



Health Promotion Strategies Through the Life Span (8th Edition)

By Ruth Beckmann Murray Ed.D MSN RN CS , Judith Proctor Zentner RN MA , Richard Yakimo

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This valued resource provides a holistic approach to the health promotion of the individual and family throughout all developmental stages, from birth to death. The eighth edition presents new coverage of the prominent concepts and theories of health promotion for individuals and families. Specific guidelines for assessment and interventions are woven throughout the chapters, with cultural care considerations, education strategies, and spiritual and religious influences addressed for each age. This popular text provides an excellent foundation for students and a refresher for practitioners.

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Editorial Review

From the Back Cover

Handbook of Informatics for Nurses & Health Care Professionals

Fourth Edition

Toni Hebda and Patricia Czar

This useful handbook introduces nurses and other health care professionals to the most current application of computer-related technology in the health care environment. Included are the various forms of electronic communication and ways to use it more effectively. New coverage of web-based technology, search tools, and evaluation criteria for online material are presented along with regulatory and accreditation requirements, such as HIPAA. Completely updated, the fourth edition offers a clearly written overview of informatics, as well as practical applications of computer-based education for day-to-day use.

This edition includes:

- Expanded coverage of mobile computing and PDAs
- Definition and applications of telehealth
- Development and use of the Electronic Medical Record (EMR)
- The role of strategic planning in information management and system design and implementation.
- Disaster planning and recovery chapter with specific measure for the protection and back-up of information.
- Updated material from the *Internet Resource Guide for Nurses & Health Care Professionals*, 3rd edition, now integrated into the text and Companion Website.

About the Author

Ruth Beckmann Murray, EdD, MSN, N-NAP, FAAN

Dr. Murray received her basic nursing education from Deaconess Hospital School of Nursing, St. Louis, Missouri, and graduated with a baccalaureate degree from Lindenwood College in St. Charles, Missouri. She graduated from Washington University School of Nursing in St. Louis with a major in psychiatric/mental health nursing, and in 1983 earned a doctorate degree in education from Southern Illinois University Edwardsville. During her professional career she was a school nurse at Lindenwood College, staff nurse on medical-surgical and psychiatric hospital units, and supervisor of obstetrics-gynecology. For 42 of her 48 years as an active professional, nursing education was her primary role. She retired as professor emerita from Saint Louis University School of Nursing in St. Louis, Missouri.

As an educator, she was active in the community in the role of mental health counselor and educator and as consultant to agency staff and schools of nursing locally and nationally. She conducted evaluation research and was a member of agency committees and boards of directors. In addition to being senior author of the first text on health promotion and development through the life span, she was senior author of several other books, authored many articles, and contributed chapters to a number of books. She received numerous awards for her contributions as educator, consultant, author, and for community service. She is a fellow in

the

American Academy of Nursing, member of Sigma Theta Tau International, Delta Lambda Chapter, the American and Missouri Nurses Association, other nursing organizations, and Distinguished Practitioner in the National Academies of Practice-Nursing. As professor emerita, she has not really retired, but is "retreading." She is active on committees, as a board member of several community agencies, and with her church. She continues to do telephone crisis counseling, a professional activity for more than three decades. Free time is spent with people, her garden, botanical photography, and continuing to learn.

Judith Proctor Zentner, MA, BS, FNP-BC

Judith Zentner received her basic nursing education from Deaconess Hospital School of Nursing, St. Louis, Missouri. She received a bachelor of science degree with majors in English and history from Anderson University, Anderson, Indiana. She received a master of arts degree with a concentration in English/education from Ball State University, Muncie, Indiana. Her nurse practitioner education was obtained from the University of North Carolina branch program in Asheville. The last 25 years have been devoted to starting and directing a health program in industry with a primary care focus for employees and their families. Also, the last 25 years have been devoted to funding clinics and shelter for the homeless in Kenya, East Africa. During the 44 years as a nurse and the 28 years as a nurse practitioner, Judith has used her background skills in English to teach both English and nursing in a college setting. She has held various positions in the emergency room, medical-surgical units, visiting nurse association, private duty cases, hospital occupational

health, and in an HMO. In addition to being the co-author of the first text on health promotion and development through the life span, Judith has written six articles and has spoken to various college nursing students

and professional organizations. She is a member of several professional organizations and was honored with being selected for Who's Who in American Nursing. Going forward, Judith plans to continue with the Africa projects, substitute for nurse practitioners when needed, as well as have more time to spend with the children and grandchildren who live in other states.

Richard Yakimo, PhD, PMHCNS-BC, N-NAP

Dr. Yakimo received his bachelor's, master's, and doctoral nursing degrees from Saint Louis University in St. Louis, Missouri. He also completed a postdoctoral fellowship in psychiatric epidemiology at Washington University in St. Louis. He is certified as a clinical specialist in adult psychiatric-mental health nursing and is especially interested in the mental health of older adults, trauma clients, and the psychosocial care of the physically ill. Dr. Yakimo is currently an assistant professor at Southern Illinois University Edwardsville School of Nursing, where he teaches psychiatric nursing and epidemiology and also serves as a consultant in evidence-based practice and research to a local hospital. His research interests focus on the quality of care and the analysis of outcomes within nursing practice. Dr. Yakimo is a member of the American Nurses Association, the International Society of Psychiatric-Mental Health Nurses, and Sigma Theta Tau, International, Honor Society of Nursing. He was recently elected as a Distinguished Practitioner in the National Academies of Practice.

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