



METADATA

Title: Basic principles of health care for the individual and the family

Other Titles: Focusing on home care

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Abstract

The book aims to introduce community health scientists in home health care, focusing on health education for persons and families on developing self-care and self-management skills. It includes the basic principles and skills for providing home health care to persons with chronic and debilitating conditions, mental health problems, developmental disorders and various forms of disabilities, from infancy to the end of life. The 1st chapter presents some historical data on home care and discusses the role of community health professionals in home health care. The 2nd chapter focuses on the hierarchy of needs and the principles of effective communication and collaboration with persons and families. The support and care needs of the elderly are described in chapter 3 and the changing

needs of children at different developmental stages, in chapter 4. Chapters 5 and 6 focus on home health care for a person with mental health problems and persons with developmental disorders, respectively. The 7th chapter addresses the needs of persons with physical disabilities and medical conditions and discusses the proper use of the appropriate adaptive devices for facilitating activities of everyday life. The following chapters (8-12) focus on nutrition guidance and dietary adaptations for persons with different health conditions, advice on personal hygiene and care, ergonomics, family expenses management, hygiene and safety of the home environment, and management of emergencies. The book also includes various self-assessment activities and a bibliography for further study.

