

acog wellness week 2024

ACOG Wellness Week 2024: Prioritizing Wellbeing in Obstetrics and Gynecology

Are you an obstetrician-gynecologist, medical student, or someone passionate about women's health? Then you're in the right place! This comprehensive guide dives deep into ACOG Wellness Week 2024, exploring its significance, key themes, and how you can participate in promoting physician wellbeing within the demanding field of OB/GYN. We'll cover everything from the event's origins and goals to actionable steps you can take to improve your own wellness and contribute to a healthier, more supportive medical community. Let's get started!

Understanding the Importance of ACOG Wellness Week

ACOG (the American College of Obstetricians and Gynecologists) recognizes the immense pressure and unique challenges faced by healthcare professionals in the field of OB/GYN. Long hours, high-stakes decisions, and emotional intensity can lead to burnout, compassion fatigue, and overall diminished well-being. ACOG Wellness Week, held annually, serves as a crucial initiative to combat these issues, fostering a culture of self-care, resilience, and support within the medical community. It's not just about individual wellness; it's about recognizing that healthy physicians provide better patient care.

ACOG Wellness Week 2024: Themes and Focus

While the specific themes for ACOG Wellness Week 2024 may vary slightly from year to year (check the official ACOG website for the most up-to-date information closer to the event date), past weeks have consistently highlighted critical aspects of physician wellness. We can anticipate a continuation of these crucial areas of focus, including:

1. **Stress Management and Burnout Prevention:** This consistently remains a top priority. Workshops and resources will likely address techniques for managing stress, improving time management, and recognizing the early signs of burnout. Practical strategies like mindfulness, meditation, and exercise will likely be emphasized.
1. **Mental Health Awareness and Support:** Openly discussing and destigmatizing mental health issues within the medical community is paramount. ACOG Wellness Week will likely provide resources and support for physicians struggling with mental health challenges, connecting them with appropriate help and fostering a culture of understanding and empathy.

1. **Work-Life Integration:** Finding a healthy balance between professional and personal life is a constant struggle for many physicians. This year's week will likely offer advice on boundary setting, time management strategies designed specifically for busy professionals, and the importance of prioritizing personal time and relationships.
1. **Building a Supportive Work Environment:** ACOG recognizes that a supportive and collaborative work environment is essential for physician well-being. Initiatives promoting teamwork, open communication, and mentorship programs are likely to be discussed and promoted.
1. **Physical Health and Self-Care:** The importance of physical health and self-care practices like proper nutrition, regular exercise, and adequate sleep will undoubtedly be highlighted. This often-overlooked aspect of wellness plays a critical role in preventing burnout and maintaining overall health.

How to Participate in ACOG Wellness Week 2024

There are several ways you can actively participate in and benefit from ACOG Wellness Week 2024:

Attend virtual or in-person events: Check the ACOG website for details on webinars, workshops, and conferences. Many sessions are designed to be highly interactive and provide opportunities for networking with fellow professionals.

Engage in online discussions: Participate in online forums and social media discussions using the official hashtag (#ACOGWellnessWeek2024 – or the official hashtag for the year). Share your experiences, insights, and tips for maintaining well-being.

Promote wellness initiatives in your workplace: Encourage your colleagues to prioritize wellness and support the implementation of wellness programs within your practice or hospital. This could involve suggesting changes to work schedules or creating a more supportive atmosphere.

Practice self-care: Take time for yourself during ACOG Wellness Week and throughout the year. Prioritize activities that promote your physical, mental, and emotional well-being.

Beyond the Week: Maintaining Wellness Year-Round

ACOG Wellness Week is a powerful catalyst for change, but maintaining wellness is an ongoing process. It's crucial to develop sustainable habits and strategies that you can incorporate into your daily routine beyond the week itself. This includes:

Regular exercise: Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Mindfulness and meditation: Even a few minutes of daily mindfulness can make a significant difference in reducing stress levels.

Healthy diet: Fuel your body with nutritious foods to support your physical and mental health.

Adequate sleep: Aim for 7-8 hours of quality sleep each night.

Strong social connections: Maintain strong relationships with family, friends, and colleagues.

Seek professional help when needed: Don't hesitate to reach out to a mental health professional if you're struggling.

Conclusion

ACOG Wellness Week 2024 offers a vital opportunity to prioritize and celebrate the well-being of obstetrician-gynecologists and the broader women's health community. By actively participating in the events and integrating wellness strategies into your daily life, you can contribute to a healthier, more supportive, and ultimately more effective healthcare system. Remember, your well-being is not a luxury; it's a necessity for providing the best possible patient care.

Frequently Asked Questions (FAQs)

1. How can I find out the exact dates for ACOG Wellness Week 2024? The official dates will be announced on the ACOG website closer to the event. Keep an eye out for announcements on their website and social media channels.
1. Are the ACOG Wellness Week events free to attend? Some events may be free, while others may require registration fees. Check the event details on the ACOG website for specific pricing information.
1. Are the events only for ACOG members? While ACOG members may have priority access to some events, many events are open to all healthcare professionals and those interested in women's health.
1. What if I can't attend any of the live events? Many events will likely be recorded and available for viewing online after the live sessions conclude. Check the ACOG website for details on virtual access.
1. How can I contribute to making my workplace a more supportive environment for physician well-being? Start by having open conversations with your colleagues and supervisors about the challenges of burnout and stress. Propose wellness initiatives such as team-building activities, flexible work arrangements, or access to mental health resources.

acog wellness week 2024: Exercise in Pregnancy Raul Artal Mittelmark, Robert A. Wiswell, 1986

acog wellness week 2024: Medical Bondage Deirdre Cooper Owens, 2017-11-15 The accomplishments of pioneering doctors such as John Peter Mettauer, James Marion Sims, and Nathan Bozeman are well documented. It is also no secret that these nineteenth-century gynecologists performed experimental caesarean sections, ovariectomies, and obstetric fistula repairs primarily on poor and powerless women. *Medical Bondage* breaks new ground by exploring how and why physicians denied these women their full humanity yet valued them as “medical superbodies” highly suited for medical experimentation. In *Medical Bondage*, Cooper Owens examines a wide range of scientific literature and less formal communications in which gynecologists created and disseminated medical fictions about their patients, such as their belief that black enslaved women could withstand pain better than white “ladies.” Even as they were advancing medicine, these doctors were legitimizing, for decades to come, groundless theories related to whiteness and blackness, men and women, and the inferiority of other races or nationalities. *Medical Bondage* moves between southern plantations and northern urban centers to reveal how nineteenth-century American ideas about race, health, and status influenced doctor-patient relationships in sites of healing like slave cabins, medical colleges, and hospitals. It also retells the story of black enslaved women and of Irish immigrant women from the perspective of these exploited groups and thus restores for us a picture of their lives.

acog wellness week 2024: Crossing the Quality Chasm Institute of Medicine, Committee on Quality of Health Care in America, 2001-07-19 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. *Crossing the Quality Chasm* makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, *Crossing the Quality Chasm* also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

acog wellness week 2024: Birth Settings in America National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Assessing Health Outcomes by Birth Settings, 2020-05-01 The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care through the lens of these factors across multiple disciplines. *Birth Settings in America: Outcomes, Quality, Access, and Choice* reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

acog wellness week 2024: *Pregnancy & Exercise* Raul Artal Mittelmark, 1992

acog wellness week 2024: *Colorectal Cancer Screening* Joseph Anderson, MD, Charles Kahi, MD, 2011-04-23 *Colorectal Cancer Screening* provides a complete overview of colorectal cancer

screening, from epidemiology and molecular abnormalities, to the latest screening techniques such as stool DNA and FIT, Computerized Tomography (CT) Colonography, High Definition Colonoscopes and Narrow Band Imaging. As the text is devoted entirely to CRC screening, it features many facts, principles, guidelines and figures related to screening in an easy access format. This volume provides a complete guide to colorectal cancer screening which will be informative to the subspecialist as well as the primary care practitioner. It represents the only text that provides this up to date information about a subject that is continually changing. For the primary practitioner, information on the guidelines for screening as well as increasing patient participation is presented. For the subspecialist, information regarding the latest imaging techniques as well as flat adenomas and chromoendoscopy are covered. The section on the molecular changes in CRC will appeal to both groups. The text includes up to date information about colorectal screening that encompasses the entire spectrum of the topic and features photographs of polyps as well as diagrams of the morphology of polyps as well as photographs of CT colonography images. Algorithms are presented for all the suggested guidelines. Chapters are devoted to patient participation in screening and risk factors as well as new imaging technology. This useful volume explains the rationale behind screening for CRC. In addition, it covers the different screening options as well as the performance characteristics, when available in the literature, for each test. This volume will be used by the subspecialists who perform screening tests as well as primary care practitioners who refer patients to be screened for colorectal cancer.

acog wellness week 2024: Fetal Heart Rate Monitoring Roger K. Freeman, Thomas J. Garite, Michael P. Nageotte, Lisa A. Miller, 2012-09-26 Fetal heart rate monitoring affects the lives of millions of women and infants every year in the United States alone. Used by all members of the obstetric team - nurses, students, midwives, and physicians - it is the primary method to assess fetal oxygenation in both the antepartum and intrapartum setting. Improving outcomes and promoting patient safety depends upon correct use and interpretation of fetal heart rate monitoring, and is crucial to daily obstetric practice. This fourth edition provides the obstetrical team a framework within which to interpret and understand fetal heart rate tracings and their implications. The text covers key issues as the physiological basis for monitoring, a discussion of fetal hypoxemia and neonatal encephalopathy, instrumentation and pattern recognition. In addition to an in-depth review of the standardized NICHD nomenclature and three-tiered FHR Category approach, there are chapters on intrapartum and antepartum management as well as fetal central nervous system effects on monitor patterns. Since fetal monitoring is primarily a screening tool there are also discussions on the use of backup methods for evaluation of abnormal patterns. This 4th edition also brings the addition of Lisa A. Miller CNM, JD, who provides a nursing and midwifery perspective as well an enhanced legal and risk management review. This new fourth edition includes: Review of neonatal encephalopathy and recent studies on CP Current information and discussion of most recent NICHD panel recommendations, both antepartum and intrapartum New chapter on Pitfalls in EFM Detailed chapter on risk management, liability & documentation New section on fetal maternal hemorrhage Update on new instrumentation Crucial information on maternal/fetal coincidence and FDA warnings All chapters include updated practice tips and clinical implications for the entire obstetric team Plus, with this edition clinicians have access to a companion website with full text and an image bank for fast & simplified clinical review.

acog wellness week 2024: Obstetric Imaging: Fetal Diagnosis and Care E-Book Joshua Copel, 2017-07-18 Richly illustrated and comprehensive in scope, Obstetric Imaging, 2nd Edition, provides up-to-date, authoritative guidelines for more than 200 obstetric conditions and procedures, keeping you at the forefront of this fast-changing field. This highly regarded reference covers the extensive and ongoing advances in maternal and fetal imaging in a concise, newly streamlined format for quicker access to common and uncommon findings. Detailed, expert guidance, accompanied by superb, high-quality images, helps you make the most of new technologies and advances in obstetric imaging. - Features more than 1,350 high-quality images, including 400 in color. - Helps you select the best imaging approaches and effectively interpret your findings with a

highly templated, bulleted, at-a-glance organization. - Reflects all the latest developments in the field, including genetics, open fetal surgery, fetal echocardiography, Zika virus, and 3D imaging, so you can provide the safest and most responsive care to both mother and fetus. - Includes new chapters on Limbs and Bones Overview; Open Fetal Surgery; Biophysical Profile; Ultrasound Physics; Elastography; Doppler; MRI; Echogenic Bowel; Pregnancy of Unknown Location (PUL), Failed Pregnancy and Ectopic Pregnancy, Cesarean Scar Pregnancy; Cytomegalovirus (CMG), Rubella, Toxoplasmosis, Herpes, Varicella; and Congenital Syphilis; plus a new chapter on Zika Virus written by imaging experts from the hot zone. - Keeps you up to date with the latest developments in multimodality imaging and optimizing diagnostic accuracy from ultrasound, 3D ultrasound, Doppler, MRI, elastography, image-guided interventions, and much more. - Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

acog wellness week 2024: Mayo Clinic Guide to a Healthy Pregnancy Mayo Clinic, 2009-03-17 Book description to come.

acog wellness week 2024: OB/GYN Coding Manual, 2011-04 Contains 2008 CPT registered codes and descriptions for procedures performed often by ob-gyns - laparoscopic and hysteroscopic procedures, female genital system procedures, and maternity care and delivery procedures.

acog wellness week 2024: Guidelines for Perinatal Care American Academy of Pediatrics, American College of Obstetricians and Gynecologists, 1997 This guide has been developed jointly by the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, and is designed for use by all personnel involved in the care of pregnant women, their fetuses, and their neonates.

acog wellness week 2024: Nurture Erica Chidi Cohen, 2017-10-24 What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you. -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

acog wellness week 2024: Selected Practice Recommendations for Contraceptive Use World Health Organization. Reproductive Health and Research, World Health Organization, World Health Organization. Family and Community Health, 2005 This document is one of two evidence-based cornerstones of the World Health Organization's (WHO) new initiative to develop and implement evidence-based guidelines for family planning. The first cornerstone, the Medical eligibility criteria for contraceptive use (third edition) published in 2004, provides guidance for who can use contraceptive methods safely. This document, the Selected practice recommendations for contraceptive use (second edition), provides guidance for how to use contraceptive methods safely

and effectively once they are deemed to be medically appropriate. The recommendations contained in this document are the product of a process that culminated in an expert Working Group meeting held at the World Health Organization, Geneva, 13-16 April 2004.

acog wellness week 2024: *Vibrant and Healthy Kids* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Applying Neurobiological and Socio-Behavioral Sciences from Prenatal Through Early Childhood Development: A Health Equity Approach, 2019-12-27 Children are the foundation of the United States, and supporting them is a key component of building a successful future. However, millions of children face health inequities that compromise their development, well-being, and long-term outcomes, despite substantial scientific evidence about how those adversities contribute to poor health. Advancements in neurobiological and socio-behavioral science show that critical biological systems develop in the prenatal through early childhood periods, and neurobiological development is extremely responsive to environmental influences during these stages. Consequently, social, economic, cultural, and environmental factors significantly affect a child's health ecosystem and ability to thrive throughout adulthood. *Vibrant and Healthy Kids: Aligning Science, Practice, and Policy to Advance Health Equity* builds upon and updates research from *Communities in Action: Pathways to Health Equity* (2017) and *From Neurons to Neighborhoods: The Science of Early Childhood Development* (2000). This report provides a brief overview of stressors that affect childhood development and health, a framework for applying current brain and development science to the real world, a roadmap for implementing tailored interventions, and recommendations about improving systems to better align with our understanding of the significant impact of health equity.

acog wellness week 2024: *Reproductive Injustice* Dána-Ain Davis, 2019-06-25 Winner, 2020 Senior Book Prize, given by the Association of Feminist Anthropology Winner, 2020 Eileen Basker Memorial Prize, given by the Society for Medical Anthropology Honorable Mention, 2020 Victor Turner Prize in Ethnographic Writing, given by the Society for Humanistic Anthropology Finalist, 2020 PROSE Award in the Sociology, Anthropology and Criminology category, given by the Association of American Publishers A troubling study of the role that medical racism plays in the lives of Black women who have given birth to premature and low birth weight infants Black women have higher rates of premature birth than other women in America. This cannot be simply explained by economic factors, with poorer women lacking resources or access to care. Even professional, middle-class Black women are at a much higher risk of premature birth than low-income white women in the United States. Dána-Ain Davis looks into this phenomenon, placing racial differences in birth outcomes into a historical context, revealing that ideas about reproduction and race today have been influenced by the legacy of ideas which developed during the era of slavery. While poor and low-income Black women are often the “mascots” of premature birth outcomes, this book focuses on professional Black women, who are just as likely to give birth prematurely. Drawing on an impressive array of interviews with nearly fifty mothers, fathers, neonatologists, nurses, midwives, and reproductive justice advocates, Dána-Ain Davis argues that events leading up to an infant’s arrival in a neonatal intensive care unit (NICU), and the parents’ experiences while they are in the NICU, reveal subtle but pernicious forms of racism that confound the perceived class dynamics that are frequently understood to be a central factor of premature birth. The book argues not only that medical racism persists and must be considered when examining adverse outcomes—as well as upsetting experiences for parents—but also that NICUs and life-saving technologies should not be the only strategies for improving the outcomes for Black pregnant women and their babies. Davis makes the case for other avenues, such as community-based birthing projects, doulas, and midwives, that support women during pregnancy and labor are just as important and effective in avoiding premature births and mortality.

acog wellness week 2024: *Natural Hormone Replacement for Men and Women* Neal Rouzier, Cherie Constance, 2001

acog wellness week 2024: *Dead Zero* Stephen Hunter, 2010-12-28 From New York Times

bestselling author and Pulitzer Prize winner Stephen Hunter comes a thriller that pits former Marine sniper Bob Lee Swagger against the only man who might be able to outshoot him. A marine sniper team on a mission in tribal territories on the Afghan-Pakistan border, Whiskey 2-2 is ambushed by professionals using the latest high-tech shooting gear. Badly wounded, the team's sole survivor, Gunnery Sergeant Ray Cruz, aka "the Cruise Missile," is determined to finish his job. He almost succeeds when a mystery blast terminates his enterprise, leaving a thirty-foot crater where a building used to be—and where Sergeant Cruz was meant to be hiding. Months pass. Ray's target, an Afghan warlord named Ibrahim Zarzi, sometimes called "The Beheader," becomes an American asset in the region and beyond, beloved by State, the Administration, and the Agency. He arrives in Washington for consecration as Our Man in Kabul. And that brings Ray Cruz out of hiding. Swagger, the legendary hero of seven of Hunter's novels from Point of Impact to last year's bestselling I, Sniper, is recruited by the FBI to stop the Cruise Missile from reaching his target. The problem is that the more Swagger learns about what happened in Zabol, the more he questions the US government's support of Zarzi and the more he identifies with Cruz as hunter instead of prey.

acog wellness week 2024: Protocols for High-risk Pregnancies John T. Queenan, John C. Hobbins, 1982

acog wellness week 2024: Wild Creative Tami Lynn Kent, 2014-08-26 Realign yourself with the creative currents that flow deep within, and you'll see your work and home life transformed and inspired by this completely new understanding of creativity. At its root, creativity is the practice of engagement; it's the marriage of feminine and masculine energy. By restoring that creative energy—and thus seeking our dreams—we can realign ourselves with an ancient, limitless presence, and reawaken the wild creative within. In Wild Creative, Tami Lynn Kent shows you how to tap into your creative center and access the natural, sustaining energy that is inherently yours. In doing so, you'll embark on a journey to achieve your dreams and restore your inner creative map. In addition, you'll discover that when creativity and inspiration take center stage in your life, miracles both large and small unfold. Not only does Kent offer a wellspring of valuable insights, she also details her own experience building a framework of creativity that has served the well-being of herself, her family, and her business. Wild Creative shows how, by following the creative source within each of us, we can nourish a vibrant and successful life.

acog wellness week 2024: *Health, United States 2004* Joan Sauers, 2004-12-23

acog wellness week 2024: Female Pelvic Medicine and Reconstructive Surgery Rebecca G. Rogers, Vivian Sung, Cheryl B. Iglesia, Ranee Thakar, 2013-07-05 A unique combination medical reference and full-color surgical atlas on female pelvic medicine and reconstructive surgery An essential clinical companion and an outstanding practical review, Female Pelvic Medicine & Reconstructive Surgery is the most comprehensive single-volume resource available on urogynecology. It delivers a solid introduction to this growing subspecialty and thoroughly covers its underlying principles with an emphasis on diagnostic techniques and management strategies. Authored by a team of international experts, the book is enhanced by hundreds of original full-color photographs and illustrations that provide step-by-step guidance on key surgical procedures. Female Pelvic Medicine & Reconstructive Surgery is logically divided into four sections: Fundamental Topics--Includes essentials such as epidemiology, anatomy of the pelvic floor, mechanisms of disease, and evaluation of the patient with pelvic floor dysfunction Disease States--Covers lower urinary tract dysfunction, functional anorectal disorders, pelvic organ prolapse, and other pelvic floor disorders Clinical Management--Details pessaries, physical therapy, behavioral therapy, the use of graft materials in reconstructive surgery, peri-operative and post-operative medical evaluation and care, and incorporating new treatments into clinical practice Surgical Atlas--Reviews surgical instrumentation and illustrates surgery for stress urinary incontinence, pelvic organ prolapse, fistula repair, anal incontinence, and covers the management of surgical complications

acog wellness week 2024: *Textbook of Assisted Reproduction* Gautam Nand Allahbadia, Baris Ata, Steven R. Lindheim, Bryan J. Woodward, Bala Bhagavath, 2020-08-05 Groundbreaking, comprehensive, and developed by a panel of leading international experts in the field, Textbook of

Assisted Reproduction provides a multidisciplinary overview of the diagnosis and management of infertility, which affects 15% of all couples around the world. The book aims to cover all aspects of assisted reproduction. Particular attention is given to topics such as the assessment of infertile couples; assisted reproductive techniques (ARTs) including ovulation induction, intra uterine insemination (IUI), in vitro fertilization (IVF) and intracytoplasmic sperm injection (clinical and laboratory aspects); reproductive genetics; and obstetric and perinatal outcomes.

acog wellness week 2024: *WHO Recommendations on Antenatal Care for a Positive Pregnancy Experience* World Health Organization, 2016 Within the continuum of reproductive health care, antenatal care provides a platform for important health-care functions, including health promotion, screening and diagnosis, and disease prevention. It has been established that, by implementing timely and appropriate evidence-based practices, antenatal care can save lives. Endorsed by the United Nations Secretary-General, this is a comprehensive WHO guideline on routine antenatal care for pregnant women and adolescent girls. It aims to complement existing WHO guidelines on the management of specific pregnancy-related complications. The guidance captures the complex nature of the antenatal care issues surrounding healthcare practices and delivery, and prioritizes person-centered health and well-being --- not only the prevention of death and morbidity --- in accordance with a human rights-based approach.

acog wellness week 2024: *Breastfeeding Handbook for Physicians* American Academy of Pediatrics, American College of Obstetricians and Gynecologists, 2013-10-25 A complete resource for any health-care professional to provide expectant and nursing mothers with the most current medical advice on breastfeeding and related topics. Contains additional information on supporting breastfeeding mothers and meeting their specific physical and emotional needs.

acog wellness week 2024: *Vaginal Hysterectomy* Shirish S Sheth, John Studd, 2001-11-08 In recent years advances in laparoscopic technologies have led to renewed interest in the vaginal approach to hysterectomy, which has many proven benefits for patients. This volume, dedicated to explaining and promoting the vaginal route of hysterectomy, is written and edited by an international team of experts and provides a much-needed source of up-to-date information and instruction. Importantly, the authors caution that laparoscopic technology can provide a valuable source of assistance for the gynaecological surgeon in certain circumstances, though only in a percentage of cases. This book, beautifully illustrated with line drawings and full-colour photographs, contains step-by-step surgical techniques, enabling the surgeon to gain confidence and experience so that gradually more challenging operations can be managed successfully via the vaginal route. Acknowledged authorities from around the world take the reader through the indications and contra-indications for the vaginal approach, explain crucial preoperative assessment procedures, and offer an evidence-based elucidation of the 'why', 'when' and 'how' of vaginal hysterectomy. Specific topics considered here include: the nulliparous patient, uterine fibroids, debulking, the use of gonadotrophin-releasing hormone agonists, oophorectomy and prophylactic oophorectomy, adnexectomy for adnexal pathology, genital prolapse, the place of sacrospinous colpopexy, urethral sphincter incompetence, hormone replacement therapy, and the psychological and sexual outcomes of hysterectomy. In addition, the authors set forth the arguments for and against vaginal hysterectomy, abdominal hysterectomy, laparoscopic assistance, and transcervical resection of the endometrium. Combined with a full review of the potential complications, morbidity and mortality associated with the vaginal approach, this book provides the reader with a well-balanced, thorough and considered appraisal of vaginal hysterectomy. As the incidence of hysterectomy worldwide continues to rise, Vaginal Hysterectomy will be an indispensable reference for practising gynaecologists, surgeons, consultants and postgraduates.

acog wellness week 2024: *Atlas of Pelvic Anatomy and Gynecologic Surgery E-Book* Michael S. Baggish, Mickey M. Karram, 2020-10-01 Combining detailed descriptions of pelvic anatomy with easy-to-follow instructions for gynecologic procedures, *Atlas of Pelvic Anatomy and Gynecologic Surgery*, 5th Edition, is a comprehensive, up-to-date atlas that reflects current practices in this fast-changing field. Pelvic anatomy and surgical operations are depicted through full-color

anatomic drawings, correlative surgical artwork with step-by-step photographs, and computer-assisted hybrid photo illustrations. Complete coverage of both conventional and endoscopic surgeries helps you master the full spectrum of surgical procedures. - Covers all frequently performed gynecologic operations including laparotomy, laparoscopic, robotic, hysteroscopic, vaginal, vulvar, and cystoscopic procedures. - Includes expanded sections on gender reassignment surgery and vulvar and cervical surgery, as well as a new chapter devoted to laparoscopic techniques. - Contains a revised anatomic section with updated figures, plus high-quality artwork and clinical photographs throughout—now entirely in full color. - Features numerous videos of surgeries and cadaver dissection. - Ideal for practicing obstetricians-gynecologists, obstetrics-gynecology residents, general surgeons, subspecialists, nurses, and medical students with an interest in gynecology. - Enhanced eBook version included with purchase, which allows you to access all of the text, figures, and references from the book on a variety of devices.

acog wellness week 2024: *Bariatric Endoscopy* Christopher C. Thompson, 2013-02-06 To date, diet programs and medical therapies for the treatment of obesity have had limited success. Bariatric surgery, however, provides a means of effective weight loss for many of those with morbid obesity. Most of these weight loss procedures are performed with a variety of techniques that continue to evolve. Each technique is associated with unique challenges and complications and it is important for the clinician to be knowledgeable about the endoscopic management of these patients. Additionally, as endoscopic technology evolves it may offer more than just the diagnosis and treatment of complications. Endoscopic therapy may soon allow less invasive bariatric revision procedures as well as a variety of primary obesity therapies for various patient populations. *Bariatric Endoscopy* reviews the management of obesity, normal post-surgical anatomy, endoscopic and medical management of post-surgical complications, and future endoscopic therapies for obesity management. Organized into five sections, the volume covers an obesity overview, traditional therapy, endoscopy and the bariatric patient, medical management of post-surgical complications, and the future role of endoscopy in obesity management. Detailed illustrations are also provided for surgical procedures, complications and obesity management chapters. Authored by authorities in the field, *Bariatric Endoscopy* is an indispensable tool for the gastroenterologist or surgical endoscopist as they care for patients with complicated bariatric issues.

acog wellness week 2024: *Guidelines for the Identification and Management of Substance Use and Substance Use Disorders in Pregnancy* World Health Organization, 2015-04-20 These guidelines have been developed to enable professionals to assist women who are pregnant, or have recently had a child, and who use alcohol or drugs or who have a substance use disorder, to achieve healthy outcomes for themselves and their fetus or infant. They have been developed in response to requests from organizations, institutions and individuals for technical guidance on the identification and management of alcohol, and other substance use and substance use disorders in pregnant women. They were developed in tandem with the WHO recommendations for the prevention and management of tobacco use and second-hand smoke exposure in pregnancy.

acog wellness week 2024: *Calcium-regulating Hormones* Hirotooshi Morii, 1991

acog wellness week 2024: *The End of Heart Disease* Joel Fuhrman, M.D., 2016-04-05 The New York Times bestselling author of *Eat to Live*, *Super Immunity*, *The End of Diabetes*, and *The End of Dieting* presents a scientifically proven, practical program to prevent and reverse heart disease, the leading cause of death in America—coinciding with the author's new medical study revealing headline-making findings. Dr. Joel Fuhrman, one of the country's leading experts on preventative medicine, offers his science-backed nutritional plan that addresses the leading cause of death in America: heart disease. An expert in the science of food, Dr. Fuhrman speaks directly to readers who want to take control of their health and avoid taking medication or undergoing complicated, expensive surgery, the two standard treatments prescribed today. Following the model of his previous programs that have successfully tackled conditions from diabetes to dieting, Dr. Fuhrman's plan begins with the food we eat. He focuses on a high nutrient per calorie ratio, with a

range of options for different needs and conditions. He shows us what to remove and what to add to our diets for optimum heart health, provides menu plans and recipes for heart-healthy meals and snacks, and includes helpful questions for doctors and patients. By understanding heart disease and its triggers, Dr. Fuhrman gives us the knowledge to counter-attack this widespread epidemic and lead longer, healthier lives.

acog wellness week 2024: Prevention Practice and Health Promotion Catherine Rush Thompson, 2024-06-01 The all-encompassing Second Edition of Prevention Practice and Health Promotion: A Health Care Professional's Guide to Health, Fitness, and Wellness offers foundational knowledge to health care professionals implementing primary, secondary, and tertiary prevention to healthy, at-risk, and disabled populations. Dr. Catherine Thompson along with her contributors, all with diverse backgrounds in physical therapy, rehabilitation, and healthcare, present the interdisciplinary health care perspective of health, fitness, and wellness concepts that are critical for providing preventive care to healthy, impaired, and at-risk populations using the World Health Organization's International Classification of Functioning, Disability, and Health model as a guideline for assessment and management. Based upon the goals outlined in Healthy People 2020, Prevention Practice and Health Promotion, Second Edition also combines the vision of direct access for health care professionals with the goals of national health care to increase the quality of years of healthy life, as well as to eliminate health disparities between various populations. Recognizing the cost effectiveness of preventive care, health care professionals have an expanded role in health promotion and wellness, complementing evidence-based medical management of acute and chronic conditions. Some topics covered inside Prevention Practice and Health Promotion, Second Edition include an overview of screening across the lifespan; effective interventions to promote health, fitness, and wellness; and options for program development, including marketing and management strategies to address both individual and community needs. Included with the text are online supplemental materials for faculty use in the classroom. Features of the Second Edition: • Use of the American Physical Therapy Association's Guide to Physical Therapist Practice, Second Edition for health promotion • Screening tools for special populations, including children, pregnant women, older adults, individuals with developmental disabilities, and people with chronic conditions affecting their quality of life • Resources to promote healthy living, including nutrition, stress management, fitness training, and injury prevention Perfect for clinicians, students, allied health professionals, rehabilitation specialists, physical medicine specialists, and recreation therapists, the Second Edition to Prevention Practice and Health Promotion is a valuable resource for everyone in the areas of health, fitness, and wellness.

acog wellness week 2024: DeGowin's Diagnostic Examination, Ninth Edition Richard LeBlond, Donald Brown, Richard DeGowin, 2008-08-17 The perfect "bridge" book between physical exam textbooks and clinical reference books Covers the essentials of the diagnostic exam procedure and the preparation of the patient record Includes overviews of each organ/region/system, followed by the definition of key presenting signs and their possible causes Unrivaled in its comprehensive coverage of differential diagnosis, organized by systems, signs, and syndromes

acog wellness week 2024: Newsletters in Print, 2002

acog wellness week 2024: No More Hysterectomies Vicki Hufnagel, Susan K. Golant, 1988 The average woman has about a 50 percent chance of undergoing a hysterectomy before age 65. Dr. Hufnagel believes as many as 92 percent of these operations are unnecessary. She tells how to avoid these operations and gives alternative treatments.

acog wellness week 2024: Community/public Health Nursing Mary Albrecht Nies, Melanie McEwen, 2007 Community/Public Health Nursing: Promoting the Health of Populations, 4th Edition focuses on the issues and responsibilities of contemporary community/public health nursing. Its emphasis on working with populations combined with the unique upstream preventive approach prepares the reader to assume an active role in caring for the health of clients in community and public settings. Plus, the new full-color design highlights special features and enhances content. Features photo-novellas to engage students and demonstrate applications of important community

health nursing concepts. Provides detailed case studies that emphasize community aspects of all steps of the nursing process to promote the community perspective in all health situations. Examines issues of social justice and discusses how to target inequalities in arenas such as education, jobs, and housing to prepare students to function in a community-focused health care system. Demonstrates the use of theoretical frameworks common to community and public health nursing showing how familiar and new theory bases can be used to solve problems and challenges in the community. Illustrates real-life situations with highlighted Clinical Examples depicting today's community/public health care. Discussion of Levels of Prevention presented within the Case Studies address specific applications for each level. Provides Learning Activities at the end of each chapter to challenge students to apply chapter material outside the classroom. Includes a disaster management and preparedness chapter to examine this important new area of concern and responsibility in community health. Offers content on forensic nursing to explore this new subspecialty in community health. Summarizes research study findings pertinent to chapter topics in Research Highlights boxes. Highlights specific ethical issues in Ethical Insights boxes. Presents Healthy People 2010 objectives in feature boxes in appropriate chapters. Provides a Media Resources section at the front of each chapter that details the numerous Evolve components available to students. Chapter outline added to the front of chapters makes locating information in the chapter easier.

acog wellness week 2024: Delivering High-Quality Cancer Care Committee on Improving the Quality of Cancer Care: Addressing the Challenges of an Aging Population, Board on Health Care Services, Institute of Medicine, 2014-01-10 In the United States, approximately 14 million people have had cancer and more than 1.6 million new cases are diagnosed each year. However, more than a decade after the Institute of Medicine (IOM) first studied the quality of cancer care, the barriers to achieving excellent care for all cancer patients remain daunting. Care often is not patient-centered, many patients do not receive palliative care to manage their symptoms and side effects from treatment, and decisions about care often are not based on the latest scientific evidence. The cost of cancer care also is rising faster than many sectors of medicine--having increased to \$125 billion in 2010 from \$72 billion in 2004--and is projected to reach \$173 billion by 2020. Rising costs are making cancer care less affordable for patients and their families and are creating disparities in patients' access to high-quality cancer care. There also are growing shortages of health professionals skilled in providing cancer care, and the number of adults age 65 and older--the group most susceptible to cancer--is expected to double by 2030, contributing to a 45 percent increase in the number of people developing cancer. The current care delivery system is poorly prepared to address the care needs of this population, which are complex due to altered physiology, functional and cognitive impairment, multiple coexisting diseases, increased side effects from treatment, and greater need for social support. Delivering High-Quality Cancer Care: Charting a New Course for a System in Crisis presents a conceptual framework for improving the quality of cancer care. This study proposes improvements to six interconnected components of care: (1) engaged patients; (2) an adequately staffed, trained, and coordinated workforce; (3) evidence-based care; (4) learning health care information technology (IT); (5) translation of evidence into clinical practice, quality measurement and performance improvement; and (6) accessible and affordable care. This report recommends changes across the board in these areas to improve the quality of care. Delivering High-Quality Cancer Care: Charting a New Course for a System in Crisis provides information for cancer care teams, patients and their families, researchers, quality metrics developers, and payers, as well as HHS, other federal agencies, and industry to reevaluate their current roles and responsibilities in cancer care and work together to develop a higher quality care delivery system. By working toward this shared goal, the cancer care community can improve the quality of life and outcomes for people facing a cancer diagnosis.

acog wellness week 2024: Women's Healthcare in Advanced Practice Nursing Ivy M. Alexander, PhD, APRN, ANP-BC, FAANP, FAAN, Versie Johnson-Mallard, PhD, ARNP, WHNP-BC, FAANP, Elizabeth Kostas-Polston, PhD, APRN, WHNP-BC, FAANP, Joyce Cappiello, PhD, APRN-FNP,

FAANP, Heather S. Hubbard, Maj, USAF, NC, DNP, WHNP-BC, 2023-12-15 Holistically addresses women's health, encompassing the needs of transgender and nonbinary individuals and considering ethnicity, social class, and disability/ableness Delivering incisive and comprehensive information on the healthcare needs of women, transgender, and nonbinary persons, the third edition of this distinguished text incorporates a strong focus on the provision of high value, equitable, and unbiased care. It expands research and clinical frameworks for understanding women's health to encompass transgender and nonbinary persons and places women's health within a holistic perspective considering ethnicity, social class, and disability/ableness. All chapters are significantly updated with new evidence-based research, clinical updates and guidelines, drug information, Covid-related information, racism, and health disparities. This text also covers current and pertinent health topics such as substance use and abuse, mental health, early pregnancy decision-making, and LGBTQ+ care, as well as abundant integrated information on care of transgender and nonbinary individuals, and enhanced information on pregnancy and primary care issues that disproportionately affect females. The book is organized for ease of use and is comprised of three distinct but interrelated sections on theoretical frameworks to guide approach and care, health promotion and prevention, and managing health conditions. Rich instructor resources include mapping content to AACN Essentials, case studies, a test bank, and PowerPoint slides. New to the Third Edition: Focuses on providing equitable, unbiased care for all women including transgender and nonbinary individuals Updated with new evidence-based research, clinical updates and guidelines, drug information, Covid-related information, and racism and health disparities information Expanded information on care of transgender individuals Enhanced content on pregnancy and related issues Four-color presentation to enhance readability Incorporates content in WHNP and CNM national certification examination blueprints Key Features: Distills cutting-edge information on women's health issues through a sociocultural framework Edited by renowned scholar/educators for AP nursing students Organized to provide easy retrieval of clinical information Addresses genetics, LGBTQ+ health, endocrine-related problems, health considerations for women caregivers, dementia care, and more Includes relevant web resources and apps in each chapter Provides extensive instructor toolkit to foster critical thinking

acog wellness week 2024: Abortion in the United States Elyshia Aseltine, Sheldon Ekland Olson, 2024-10-07 This book explores the seismic shift brought about by the 2022 US Supreme Court decision in *Dobbs v. Jackson Women's Health Organization*, which dramatically changed the constitutional standing of abortion decisions set in place by *Roe v. Wade* 50 years earlier. The authors describe the history of US Supreme Court's decision-making around abortion and some of its attendant considerations, including the constitutional right to privacy, moral obligations to protect life, and determinations about when life begins. When *Dobbs* was decided, legal control over abortion was returned to the states, resulting in wildly divergent access to abortion across the nation. As important, *Dobbs* raised a host of additional legal and moral questions that will no doubt be the focus of many future courtroom and legislative debates. This text is designed for undergraduate students across a range of academic disciplines. It lays bare the complicated moral dimensions of the competing arguments about abortion and how these considerations have fared in legal decisions, so students can make sense of them for themselves.

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