

Life Span Exam #1 Study Guide (ch. 1-4)

Chapter 1: Healthy Lifestyles

Epidemic: a disease that affects many people living in a community.

Endemic: when a disease affects only a particular people or country.

Social Determinants of Health

- Objectives that focus on conditions on the environment affecting people's health, functioning, and quality of life.
 - o **Education Access and Quality**
 - Goal: increase educational opportunities to help children and adolescents do well in school.
 - o **Economic Stability**
 - Goal: help people to earn a steady income that allows them to meet their health care needs.
 - o **Social and Community Context**
 - Goal: Increase support.
 - o **Health Care Access and Quality**
 - Goal: increase access to comprehensive high quality health care
 - o **Neighborhood and Built Environment**
 - Goal: create neighborhoods and environments to promote health and safety



Disease Prevention

- Primary Prevention (Health Promotion)
 - o Before there is any disease or dysfunction.
 - ex. Immunization, controlling risk factors, HIV/AIDS education
- Secondary Prevention
 - o Begins with dx of disease.
 - o Focuses on need to early treatment to avoid permanent disability
 - Screenings, treatment, disease control
- Tertiary Prevention (Health Restoration)
 - o Begins when permanent disability occurs; restore pt. to optimal functioning
 - o health restoration → begin when disease stabilized
 - Ex. Rehab, PT, diet, exercise, stress reduction, pain control

Nutrition

- Science that studies the body's need for food, how foods are digested, and how food choices related to health and disease.
- Malnutrition – poor dietary state due to lack of essential nutrients or failure to use available foods
- *Healthy People 2030* goal – promote health and reduce disease by promoting health and reduce disease by promoting the consumption of a healthy diet and maintaining a healthy body weight

Roles of the Nurse in Health Promotion

- Caregiver
- Teacher
- Advocate

Life Span Study Guide

R Barnett



Life Span Study Guide:

The Developing Person Through the Life Span Study Guide Richard O. Straub, 2004-04-30 This study guide is designed for use with *The Developing Person Through the Life Span* Sixth Edition by Kathleen Stassen Berger. It is intended to help students evaluate their understanding of that material and to review any problem areas. Sections such as How to Manage Your Time Efficiently, Study more effectively, and Think Critically provide detailed instructions on how to use the textbook. Each chapter includes a Chapter Overview, a set of Guided Study questions, a Chapter Review section, and three review tests.

Preface The Study Guide for Developing Person Through the Life Span Kathleen Stassen Berger, 2007-12-24 This seventh edition comes with a significant revision of cognitive development through childhood, revised and updated chapters on adolescence, and more attention to emerging and early adulthood.

The Coast Telecourse Study Guide: Developing Person Through the Life Span Kathleen Stassen Berger, 2007-12-28 **Demonstrate Knowledge of Lifespan Development** Northern College, 1998-01-01 **Development Across the Life Span Value Package (Includes Study Guide for Development Across the Life Span)** Robert S. Feldman, 2007-12 0135013690 9780135013694 Development Across the Life Span Value Package includes Study Guide for Development Across the Life Span. Package consists of 0136016103 9780136016106 Development Across the Life Span 0136016111 9780136016113 Study Guide for Development Across the Life Span.

Study Guide for Experiencing the Lifespan Janet Belsky, 2010-01-13 Each chapter includes a review of key concepts, guided study questions, and section reviews that encourage students' active participation in the learning process. Two practice tests and a challenge test help them assess their mastery of the material. Applications and observational activities are also included.

Study Guide for Exploring Lifespan Development Laura E. Berk, Amelia G. Benner, Claire G. Christensen, Jessica Carloni, Leah Shiro, William B. Tierney, 2010-03 **A Laboratory Manual and Study Guide for Anatomy and Physiology** Kenneth G. Neal, 1983 **Study Guide for Invitation to the LifeSpan** Kathleen Stassen Berger, 2010-02-19 Each chapter includes a review of key concepts, guided study questions, and section reviews that encourage students' active participation in the learning process. Two practice tests and a challenge test help them assess their mastery of the material. Applications and observational activities are also included.

Telecourse Study Guide Hooyman, Nancy R. Hooyman, H. Asuman Kiyak, 2001-08 Demonstrate Knowledge of Lifespan Development : Study Guide Confederation College, Northern College, 1995 **Invitation to the Life Span with Updates on DSM-5** Kathleen Stassen Berger, 2014-03-03 Edition after edition Kathleen Stassen Berger's bestselling textbooks connect all kinds of students to current state of developmental psychology in an engaging, accessible, culturally inclusive way. Berger's *Invitation to the Life Span* does this in just 15 concise chapters in a presentation that meets the challenges of exploring the breadth of the life span in a single term. The new edition of *Invitation to the Life Span* incorporates a wide range of new research, especially in fast-moving areas such as brain development and psychopathology, while taking advantage of innovative new tools for media.

centered teaching and learning But throughout as always the signature voice of Kathleen Berger ties it all together with relatable explanations of scientific content wide ranging cultural examples and skill building tools for sharper observation and critical thinking DSM 5 Updates Available for Fall 2014 classes this update version features new content from Kathleen Berger in response to the release of the DSM 5 This new content is integrated into the text without changing pagination or the structure of the chapters A special DSM 5 Supplement by Berger is available for Fall 2013 and Spring and Summer 2014 courses View the Page Referenced Guide to the DSM 5 updates for Invitation to the Life Span **LIFE SPAN**

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Telecourse Study Guide for Sociology Pearson,James M. Henslin,Shelly Dutchin,2005-04 This student manual is for students who are using Sociology A Down to Earth Approach with the twenty two video programs in the Exploring Society series from Dallas TeleLearning Each section coordinates reading and video assignments and includes summaries learning objectives video outlines key terms and people and student application projects The Guide also provides a self test section containing multiple choice true false fill in matching and essay questions that correlate to the video programs as well as Henslin s text **Student Workbook and Study Guide for Use with Byer 6e** Curtis O. Byer,Louis W. Shainberg,2001-06

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