on arrhythmia recognition. There are hundreds of individual rhythm strips contained within the book, each with a small descriptive table outlining the various abnormalities in a logical, easy-to-follow sequence.

MACE Exam Cram

Fifth edition DK's First Aid Manual covers every aspect of first aid, including what it means to be a first aider, how to use essential equipment, and treatments for more than 100 different conditions, from splinters and sprained ankles to strokes and unconsciousness. Clear step-by-step photography, all shot in-situ to reflect real-life situations, is featured throughout the book. Key Features: · Step-by-step photography throughout, to show the reader exactly what to do in any situation · Quick-reference emergency first aid section · Clear anatomy and physiology sections, to help the reader understand treatment priorities · Every condition clearly explained with causes, symptoms, and signs, as well as action plans

ACLS Study Cards

The Miracle Morning

Bill Bryson, bestselling author of *A Short History of Nearly Everything*, takes us on a head-to-toe tour of the marvel that is the human body—with a new afterword for the Vintage paperback. Bill Bryson once again proves himself to be an incomparable companion as he guides us through the human body—how it functions, its remarkable ability to heal itself, and (unfortunately) the ways it can fail. Full of extraordinary facts (your body made a million red blood cells since you started reading this) and irresistible Brysonesque anecdotes, *The Body* will lead you to a deeper understanding of the miracle that is life in general and you in particular. As Bill Bryson writes, "We pass our existence within this wobble of flesh and yet take it almost entirely for granted." *The Body* will cure that indifference with generous doses of wondrous, compulsively readable facts and information. As addictive as it is comprehensive, this is Bryson at his very best, a must-

read owner's manual for every body. ONE OF THE BEST BOOKS OF THE YEAR: THE WASHINGTON POST • FINANCIAL TIMES • THE DALLAS MORNING NEWS • BOOKPAGE • THE BOSTON GLOBE

ACLS Study Guide

Offers 12 real-life stories written by infant mental health specialists about their work with young children and families. Each case study also reveals the supervision and consultation that supported the specialist, and the specialist's interaction with the larger service system.

The Ultimate Guide To Choosing a Medical Specialty

In *State of the Heart*, Dr. Haider Warraich takes readers inside the ER, inside patients' rooms, and inside the history and science of cardiac disease. *State of the Heart* traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests. More people die of heart disease than any other disease in the world and when any form of heart disease progresses, it can result in the development of heart failure. Heart failure affects millions and can affect anyone at anytime, a child recovering from a viral infection, a woman who has just given birth or a cancer patient receiving chemotherapy. Yet new technology to treat heart failure is fundamentally changing just what it means to be human. Mechanical pumps can be surgically sown into patients' hearts and when patients with these pumps get really sick, sometimes they don't need a doctor or a surgeon—they need a mechanic. In *State of the Heart*, the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large. We are learning not only that women have as much heart disease as men, but that the type of heart disease women experience is diametrically different from that in men. We are learning that heart disease and cancer may have more in common than we could have imagined. And we are learning how human evolution itself may have led to the epidemic of heart disease. In understanding how our knowledge of the heart evolved, *State of the Heart* traces the twisting and turning road that science has taken—filled with potholes and blind turns—all the way back to its very origin.

Say Good Night to Insomnia

In this six-session small group Bible study (DVD/digital video sold separately), Andy Stanley challenges us to stop flirting

with disaster and establish personal guardrails. Guardrails. They're everywhere, but they don't really get much attention until somebody hits one. And then, more often than not, it is a lifesaver. Ever wonder what it would be like to have guardrails in other areas of your life-areas where culture baits you to the edge of disaster and then chastises you when you step across the line? Your friendships. Your finances. Your marriage. Maybe your greatest regret could have been avoided if you had established guardrails. In this six-session video-based small group bible study, Andy Stanley challenges us to stop flirting with disaster and establish some personal guardrails. Sessions include: Direct and Protect (20:00) Why Can't We Be Friends? (18:30) Flee Baby Flee! (21:30) Me and the Mrs. (15:00) The Consumption Assumption (19:00) Once and for All (17:30) Designed for use with the Guardrails Video Study (sold separately).

Paperbound Books in Print

Includes Part 1A: Books and Part 1B: Pamphlets, Serials and Contributions to Periodicals

Clinical Electrophysiology

500 flashcards make it easy to study ACLS anytime, anywhere! Corresponding to Aehlert: ACLS Study Guide, 3rd Edition, these flashcards offer a quick, concise overview of the information you need to know to pass ACLS. Each card includes a question on the front and an answer on the back. Offered in book format, these flashcards may be removed and organized by topic. 500 study cards cover each ACLS topic. Full-color design allows for color coding and easy correlation with the ACLS Study Guide. Numerous high-quality illustrations - including practice rhythm strips - offer visual clarity for easier understanding of ACLS concepts. A newly combined vascular access and medication section covers methods to access the venous circulation and common medications used during cardiac emergencies. Case studies give you the opportunity to practice correct patient management. Perforation allows you to remove the cards to make your own customized study decks. Content corresponds to Aehlert: ACLS Study Guide, 3rd Edition and the 2005 ECC guidelines. 100 cards on dysrhythmia recognition with 30 new practice rhythm strips provide a great refresher on rhythm recognition. 34 new cards cover special resuscitation situations.

2015 Handbook of Emergency Cardiovascular Care for Healthcare Providers

An enlightened approach to insomnia, depressed mood, fatigue, and other sleep-related problems of everyday life, harnessing the power of light therapy to reset the natural clock. Sleep problems and depressed mood often go hand in hand, forming a frustrating cycle. Michael Terman, PhD, has devoted his career to studying the brain functions that feed these disorders. His discoveries in chronotherapy have been widely recognized as game-changers by the medical

establishment, and his 2010 New York Times op-ed, "Sleeping (or Not) by the Wrong Clock," shot to number one on the paper's list of most-forwarded online articles. In Chronotherapy, Terman and McMahan reveal the heart of his findings, a powerful program that recalibrates our internal clocks--our exquisitely designed, natural sensitivity to the timing and brightness of light exposure. These delicate mechanisms are often decimated by the modern demands of a 24/7 lifestyle. Beginning with a questionnaire that pinpoints the problem areas, Terman helps readers decipher when their natural internal night begins and ends. The treatment process can then start, incorporating the power of natural light and, when necessary, supplemental light therapy. His approach has brought relief to thousands of sleep sufferers, as well as those burdened by bipolar disorder, seasonal affective disorder, depression, sleep disorders due to around-the-clock work schedules, and other impediments to vibrant health. For the first time, his findings are now available for a general audience, sharing the essential elements of chronobiology in clear, authoritative, scientifically grounded chapters that are easy to apply to a variety of situations. Chronotherapy chapters include: PART ONE: TIME, SLEEP, AND RHYTHMS Chapter 1: External vs. Internal Time The clock on the wall measures twenty-four hours every day, but the clock in your brain runs a little different. How can you help them work together? Chapter 2: The Pressure to Sleep The longer you stay awake, the more pressure you feel to sleep. But what if your inner clock says it is not yet ready for sleep? Chapter 3: Owls, Larks, and Hummingbirds What kind of "bird" are you? And once you know, how can that help you figure out when best to get stuff done? PART TWO: TIME, LIGHT, AND THE BRAIN Chapter 4: Getting Light into the Brain How do your eyes pass signals to your inner clock, and what makes those signals so important? Chapter 5: Getting Light Wrong Seeing light and being in darkness are basic daily experiences. But what happens when they come at the wrong times, and why does that have such negative consequences for mood, alertness, and sleep? Chapter 6: Geography and Time East or west, south or north, how can where you live have such a huge impact on your mood and sleep? PART THREE: INTERVENTIONS Chapter 7: Healing Light How can light help you solve your sleep problems, have more energy, and feel more positive about life? Why do the details matter so much? Chapter 8: Nighttime Meds and Melatonin Do you rely on pills to get to sleep? They may not work, and they may be bad for you. But a new approach based on the brain's inner clock holds great promise. Chapter 9: Hospitalized with Depression When someone becomes so depressed they need to go to the hospital, what promise does chronotherapy offer for a quick turnaround and continued improvement? Chapter 10: Beyond Light: The Charge in the Air What is it about spending a day at the beach that gives you such a lift? And how can you use new technology to bring that feeling of wellbeing into your home? PART FOUR: STAGES OF LIFE Chapter 11: The Promise of Pregnancy You are going to have a baby! You are thrilled, but a little apprehensive too. How can chronotherapy help you through the next nine months? Chapter 12: Strategies for Babies and Children When your baby or child sleeps well and feels good, you feel better too. How can chronotherapy help you reach this goal? Chapter 13: The Challenges of Adolescence As a teen, why do you feel the need to stay up so late and sleep so late? What are the consequences for your mood, health, and schoolwork? What simple steps can you take to put your life on a smoother course? Chapter 14: In Later Years Does getting older have to mean being tired, sleeping badly, and feeling down? How can you or someone you care about reverse these trends by using light? PART FIVE: CHRONOTHERAPY IN YOUR LIFE Chapter 15: Coping with Shift Work What if your job puts you on duty when your inner clock says you should be asleep?

How can chronotherapy help you stay awake, alert, and in a decent mood? Chapter 16: Racing the Clock, Racing the Sun You are traveling across the world and you need to be in high gear tomorrow. How can chronotherapy prepare you for the trip and help you recover from jet lag as quickly as possible? Chapter 17: Chronobiology in the Home and Workplace How will the collaboration of chronobiologists and architects transform the places you live, work, and learn? Chapter 18: Dawn of a Circadian Science Why is mainstream medicine so slow to put the insights of chronotherapy into practice?

The Joy Luck Club

Reversing Heart Disease and Preventing Diabetes

Dynamic Battle Plan Identifies Enemy Tactics and Equips Believers to Live Victoriously Jesus made it clear that the devil has come to steal, kill, and destroy. Hell is ready to unleash fury against every follower of Jesus. Yet many believers live in denial, letting the enemy steal their blessings, destroy their relationship with Jesus, and kill their hope. But no more. It's time to put the enemy on notice! With passion and insight gained from years on the frontlines of spiritual warfare, John Ramirez equips you with the biblical weapons and practical strategies you need to battle the enemy successfully, including how to · discern and shut down the enemy's tactics and next moves · fight with your God-given authority · break free from destructive patterns and replace them with godly ones · fortify your mind and heart against attacks · take back what the devil has stolen · grow in wisdom and maturity in Christ · and more! Here is everything you need to become armed and dangerous against every adversary that threatens your relationship and growth with Jesus. Through the power of the Holy Spirit you can destroy the power of the enemy and protect all that God has given you. It's time to push back the gates of hell, advance the Kingdom, and live the life God designed you for.

INDICATIVE MOOD

Stand up to heart disease and win like I did! Yes, I have proved that heart artery plaque can be removed. I have reversed my heart disease. My cardiologist performed an angiogram in 2009 and informed me that the two small areas of arterial plaque he saw in 2007 had been reduced to half the original size in only 25 months. The diet, supplement, and drug regimen I present in Chapter 4 lowered my LDL cholesterol level 100 points, which is necessary to reverse coronary artery disease. High HDL cholesterol is also necessary to reverse heart disease. This is one of the most important scientific facts for you to know in order to achieve optimal health. Without increasing HDL cholesterol, you cannot reverse heart disease. My regimen worked like a miracle to increase my HDL cholesterol from 57 to 66, or 16%. It's amazing. My LDL cholesterol was reduced 100 points to 68. Low LDL cholesterol reduces the work that HDL cholesterol must do to clean the arteries.

This makes the HDL more productive and efficient. The LDL/HDL cholesterol ratio is one of the most important blood chemistry measurements for determining coronary artery disease risk, and my awesome reading was only 1.03. Insulin is the number one contributing factor to coronary artery disease because it promotes the formation of plaque in the arteries of the heart. It also produces plaque formation in other arteries of the body and leads to peripheral artery disease, stroke, and kidney disease. Insulin causes cardiovascular disease because it forces LDL cholesterol, triglycerides, calcium, heavy metals, glucose, and free radicals to bind to the arteries throughout the body. My scientific research proves that excess glucose consumption and high insulin cause Type 2 diabetes mellitus, and statistics have shown that 65% of diabetics will die from heart disease. I anticipate that my scientific approach to controlling glucose and insulin will prevent Type 2 diabetes 100% of the time and reduce symptoms in those who have already been diagnosed. Elevated triglycerides are a primary risk factor for heart disease. My regime reduced my triglycerides to 71 quickly and dramatically. The ratio of triglycerides (TR) to HDL cholesterol (TG/HDL) is one of the best indicators for heart disease risk. Triglycerides should be below 100 mg/dL, and HDL cholesterol should be above 50 mg/dL, for a ratio of 2.00. Improving the TG/HDL ratio will substantially reduce the heart disease risk. Some people are walking time bombs with a ratio of 6.00 or greater, and a ratio of 4.00 is very common. The ratio on my blood test was $(71/68) = 1.04$. My regimen has been shown to remove atherosclerotic lesions and calcification throughout the body with virtually no risks and very few side effects. Library of Congress Control Number (LCCN): 2011943818

Guardrails Participant's Guide

105 Essential or Fundamental French Verbs is a bilingual French-English manual which presents an innovative learning method for those who wish to master the French indicative mood. By classing the verbs in terms of frequency of use, both oral and written, the teacher or student is able to progress logically and at his own rhythm. In order to help English speakers learn the correct French pronunciation, a simple color coding has been applied to signal complex sounds and to indicate silent letters. To reinforce a cumulative learning experience, each new element is subsequently recapitulated through diagrams and tables that show how it is used in the different tenses, as well as how these are formed. MARIANNE YAYANE VERBUYT is a teacher and educator with a passion for transmitting knowledge. After more than two decades working within some of the most renowned scholastic institutions in Europe and the United States, as a co-author of the book, "Apprendre malgré le handicap ou la maladie" and as the primary educator highlighted in the acclaimed documentary, "Sur la route couleur de sable," Marianne decided to apply all of her pedagogical experience to understanding the mechanisms of learning. Integrating feedback from her many students, she figured out a coherent and innovative way to communicate the complexities of the French language to a non-Frenchspeaker. The simple and graphic aesthetic of this manual is intended to transform the student into a powerful participant in his or her own learning process."

Armed and Dangerous

This is the eBook version of the print title. The eBook edition does not provide access to the test engine that accompanies the print book. “I highly recommend this book because it will be very useful for any candidate writing the MACE. It is comprehensive, practical, and follows the MACE test plan.”—Verine J. Parks-Doyle, RN, BSN, MSN, EdD. Covers exactly what you need to know to score higher on your MACE exam More than 100 sample test questions help you gain confidence and decide when you’re ready to take the actual exam Includes the popular Cram Sheet tearcard to help you remember key concepts and do extra last-minute studying Exam Alerts identify important information found on the exam Simplifies key medication aide concepts and techniques for easy learning Covers the critical information you’ll need to know to score higher on your MACE exam! Discover how the MACE exam works, and the best ways to prepare for it Learn the role and responsibilities of the medication assistant as a member of the healthcare team Master all key medication administration concepts: pharmacology, drug orders, forms, measurements, storage, handling, and more Safeguard yourself and your patients from accidents, mistakes, and other risks Learn today’s most effective procedures and techniques for administering medications Understand how medication affects body systems, and how that affects care Review medication’s effects on the cardiovascular, respiratory, digestive, musculoskeletal, central nervous, and endocrine systems Understand medications for treating the eye and ear; cancer; and mental disorders MACE is a registered trademark of the National Council of State Boards of Nursing, Inc. (NCSBN), which does not sponsor or endorse this product.

Catalog of Copyright Entries. Third Series

This book describes current examination techniques and advanced clinical applications of state-of-the-art multidetector computed tomography (MDCT) scanners. There are contributions from several distinguished radiologists and clinicians. Each chapter is written from a practical perspective, so that radiologists, residents, medical physicists, and radiology technologists can obtain relevant information about MDCT applications.

The Science of Beach Lifeguarding

Written in a conversational style, the 3rd edition of the ACLS Study Guide features unique, user-friendly, and easy to remember treatment algorithms - totally revised to reflect the 2005 emergency cardiac care guidelines. Full-color throughout, it offers a complete, concise overview of advanced cardiovascular life support (ACLS), acute coronary syndromes, and acute stroke. It also features easy-to-access information with Stop and Review quizzes in each chapter and a comprehensive pretest and posttest. New to this edition are a handy ACLS quick-reference fold-out card, a heart rate ruler, and more! In addition to being an outstanding study tool, the ACLS Study Guide, 3rd Edition is the official text for the

American Safety and Health Institute ACLS certification course. For more information on ASHI courses, call 800-246-5101 or visit www.ashinstitute.com. A pretest and posttest, each containing 50 questions with answers and rationales, provide readers with opportunities to check comprehension prior to and after study. Chapter Objectives allow readers to preview the main points in each chapter. Quick Review boxes throughout the chapters and Stop and Review sections at the end of the chapters test reader comprehension of the material. Chapters 1-8 comprise a Preparatory section to provide the foundation for the case presentations in the second section. Ten case studies present real-life clinical situations enabling the reader to make decisions based on information in the Preparatory section. Consistent organization of case studies include Objective, Skills to Master, Rhythms to Master, Medications to Master, Related Text Chapters, Questions, Answers, Essential Actions, and Unacceptable Actions to aide in the study and mastery of material. Unique treatment algorithms - totally revised to reflect the 2005 emergency cardiac care guidelines - simplify the new treatment guidelines, making them easier to use and remember. Chapter on Stroke has now been expanded to include Special Resuscitation Situations. ACLS Pearl boxes contain key points and useful tips for clinical practice. Keeping it Simple boxes contain essential information in a clear and concise manner. A heart rate ruler is included to help determine heart rate while practicing ECG recognition. A 4 x 6 pocket-size quick-reference card with key ACLS algorithms is included for field-use. Vascular Access and Medications combined into one chapter to present venous circulation information with all relevant common medications used during a cardiac-related emergency.

State of the Heart

How do you turn your struggles into strengths? Beloved Bible teacher Sheila Walsh teaches readers how the daily spiritual practices of confession, meditation on God's Word, and prayer result in fresh freedom in Christ. In her long-awaited new book, Sheila Walsh equips women with a practical method for connecting with God's strength in the midst of struggle. From daily frustrations that can feel like overwhelming obstacles to hard challenges that turn into rock-bottom crises, women will find the means to equip themselves for standing strong with God. Using the spiritual applications of confession, prayer, and meditation on Scripture to form a daily connection to Jesus, women will learn how to experience new joy as a child of God who is fully known, fully loved, and fully accepted. In *In the Middle of the Mess*, Walsh reveals the hardened defenses that kept her from allowing God into her deepest hurts and shares how entering into a safe place with God and practicing this daily connection with him have saved her from the devil's prowling attacks. Though we will never be completely "fixed" on earth, we are continually held by Jesus, whatever our circumstances.

Arrhythmia Recognition

Introduction by Dr. Herbert Benson, author of *The Relaxation Response* A drug-free, scientifically proven program for

conquering insomnia in six weeks. At least thirty million adults ure the stress of severe, chronic insomnia, and the numbers of sufferers aregrowing. Dr. Gregg Jacobs has used the six-week program offered in Say Good Night to Insomnia to help thousands of insomnia sufferers at the Behavioral Medicine Insomnia Program at Boston's Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. The program succeeds by helping insomniacs change the way they think about sleep, making it a friend instead of an enemy. Among the many topics addressed are these: * Developing a sleep enhancing lifestyle including diet, exercise, and an understanding of the importance of body temperature * Stopping a dependency on sleeping pills * Managing negative emotions, stress, and anxiety * Quieting the mind and body to enhance inner feelings of peace Say Good Night to Insomnia is an empowering book that lets insomniacs take control of their minds and bodies by giving them the knowledge and techniques to overcome their problem forever.

Safety Science Abstracts Journal

Have you ever wanted to calculate the predicted peak flow for one of your asthmatic patients without spending valuable minutes searching for that confounded little slide rule gizmo? Wouldn't it be great if you could somehow remember all Mrs. Jones' medications when the nursing home calls to see if it's OK to treat her acutely elevated blood pressure with some atenolol? Handheld computers are emerging as the stethoscopes of the twenty-first century, and no clinician should be without this essential tool. These small, easy-to-use devices are now powerful enough to help clinicians manage information and make medical decisions at the point of care. This comprehensive how-to guide targets all levels of handheld computer users, from novices to experts, and demonstrates how to make the most of handheld computers in any medical practice. Designed with easy-to-understand, hands-on exercises for each new skill presented, this book begins with choosing a handheld and "getting to know" your new device. It then progresses through downloading and installing software, using charge capture and e-prescription programs, Internet and evidence-based resources for your device, designing and programming your own programs, and going wireless. Written by three experienced family medicine clinicians, Handhelds in Medicine is designed to improve every day practice for any busy health professional. There are chapters written for and by nearly every health professional, including nurses, physician assistants and speech pathologists. Reviews of handheld devices and websites will be kept current at www.handheldsinmedicine.com

Tactical Combat Casualty Care Handbook

Covering everything from arthritis to the West Nile virus and beyond, this alphabetical reference offers a one-stop health reference that includes information on the human body, the latest trends in health and medicine, treatments and therapies, common ailments and their symptoms, nutrition and supplements, the mind-body connection, and more. Original. 20,000 first printing.

Counsels on Sabbath School Work

Pediatric Board Study Guide

As a busy wife, new mother, business owner, and designer, Emily Ley came to a point when she suddenly realized she couldn't do it all. She needed to simplify her life, organize her days, and prioritize the priorities. She realized that she had been holding herself to a standard of perfection, when what God was really calling her to do was step into his grace. In this four-session video-based study (DVD/digital video sold separately), Emily describes the journey that led to her pursuing a simpler life—one that allowed her to breathe, laugh, and grow—and provides ways for others to simplify their lives. She reminds each of us that God abundantly pours out grace on us, and because of this, we can surely extend grace to ourselves. This message is for everyone who has been trying to do it all only to burn out. As Emily writes, "You don't have to be perfect to embrace grace. Grace is free—for imperfect and unworthy people like you and me. God wants us to love big and feel deeply alive, free from the traps of perfection and comparison. The truth is, if we take care of ourselves like we're nurturing everyone else, shower love on our people, and pursue the things that make us feel deeply alive, perfection won't sound so necessary, and real-life joy will find us in the beautiful mess of it all." Sessions include: Let Go of the "Perfect Life" Surrender Control Build True Community Live in God's Grace Designed for use with Grace, Not Perfection Video Study (sold separately).

Bystander CPR

The World Health Organization's recently published Global Report on Drowning found that drowning is the third leading cause of unintentional injury death worldwide—making the information presented in this new book an important part of the global effort to reduce this health risk. Written by leading researchers and academics from around the world, *The Science of Beach Lifeguarding* focuses on the scientific evidence that underpins what is taught to and practised by beach lifeguards. It is the first book to pull together all the different areas involved in beach lifeguarding and evaluate their evidence base. An accessible and informative reference underpinned by the best current research, the book's key themes cover the context of beach lifeguarding, the physical environment in which lifeguards work, medical aspects, practical lifeguarding techniques, physiological standards for lifeguards, safety education, and future developments in beach lifeguarding. The book presents groundbreaking work quantifying the scientific rationale behind a universally accepted fitness standard. It supplies an in-depth examination of the risks and hazards associated with the beach environment, including rip currents and cold water immersion. The book includes a state-of-the-art review of drowning and a comprehensive chapter on first aid. Detailing the recently announced 2015 European Resuscitation Council Guidelines, this book is a must-have for beach lifeguards, beach

lifeguard managers, search and rescue personnel, paramedics, sports scientists, health and safety practitioners, and occupational health practitioners.

Best-rated Health Web Sites

Organized by therapeutic goals, the Third Edition of this comprehensive textbook on electrotherapies provides a fundamental understanding of contemporary, evidence-based intervention and assessment procedures. The text takes a problem-oriented approach and recommends interventions consistent with both theory and the clinical efficacy of the intervention for specific, clearly identified clinical disorders. This edition has a new chapter on electrical stimulation and biofeedback for genitourinary dysfunction, including incontinence management in both women and men. All the intervention-based chapters have a new format that emphasizes evidence-based practice and practical application. Additional self-study questions are included in each chapter. **NEW TO THIS EDITION:** New chapter on Electrical Stimulation and Biofeedback for Genitourinary Dysfunction (Chapter 9) includes topics such as incontinence management in both women and men, and gives solid evidence to support or refute specific procedures. New organization Chapter on mechanisms of pain transmission and pain control with electrotherapy will be moved up to chapter 4 to make the first four chapters the theoretical basis for the clinical application chapters that follow. Chapter on electrophysiologic evaluation will become the last chapter (chapter 12) in order to enable students to meet core educational competencies. New chapter format for the intervention chapters (chapters 5-11) adds consistency and clarity to emphasize evidenced-based practice and practical application. Additional self-study questions are included in each chapter to enhance understanding of key concepts. New emphasis on evidence-based preferential practice patterns.

Catalogue

For courses in reading electrocardiograms This conversational text teaches EKG from basic to advanced concepts Unlike books that encourage rote memorization, the conversationally-written EKG Plain and Simple puts the student at the patient's bedside. This popular text focuses not just on identifying rhythms or EKGs, but also on what can be done for the patient. Assuming no prior knowledge, the text covers basic to advanced EKG concepts. Part I progresses seamlessly from basic cardiac A&P through waves and complexes, lead morphology, and rhythms. Part II covers 12-lead interpretation, axis, hypertrophy, myocardial infarction, and more. The author provides many clinical scenarios, anecdotes, and critical-thinking exercises, plus over 500 practice rhythm strips and 12-lead EKGs. The Fourth Edition has been updated to include improved opening scenarios, streamlined explanations, new tables, and more photos, art, and visual aids. Also available with MyHealthProfessionsLab Now available packaged with the Fourth Edition of EKG Plain and Simple , MyHealthProfessionsLab is an online homework, tutorial, and assessment program designed to work with this text to engage students and improve

results. No matter their learning style, students will gain a solid foundation in EKG interpretation through pre-built homework assignments, interactive case studies with assessments, animations, videos, and more! Practice CCT and CET exams provide a true-to-life experience that prepares students for their certification exams. Within MyHealthProfessionsLab's structured environment, students gain knowledge that will carry through to their professional careers. Note: You are purchasing a standalone product; MyHealthProfessionsLab does not come packaged with this content. Students, if interested in purchasing this title with MyHealthProfessionsLab, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the physical text and MyHealthProfessionsLab, search for: 9780134627243 / 0134627245 EKG Plain and Simple Plus NEW MyHealthProfessionsLab with Pearson eText--Access Card Package, 4/e contains: 9780134525051 / 0134525051 EKG Plain and Simple 9780134525495/ 0134525493 MyHealthProfessionsLab with Pearson eText -- Access Card -- for EKG Plain and Simple

Handhelds in Medicine

The Not-So-Obvious Secret Guaranteed to Transform Your Life

ACEP First Aid Manual 5th Edition

Time: A to Z Health Guide

Background: It has been proved that bystander cardiopulmonary resuscitation (CPR) saves lives; however, which training method in CPR is most instructive and whether survival is affected by the training level of the bystander have not yet been fully described. Aim: To identify the factors that may affect 7th grade students' acquisition of CPR skills during CPR training and their willingness to act, and to describe 30-day survival from outof- hospital cardiac arrest (OHCA) after bystander CPR and the actions performed by laymen versus off-duty medically educated personnel. Methods: Studies I-III investigate a CPR training intervention given to students in 7th grade during 2013-2014. The classes were randomized to the main intervention: the mobile phone application (app) or DVD-based training. Some of the classes were randomized to one or several additional interventions: a practical test with feedback, reflection, a web course, a visit from elite athletes and automated external defibrillator (AED) training. The students' practical skills, willingness to act and knowledge of stroke symptoms, symptoms of acute myocardial infarction (AMI) and lifestyle factors were assessed directly after training and at 6 months using the Laerdal PC SkillReporting system (and entered into a modified version of the Cardiff test scoring sheet) and a questionnaire. The Cardiff test resulted in a total score of 12-48 points, and the questionnaire resulted in a total score

of 0–7 points for stroke symptoms, 0–9 points for symptoms of AMI and 0– 6 points on lifestyle factors. Study IV is based on retrospective data from the national quality register, the Swedish registry of cardiopulmonary resuscitation, 2010-2014. Results: A total of 1339 students were included in the CPR training intervention. The DVD-based group was superior to the app-based group in CPR skills, with a total score of 35 (SD 4.0) vs 33 (SD 4.2) points directly after training (p

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