

southern health and wellness statesboro

Southern Health and Wellness Statesboro: Your Guide to a Healthier Lifestyle

Are you searching for a vibrant and supportive community dedicated to health and wellness in Statesboro, Georgia? Look no further! This comprehensive guide delves into the heart of Southern Health and Wellness in Statesboro, exploring its offerings, benefits, and how it can help you achieve your personal wellness goals. We'll cover everything from the types of services offered to what makes this particular health and wellness center stand out in the community. Get ready to discover your path to a healthier, happier you!

Understanding Southern Health and Wellness Statesboro

Southern Health and Wellness Statesboro isn't just another gym; it's a holistic wellness center designed to cater to the diverse needs of the Statesboro community. It's a place where you'll find a supportive atmosphere, personalized guidance, and a wide range of services to help you improve your physical and mental well-being. Whether you're aiming for weight loss, increased strength, stress reduction, or improved overall health, Southern Health and Wellness is equipped to help you reach your objectives.

A Wide Array of Services: What Southern Health and Wellness Offers

Southern Health and Wellness Statesboro prides itself on offering a diverse and comprehensive range of services. This isn't a one-size-fits-all approach; instead, they strive to personalize experiences based on individual needs and goals. Here are some key services you can expect:

1. **Fitness Classes:** From invigorating Zumba sessions to challenging strength training classes and calming yoga practices, Southern Health and Wellness boasts a varied schedule designed to suit all fitness levels and preferences. These classes are often led by certified instructors who provide personalized attention and modifications to ensure everyone participates safely and effectively.
1. **Personal Training:** Need a more customized approach? Personal training sessions provide one-on-one guidance from experienced trainers who create personalized workout plans tailored to your specific goals, fitness level, and any physical limitations. This level of attention ensures you're maximizing your results and staying motivated.

1. **Nutritional Guidance:** Achieving optimal health isn't just about exercise; it's about fueling your body correctly. Southern Health and Wellness often provides access to registered dietitians or nutritionists who can help you develop a balanced and sustainable eating plan. This might involve creating meal plans, providing dietary education, or addressing specific nutritional concerns.
1. **Wellness Workshops and Seminars:** Beyond individual services, the center frequently hosts workshops and seminars focused on various aspects of health and wellness. These events offer opportunities to learn about stress management techniques, healthy cooking methods, mindfulness practices, and other relevant topics. This community-based learning fosters a strong sense of support and shared goals.
1. **State-of-the-Art Equipment:** The center usually features modern and well-maintained fitness equipment, ensuring you have access to the tools you need to reach your fitness goals. This means a variety of cardio machines, weight machines, and free weights, catering to diverse workout preferences.
1. **Supportive Community:** Perhaps one of the most significant assets of Southern Health and Wellness Statesboro is its supportive community. The atmosphere is designed to be welcoming and encouraging, fostering a sense of camaraderie among members and encouraging mutual support in achieving wellness goals.

What Sets Southern Health and Wellness Statesboro Apart?

Several factors distinguish Southern Health and Wellness Statesboro from other health and wellness centers in the area:

Community Focus: The center actively engages with the local community, often sponsoring local events and partnering with other organizations to promote health and wellness initiatives.

Holistic Approach: Southern Health and Wellness goes beyond just physical fitness. It embraces a holistic approach, addressing mental and emotional well-being alongside physical health.

Personalized Attention: The center prioritizes individualized attention, ensuring members receive personalized guidance and support tailored to their unique needs.

Experienced and Certified Staff: The staff is comprised of highly qualified and certified professionals dedicated to helping members achieve their health and wellness goals.

Commitment to Continuous Improvement: The center consistently seeks ways to improve its services and offerings based on member feedback and the latest advancements in health and wellness.

Taking the First Step Towards a Healthier You

Ready to embark on your wellness journey with Southern Health and Wellness Statesboro? The first step is often the hardest, but the rewards are immeasurable. Contact the center to learn more about their services, membership options, and how they can assist you in achieving your specific health goals. Don't hesitate to reach out; the supportive team at Southern Health and Wellness is ready to welcome you and help you begin your transformation.

Conclusion

Southern Health and Wellness Statesboro offers a comprehensive and supportive environment for individuals seeking to improve their physical and mental well-being. With a diverse range of services, a strong community focus, and a commitment to personalized attention, it's a valuable resource for the Statesboro community. Take the first step toward a healthier, happier you today!

FAQs

1. What are the membership options available at Southern Health and Wellness Statesboro? Membership options vary, so it's best to contact the center directly for the most up-to-date information on pricing and packages. They typically offer various levels of membership to suit different budgets and needs.
1. Do I need to be a certain fitness level to join? Absolutely not! Southern Health and Wellness Statesboro welcomes individuals of all fitness levels. Their programs and classes are designed to be adaptable to various abilities and experience levels.
1. What if I have a specific health condition? It's crucial to consult with your physician before starting any new exercise program. Southern Health and Wellness staff can work with you and your doctor to create a safe and effective plan that suits your individual needs and health conditions.
1. How can I schedule a consultation or a tour of the facility? The best way to schedule a consultation or a tour is by contacting Southern Health and Wellness Statesboro directly via phone or through their website (if available). Their contact information should be easily accessible online.
1. What payment methods are accepted? Southern Health and Wellness Statesboro usually

accepts a variety of payment methods, including cash, credit cards, and potentially other forms of payment. It's advisable to check with the center directly to confirm their accepted payment options.

southern health and wellness statesboro: Marketing for Health and Wellness Programs

James Busbin, Donald Self, 2013-01-11 Learn useful strategies for marketing health and wellness programs. This important new book presents a cross-section of current research and commentary on wellness and prevention issues. The 17 authors--representing 11 different institutions--are some of the most active health care consultants in the academic community. They discuss studies for hospital based programs, workplace programs, and governmental and educational institutions. Important marketing concepts are used to segment the work into several sections. Included are chapters which help to define the actual product lines which should be grouped into wellness and prevention programs, studies that define several important market segments, and chapters on channels of distribution. This timely volume concludes with an analysis of current research efforts and directions for future research. Marketing for Health and Wellness Programs is essential reading for hospital administrators, faculty physicians at teaching hospitals, public health professors, government health service administration employees, corporate managers and personnel administrators, insurance industry managers, independent health and wellness consultants, and staff members of health trade publications.

southern health and wellness statesboro: Introduction to Occupational Health in Public Health Practice

Bernard J. Healey, Kenneth T. Walker, 2009-09-22 Introduction to Occupational Health in Public Health Practice Bernard J. Healey and Kenneth T. Walker Introduction to Occupational Health in Public Health Practice Introduction to Occupational Health in Public Health Practice uses concepts of prevention, epidemiology, toxicology, disparities, preparedness, disease management, and health promotion to explain the underlying causes of occupational illness and injury and to provide a methodology to develop cost-effective programs that prevent injury and keep workers safe. Students, health educators, employers, and other health care professionals will find that this essential resource provides them with the necessary skills to develop, implement, and evaluate occupational health programs and forge important links between public health and worker safety. Praise for Introduction to Occupational Health in Public Health Practice Successful evidence-based health promotion and disease prevention efforts recognize that health choices and outcomes of individuals and communities are profoundly affected by their respective social and physical environments. This book is a great tool to identify opportunities and strategies to integrate and leverage efforts for the individual, family, workplace, and broader community. Robert S. Zimmerman, MPH, president of Public Health Matters LLC, former Secretary of Health, Pennsylvania A timely and crucial book for all health care professionals. Mahmoud H. Fahmy, PhD, Professor of Education, Emeritus, Wilkes University

southern health and wellness statesboro: *Body Image and Body Shaming*

Meghan Green, Ronald D. Lankford, Jr., 2016-12-15 Puberty is a critical time for young adults in forming a positive self-image. They are constantly bombarded with images and comments regarding ideal body types from the media, friends, and family. Through charts and full-color photographs, readers gain information about the subjectivity of beauty standards and the importance of being healthy regardless of body type. The material engages readers and allows them to think critically about the stereotypes they are subjected to. A list of websites is included to offer them assistance in dealing with the pressure of conforming to expectations.

southern health and wellness statesboro: Master of Public Health Competencies: A Case Study Approach Anthony J. Santella, 2019-02-15 In October 2016, the Council on Education in

Public Health (CEPH) released new competencies that all accredited Master of Public Health (MPH) programs must adhere to. *Master of Public Health Competencies: A Case Study Approach* covers each of the 22 required competencies to demonstrate how they can be applied in public health practice. Spanning all five key disciplines of Public Health - biostatistics, epidemiology, health policy and management; social and behavioral sciences; and environmental and occupation health - *Master of Public Health Competencies* covers the full breadth of public health. Each chapter is focused on a single CEPH competency and provides the background of the public health issue, followed by a case study to learn that competency and understand its application. Written by MPH faculty and community practitioners and based on real world public practice, these concise case studies are accompanied by discussion questions that facilitate classroom discussion.

southern health and wellness statesboro: *Assisted Living & Extended Care Facilities* , 2006

southern health and wellness statesboro: *Applied Exercise Psychology* Selen Razon, Michael L. Sachs, 2017-10-25 *Applied Exercise Psychology* emphasizes the application of evidence-based knowledge drawn from the fields of exercise psychology, health psychology, clinical and counseling psychology, and exercise physiology for physical activity behavior change. The book provides readers with: theoretical bases for understanding and promoting physical activity behavior; interventions to use for facilitating physical activity behavior change and the tools for measuring the effectiveness of these interventions; cross-cultural considerations for practitioners to ensure multicultural competency; considerations to guide best practices with special populations (e.g., persons with medical conditions and persons with mental health conditions); overall applied implications and future directions. The collection builds a bridge between up-to-date research findings, relevant field experiences, and applied implications. This is the first book to cover such breadth of topics in applied exercise psychology, with chapters bringing often overlooked issues to the attention of practitioners to promote not only evidence-based practice but also responsible ethics and referral.

southern health and wellness statesboro: *Pro File* American Institute of Architects, 2000

southern health and wellness statesboro: *Making Further Continuing Appropriations for the Fiscal Year 2003, and for Other Purposes* United States. Congress, 2003 House Report 108-10. Also known as: Consolidated Appropriations Resolution, 2003. 108th Congress, 1st Session.

southern health and wellness statesboro: *The Prevention Pipeline* , 1993

southern health and wellness statesboro: *Introduction to Healthcare in a Flash!* Marilyn Turner, 2012-09-11 Take a unique, multimedia approach to understanding the world of health care—from the office to clinical settings. Learn what it means to work as a team and communicate effectively. Then examine the basics of the human body, how to assess patients, the legal and ethical aspects of health care, and how to successfully land your first job as a healthcare professional.

southern health and wellness statesboro: *Mammography Centers Directory* Henry A. Rose, 2005 This guide to over 9,000 mammography facilities includes names, addresses, telephone and fax numbers, and geographical and alphabetical sections. From the publishers of the Hospital Telephone Directory.

southern health and wellness statesboro: *Pediatric Pulmonary Disease* J. Thomas Stocker, 1988-12-01

southern health and wellness statesboro: *Directory* American College of Healthcare Executives, 2000

southern health and wellness statesboro: *Chronic Non-communicable Diseases in Ghana* de-Graft Aikins, Samuel Agyei-Mensah, 2014-06-12 Chronic non-communicable diseases (NCDs) such as hypertension, stroke, diabetes and cancers, are major causes of disability and death in Ghana. NCDs are not only public health problems. They are also developmental problems, because the rising prevalence of long-term chronic conditions has major social and financial implications for affected individuals, families, healthcare providers and the government. This University of Ghana Readers volume from the Regional Institute for Population Studies presents social and medical science research on Ghanas NCD burden. The body of multidisciplinary research spans the last fifty

years and offers important insights on NCD prevalence and experience as well as cultural, health systems and policy responses. This volume will be an essential resource for researchers and students in the health sciences, healthcare providers, health policymakers, and lay individuals with an interest in Ghana's contemporary public health challenges.

southern health and wellness statesboro: Online Education During COVID-19 and Beyond Silvia Puiu, Samuel O. Idowu, 2024 This book aims to provide sustainable solutions for better understanding and management of online education in different parts of the world. In this context, it explores the attitudes and perceptions of stakeholders, such as students, faculty, and other actors on issues related to online education. In particular, it examines the challenges they have faced over the years when online courses were introduced due to the COVID-19 pandemic. A model is proposed that includes five variables: specific communication issues in online education, the ability of professors to offer online courses, the quality of online education, students' perceived stress during online education, and the technical requirements of online education. The book will be of interest to anyone concerned with the new and future ways of teaching and learning. Chapter When a Phenomenon-Based University Course Went Online: Students' Experiences and Reflections After Sauna Bathing is available open access under a Creative Commons Attribution 4.0 International License via link.springer.com.

southern health and wellness statesboro: Medical and Health Information Directory , 1991-12 A guide to associations, agencies, companies, institutions, research centers, hospitals, clinics, treatment centers, educational programs, publications, audiovisuals, databases, libraries, and information services in clinical medicine, basic biomedical sciences, and the technological and socioeconomic aspects of health care.

southern health and wellness statesboro: Hamric & Hanson's Advanced Practice Nursing - E-Book Mary Fran Tracy, Eileen T. O'Grady, 2018-01-03 - NEW and UNIQUE! Expanded coverage of interprofessional collaborative practice includes the latest Interprofessional Education Collaborative (IPEC) Core Competencies for Interprofessional Collaborative Practice. - NEW! Updated coverage of APRN roles related to implementation of healthcare in the U.S. reflects current and anticipated changes in APRN roles related to healthcare reform. - NEW! Coverage of IOM and QSEN has been updated and expanded. - NEW! Refocused International Development of Advanced Practice Nursing chapter has been rewritten to be more global and inclusive in focus, to reflect the state of advanced practice nursing practice throughout all major regions of the world. - NEW! Expanded content on the role of advanced practice nurses in teaching/education/mentoring and health policy related to the APRN role is featured in the 6th edition.

southern health and wellness statesboro: Health in the Later Years Armeda F. Ferrini, Rebecca L. Ferrini, 1993 This text is designed for use in courses on health and aging for upper-division college students. Students enrolled in these courses usually come from diverse fields, such as biology, medicine, dietetics, social work, psychology, sociology and recreational studies. Some students are preparing to work with older people, while others just wish to learn how to age successfully. The text is intended to meet the needs of both groups as well as graduate students and professionals who want to continue their education in health and aging. The topics addressed in this text provide a broad overview of health and aging. To meet the needs of students with little health background, basic health principles are included as well as their application to older people. Facts are amply referenced to enable advanced students to study health issues in more depth.--Preface.

southern health and wellness statesboro: *DeLee & Drez's Orthopaedic Sports Medicine E-Book* Mark D. Miller, Stephen R. Thompson, 2018-12-20 Indispensable for both surgeons and sports medicine physicians, DeLee, Drez, & Miller's Orthopaedic Sports Medicine: Principles and Practice, 5th Edition, remains your go-to reference for all surgical, medical, rehabilitation and injury prevention aspects related to athletic injuries and chronic conditions. Authored by Mark D. Miller, MD and Stephen R. Thompson, MD, this 2-volume core resource provides detailed, up-to-date coverage of medical disorders that routinely interfere with athletic performance and return to play, providing the clinically focused information you need when managing athletes at any level. -

Provides a unique balance of every relevant surgical technique along with extensive guidance on nonsurgical issues—making it an ideal reference for surgeons, sports medicine physicians, physical therapists, athletic trainers, and others who provide care to athletes. - Offers expanded coverage of revision surgery, including revision ACL and revision rotator cuff surgery. - Features additional coverage of cartilage restoration procedures and meniscal transplantation. - Provides significant content on rehabilitation after injury, along with injury prevention protocols. - Includes access to a comprehensive video collection, with more than 100 videos new to this edition. - Retains key features such as coverage of both pediatric and aging athletes; a streamlined organization for quick reference; in-depth coverage of arthroscopic techniques; extensive references; levels of evidence at the end of each chapter; and Author's Preferred Technique sections. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

southern health and wellness statesboro: *Peterson's Graduate Programs in Health-Related Professions 2011* Peterson's, 2011-06-01 Peterson's Graduate Programs in Business, Education, Health, Information Studies, Law & Social Work contains a wealth of information on colleges and universities that offer graduate work in these fields. Institutions listed include those in the United States, Canada, and abroad that are accredited by U.S. accrediting agencies. Up-to-date data, collected through Peterson's Annual Survey of Graduate and Professional Institutions, provides valuable information on degree offerings, professional accreditation, jointly offered degrees, part-time and evening/weekend programs, postbaccalaureate distance degrees, faculty, students, degree requirements, entrance requirements, expenses, financial support, faculty research, and unit head and application contact information. Readers will find helpful links to in-depth descriptions that offer additional detailed information about a specific program or department, faculty members and their research, and much more. In addition, there are valuable articles on financial assistance, the graduate admissions process, advice for international and minority students, and facts about accreditation, with a current list of accrediting agencies.

southern health and wellness statesboro: *Medical Assisting Exam Review for CMA, RMA & CMAS Certification* Helen Houser, Janet Sesser, 2020-06-08 This Fourth Edition of Medical Assisting Exam Review for CMA, RMA & CMAS Certification focuses on the critical most current components of the MA and MAS curricula, making it an indispensable tool for recent graduates, practicing medical assistants, medical administrative specialists and medical administrative assistants preparing to sit for any recognized national certification exams.

southern health and wellness statesboro: *Critical Pedagogy for Healing* Tricia Kress, Christopher Emdin, Robert Lake, 2021-12-02 This is the first book to explicitly link healing and wellness practices with critical pedagogy. Bringing together scholars from Brazil, Canada, Malta and the USA, the chapters combine critical pedagogy and social justice education to reorient the conversation around wellness in teaching and learning. Working against white Eurocentric narratives of wellness in schools which focus on the symptoms, not the causes, of society's sickness, the authors argues for a soul revival of education which tackles, head on, the causes of dis-ease in society, from institutional racism, colonialism, xenophobia and patriarchy. The contributors provide fresh perspectives that address short-term goals of wellness alongside long-term goals of healing in schools and society by attending to underlying causes of social sickness. The chapters bridge theory and practice, bringing diverse historical and contemporary philosophical discussions around wellness into contact with concrete examples of the interconnections between wellness, education, and social justice. Examples of topics covered include: Buddhist practices for healing, Black liberation theology, hip hop pedagogy, anxiety and vulnerability, art therapy and story-telling.

southern health and wellness statesboro: *Taking Charge of Cancer* David Palma, 2017-07-01 A critical resource for anyone with a cancer diagnosis. Written by a radiation oncologist and cancer researcher, Taking Charge of Cancer offers an insider's guide to understanding and receiving the best treatment options, choosing the right medical team, and approaching this difficult time with knowledge and hope. Receiving a cancer diagnosis can be terrifying, and the first thing

you probably want to know is: How am I going to survive this? Cancer care requires decisions from numerous professionals, delivering treatments that are potentially life-saving, but also potentially dangerous and life-threatening. The chances of cure and survival for any given patient depend on the expertise of the cancer team, and whether procedures are in place to ensure that cancer care is delivered properly. So, how can you make sure you choose the right treatment team and ensure the best chances of survival and long-term health after being diagnosed with cancer? Taking Charge of Cancer is a different type of book for cancer patients—one that goes beyond the cancer information that is currently available, allowing you to truly take control of your cancer treatment. You'll learn how to obtain and understand medical records, and why these records are critical to your care. You'll also find the tools you'll need to determine if the recommendations made by doctors are in keeping with accepted treatment guidelines. You'll discover how doctors use evidence to decide which treatments are best, as well as how doctors can become biased in their recommendations. And, most importantly, you'll be able to evaluate whether surgery, radiation, or chemotherapy make the most sense in your specific case—and whether or not these serious treatments are being delivered effectively and safely according to the highest standards. Now that you've received a cancer diagnosis, it's time to set a plan in motion for your recovery. This book will help you do just that—every step of the way.

southern health and wellness statesboro: *Savannah's Midnight Hour* Lisa L. Denmark, 2019 Savannah's Midnight Hour argues that Savannah's development is best understood within the larger history of municipal finance, public policy, and judicial readjustment in an urbanizing nation. In providing such context, Lisa Denmark adds constructive complexity to the conventional Old South/New South dichotomous narrative, in which the politics of slavery, secession, Civil War, and Reconstruction dominate the analysis of economic development. Denmark shows us that Savannah's fiscal experience in the antebellum and postbellum years, while exhibiting some distinctively southern characteristics, also echoes a larger national experience. Her broad account of municipal decision making about improvement investment throughout the nineteenth century offers a more nuanced look at the continuity and change of policies in this pivotal urban setting. Beginning in the 1820s and continuing into the 1870s, Savannah's resourceful government leaders acted enthusiastically and aggressively to establish transportation links and to construct a modern infrastructure. Taking the long view of financial risk, the city/municipal government invested in an ever-widening array of projects--canals, railroads, harbor improvement, drainage-- because of their potential to stimulate the city's economy. Denmark examines how this ideology of over-optimistic risk-taking, rooted firmly in the antebellum period, persisted after the Civil War and eventually brought the city to the brink of bankruptcy. The struggle to strike the right balance between using public policy and public money to promote economic development while, at the same time, trying to maintain a sound fiscal footing is a question governments still struggle with today.

southern health and wellness statesboro: *The Alcalde* , 2004-07 As the magazine of the Texas Exes, The Alcalde has united alumni and friends of The University of Texas at Austin for nearly 100 years. The Alcalde serves as an intellectual crossroads where UT's luminaries - artists, engineers, executives, musicians, attorneys, journalists, lawmakers, and professors among them - meet bimonthly to exchange ideas. Its pages also offer a place for Texas Exes to swap stories and share memories of Austin and their alma mater. The magazine's unique name is Spanish for mayor or chief magistrate; the nickname of the governor who signed UT into existence was The Old Alcalde.

southern health and wellness statesboro: *Next Medicine* Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In Next Medicine, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward

disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

southern health and wellness statesboro: Career Opportunities in Conservation and the Environment Paul R. Greenland, AnnaMarie L. Sheldon, 2007 Provides information on the duties, salaries, employment prospects, and skills, training, or education necessary for more than sixty-five jobs that focus on nature and the environment.

southern health and wellness statesboro: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2003

southern health and wellness statesboro: Essential Knowledge for CNL and APRN Nurse Leaders Cynthia R. King, Sally Gerard, Carla Gene Rapp, 2018 This is the first text to address the CNL/APRN roles within the wider scope of nursing leadership This is the first text to address not only the Clinical Nurse Leader (CNL) role but also the Advance Practice Registered Nurse (APRN) role within the wider scope of nursing leadership. Written for CNL and APRN programs in the US and beyond. By virtue of its expansive coverage of nursing leadership beyond the CNL role--case managers, clinical educators, quality improvement specialists, and many other arenas--the text will also be a valuable addition to other graduate nursing leadership programs. The text examines APRN/CNL leadership trends, types of leadership, health care advocacy, role implementation and integration, lateral integration of care services, and ethical nurse leadership. It broadly addresses patient assessment and clinical outcomes management, while covering the many facets of the care environment, from organizational structure to risk management to health care informatics and technology. Chapter objectives, clinical examples, exemplars, and other resources facilitate information retention. Key Features: Serves as the only text specifically designed to address the CNL and APRN roles Encompasses the wide scope of graduate nursing leadership The content should assist graduate nurse leaders to prepare for certification preparation Facilitates in-depth understanding of material with chapter objectives, exemplars, and clinical examples

southern health and wellness statesboro: World Meetings , 1998

southern health and wellness statesboro: Leadership for Health Professionals 2e Ledlow, 2013-05-23

southern health and wellness statesboro: Novick and Morrow's Public Health Administration James A. Johnson, Leiyu Shi, 2013-07-12 Under the direction of new lead editors Leiyu Shi and James Johnson, the new Third Edition of Public Health Administration examines the many events, advances, and challenges in the U.S. and the world since the publication of the last edition of the book. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

southern health and wellness statesboro: Biology, Medicine, and Surgery of Elephants Murray Fowler, Susan K. Mikota, 2008-01-09 Elephants are possibly the most well-known members of the animal kingdom. The enormous size, unusual anatomy, and longevity of elephants have fascinated humans for millenia. Biology, Medicine, and Surgery of Elephants serves as a comprehensive text on elephant medicine and surgery. Based on the expertise of 36 scientists and

clinical veterinarians, this volume covers biology, husbandry, veterinary medicine and surgery of the elephant as known today. Written by the foremost experts in the field Comprehensively covers both Asian and African elephants Complete with taxonomy, behavioral, geographical and systemic information Well-illustrated and organized for easy reference

southern health and wellness statesboro: Advanced Practice Nursing - E-Book Ann B. Hamric, Charlene M. Hanson, Mary Fran Tracy, Eileen T. O'Grady, 2013-07-01 Addressing all major advanced practice nursing competencies, roles, and issues, Advanced Practice Nursing: An Integrative Approach, 5th Edition provides a clear, comprehensive, and current introduction to APN today. It applies APN core competencies to the major APN roles — including the burgeoning Nurse Practitioner role — and covers topics ranging from the evolution of APN to evidence-based practice, leadership, ethical decision-making, and health policy. This edition includes a new chapter on the international development of APN, new and enhanced illustrations, and a colorful new reader-friendly format for improved readability. From internationally known APN experts Ann Hamric, Charlene Hanson, Mary Fran Tracy, and Eileen O'Grady, along with a host of internationally recognized APN contributors, Advanced Practice Nursing introduces you to APN and helps you identify an APN role, develop key competencies for that role, and succeed as an APN. Coverage of APN core competencies defines and describes all competencies, including direct clinical practice, guidance and coaching, consultation, evidence-based practice (EBP), leadership, collaboration, and ethical decision-making. Operationalizes and applies APN core competencies to the major APN specialties including the Clinical Nurse Specialist, the Primary Care Nurse Practitioner, the Acute Care Nurse Practitioner, the Certified Nurse-Midwife, and the Certified Registered Nurse Anesthetist. Content on managing APN environments addresses such factors as business planning and reimbursement; marketing, negotiating, and contracting; regulatory, legal, and credentialing requirements; health policy issues; and nursing outcomes and performance improvement research. Unique Exemplar boxes provide real-life scenarios, showing APN competencies in action. In-depth discussions of educational strategies show how nurses develop competencies as they progress into advanced practice. Discussions of APN role development clearly explain the career trajectory that you can anticipate as you transition to advanced practice.

southern health and wellness statesboro: Advanced Practice Nursing Ann B. Hamric, PhD, RN, FAAN, Charlene M. Hanson, Mary Fran Tracy, Eileen T. O'Grady, PhD, RN, ANP, 2013-07-18 Addressing all major advanced practice nursing competencies, roles, and issues, Advanced Practice Nursing: An Integrative Approach, 5th Edition provides a clear, comprehensive, and current introduction to APN today. It applies APN core competencies to the major APN roles - including the burgeoning Nurse Practitioner role - and covers topics ranging from the evolution of APN to evidence-based practice, leadership, ethical decision-making, and health policy. This edition includes a new chapter on the international development of APN, new and enhanced illustrations, and a colorful new reader-friendly format for improved readability. From internationally known APN experts Ann Hamric, Charlene Hanson, Mary Fran Tracy, and Eileen O'Grady, along with a host of internationally recognized APN contributors, Advanced Practice Nursing introduces you to APN and helps you identify an APN role, develop key competencies for that role, and succeed as an APN. Coverage of APN core competencies defines and describes all competencies, including direct clinical practice, guidance and coaching, consultation, evidence-based practice (EBP), leadership, collaboration, and ethical decision-making. Operationalizes and applies APN core competencies to the major APN specialties including the Clinical Nurse Specialist, the Primary Care Nurse Practitioner, the Acute Care Nurse Practitioner, the Certified Nurse-Midwife, and the Certified Registered Nurse Anesthetist. Content on managing APN environments addresses such factors as business planning and reimbursement; marketing, negotiating, and contracting; regulatory, legal, and credentialing requirements; health policy issues; and nursing outcomes and performance improvement research. Unique Exemplar boxes provide real-life scenarios, showing APN competencies in action. In-depth discussions of educational strategies show how nurses develop competencies as they progress into advanced practice. Discussions of APN role development clearly

explain the career trajectory that you can anticipate as you transition to advanced practice. EXPANDED international focus includes a NEW International Development of Advanced Practice Nursing chapter that addresses common issues such as the public image and status of APN, dealing with physician resistance, discrepancies in titling, and educational standardization. ENHANCED reader-friendly format includes more headings, tables, and illustrations in lieu of long stretches of unbroken text. REVISED Evidence-Based Practice chapter emphasizes the key competency of evidence-based practice (EBP) and includes a comprehensive history and explanation of the steps of the EBP process. UPDATED Health Policy chapter covers key U.S. initiatives affecting APN including the Patient Protection and Affordable Care Act, the Institute of Medicine's Future of Nursing report, the Consensus Model of APRN Regulation, and how APNs can engage in the political process. ENHANCED Exemplar boxes (case studies), including Day in the Life vignettes of each APN specialty, emphasize innovative practices and coverage of advanced practice roles. Increased interprofessional content emphasizes the subjects of ethics, collaboration, and consultation. Enhanced integration of Doctor of Nursing Practice (DNP) considerations and literature makes this text ideal for DNP programs.

southern health and wellness statesboro: Annual Review of Nursing Research, Volume 25, 2007 , 2007-06-11 This 25th anniversary edition of the Annual Review of Nursing Research is focused on nursing science in vulnerable populations. Identified as a priority in the nursing discipline, vulnerable populations are discussed in terms of the development of nursing science, diverse approaches in building the state of the science research, integrating biologic methods in the research, and research in reducing health disparities. Topics include: Measurement issues Prevention of infectious diseases among vulnerable populations Genomics and proteomics methodologies for research Promoting culturally appropriate interventions Community-academic research partnerships with vulnerable populations Vulnerable populations in Thailand: women living with HIV/AIDS As in all volumes of the Annual Reviews, leading nurse researchers provide students, other researchers, and clinicians with the foundations for evidence-based practice and further research.

southern health and wellness statesboro: Velo News , 2008

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