

OCHSNER PRIMARY CARE AND WELLNESS

OCHSNER PRIMARY CARE AND WELLNESS: YOUR PARTNER IN A HEALTHIER LIFE

ARE YOU SEARCHING FOR A PRIMARY CARE PROVIDER THAT GOES BEYOND ROUTINE CHECK-UPS? DO YOU CRAVE A HEALTHCARE EXPERIENCE THAT PRIORITIZES YOUR OVERALL WELLNESS, NOT JUST THE TREATMENT OF ILLNESS? THEN YOU'RE IN THE RIGHT PLACE. THIS COMPREHENSIVE GUIDE DIVES DEEP INTO OCHSNER PRIMARY CARE AND WELLNESS, EXPLORING WHAT SETS THEM APART, THE SERVICES THEY OFFER, AND HOW THEY CAN HELP YOU ACHIEVE YOUR HEALTH GOALS. WE'LL COVER EVERYTHING FROM CONVENIENT LOCATIONS AND ADVANCED TECHNOLOGY TO THE COMPASSIONATE, EXPERIENCED DOCTORS AND STAFF WHO MAKE OCHSNER A LEADER IN PRIMARY CARE. READY TO LEARN MORE ABOUT TAKING CONTROL OF YOUR HEALTH JOURNEY? LET'S BEGIN!

UNDERSTANDING OCHSNER PRIMARY CARE AND WELLNESS: MORE THAN JUST CHECK-UPS

OCHSNER PRIMARY CARE AND WELLNESS ISN'T YOUR TYPICAL DOCTOR'S OFFICE. IT'S A COMPREHENSIVE HEALTHCARE SYSTEM DEDICATED TO PROVIDING PERSONALIZED, PREVENTATIVE, AND PROACTIVE CARE. THEY BELIEVE IN A HOLISTIC APPROACH, FOCUSING ON YOUR OVERALL WELL-BEING – MIND, BODY, AND SPIRIT – TO HELP YOU LIVE A LONGER, HEALTHIER, AND HAPPIER LIFE. THIS PHILOSOPHY TRANSLATES INTO A WIDE RANGE OF SERVICES DESIGNED TO MEET DIVERSE NEEDS AND INDIVIDUAL PREFERENCES. FORGET THE IMPERSONAL FEEL OF SOME LARGE HEALTHCARE SYSTEMS; OCHSNER STRIVES TO CULTIVATE STRONG DOCTOR-PATIENT RELATIONSHIPS BUILT ON TRUST AND OPEN COMMUNICATION.

A WIDE RANGE OF SERVICES TAILORED TO YOU

OCHSNER PRIMARY CARE AND WELLNESS OFFERS A COMPREHENSIVE SUITE OF SERVICES, INCLUDING BUT NOT LIMITED TO:

PREVENTATIVE CARE: THIS IS THE CORNERSTONE OF OCHSNER'S APPROACH. ROUTINE CHECK-UPS, SCREENINGS (CANCER SCREENINGS, CHOLESTEROL CHECKS, ETC.), VACCINATIONS, AND PERSONALIZED HEALTH RISK ASSESSMENTS ARE ALL CRUCIAL COMPONENTS OF MAINTAINING OPTIMAL HEALTH. THEY'LL WORK WITH YOU TO CREATE A CUSTOMIZED PREVENTATIVE CARE PLAN BASED ON YOUR AGE, FAMILY HISTORY, AND LIFESTYLE.

CHRONIC DISEASE MANAGEMENT: LIVING WITH A CHRONIC CONDITION LIKE DIABETES, HYPERTENSION, OR HEART DISEASE CAN BE CHALLENGING. OCHSNER OFFERS COMPREHENSIVE MANAGEMENT PROGRAMS, INCLUDING EDUCATION, MEDICATION MANAGEMENT, AND LIFESTYLE GUIDANCE, TO HELP YOU EFFECTIVELY CONTROL YOUR CONDITION AND IMPROVE YOUR QUALITY OF LIFE.

URGENT CARE: MINOR ILLNESSES AND INJURIES DON'T ALWAYS REQUIRE A TRIP TO THE EMERGENCY ROOM. OCHSNER OFFERS CONVENIENT URGENT CARE SERVICES, PROVIDING PROMPT TREATMENT FOR COMMON AILMENTS LIKE COLDS, FLU, AND MINOR CUTS AND BRUISES.

TELEHEALTH SERVICES: IN TODAY'S FAST-PACED WORLD, CONVENIENCE IS KEY. OCHSNER OFFERS TELEHEALTH APPOINTMENTS, ALLOWING YOU TO CONNECT WITH YOUR DOCTOR FROM THE COMFORT OF YOUR OWN HOME. THIS IS PARTICULARLY BENEFICIAL FOR FOLLOW-UP APPOINTMENTS OR NON-EMERGENCY SITUATIONS.

SPECIALIZED SERVICES: DEPENDING ON LOCATION, OCHSNER MAY OFFER SPECIALIZED SERVICES SUCH AS WOMEN'S HEALTH, MEN'S HEALTH, AND WEIGHT MANAGEMENT PROGRAMS. IT'S ALWAYS BEST TO CHECK WITH YOUR SPECIFIC CLINIC FOR A COMPLETE LIST OF AVAILABLE SERVICES.

MENTAL HEALTH INTEGRATION: RECOGNIZING THE IMPORTANCE OF MENTAL WELL-BEING, MANY OCHSNER CLINICS OFFER INTEGRATED MENTAL HEALTH SERVICES OR CAN PROVIDE REFERRALS TO SPECIALISTS. THIS HOLISTIC APPROACH ENSURES THAT ALL ASPECTS OF YOUR HEALTH ARE ADDRESSED.

FINDING THE RIGHT OCHSNER CLINIC FOR YOU

OCHSNER BOASTS A NETWORK OF PRIMARY CARE CLINICS THROUGHOUT LOUISIANA AND BEYOND. THEIR WEBSITE FEATURES A CLINIC LOCATOR THAT ALLOWS YOU TO SEARCH FOR CLINICS NEAR YOUR HOME OR WORKPLACE. WHEN CHOOSING A CLINIC, CONSIDER FACTORS SUCH AS LOCATION, DOCTOR AVAILABILITY, AND THE SPECIFIC SERVICES OFFERED. READING ONLINE REVIEWS CAN ALSO PROVIDE VALUABLE INSIGHTS INTO THE EXPERIENCES OF OTHER PATIENTS.

THE OCHSNER ADVANTAGE: TECHNOLOGY AND EXPERTISE COMBINED

OCHSNER PRIMARY CARE AND WELLNESS LEVERAGES CUTTING-EDGE TECHNOLOGY TO IMPROVE PATIENT CARE. THIS INCLUDES ADVANCED ELECTRONIC HEALTH RECORDS, ONLINE APPOINTMENT SCHEDULING, SECURE PATIENT PORTALS, AND TELEHEALTH CAPABILITIES. BUT TECHNOLOGY IS ONLY ONE PIECE OF THE PUZZLE. OCHSNER'S COMMITMENT TO RECRUITING AND RETAINING TOP MEDICAL TALENT ENSURES THAT YOU RECEIVE HIGH-QUALITY CARE FROM EXPERIENCED AND COMPASSIONATE PROFESSIONALS. THEY PRIDE THEMSELVES ON FOSTERING A PATIENT-CENTRIC ENVIRONMENT WHERE YOUR NEEDS AND CONCERNS ARE ALWAYS PRIORITIZED.

BEYOND THE VISIT: BUILDING A LASTING PARTNERSHIP

OCHSNER BELIEVES IN BUILDING LONG-TERM RELATIONSHIPS WITH THEIR PATIENTS. THEY AIM TO BE YOUR TRUSTED HEALTHCARE PARTNER, GUIDING YOU THROUGH EVERY STAGE OF YOUR HEALTH JOURNEY. THIS INCLUDES PROVIDING EDUCATION, RESOURCES, AND SUPPORT TO HELP YOU MAKE INFORMED DECISIONS ABOUT YOUR HEALTH AND WELL-BEING. THEY EMPOWER YOU TO TAKE AN ACTIVE ROLE IN YOUR CARE, FOSTERING A COLLABORATIVE APPROACH THAT LEADS TO BETTER HEALTH OUTCOMES.

CONCLUSION

CHOOSING THE RIGHT PRIMARY CARE PROVIDER IS A CRUCIAL DECISION. OCHSNER PRIMARY CARE AND WELLNESS OFFERS A COMPELLING BLEND OF COMPREHENSIVE SERVICES, ADVANCED TECHNOLOGY, EXPERIENCED MEDICAL PROFESSIONALS, AND A PATIENT-CENTRIC APPROACH. BY PRIORITIZING PREVENTATIVE CARE, PERSONALIZED TREATMENT PLANS, AND A COMMITMENT TO YOUR OVERALL WELL-BEING, OCHSNER EMPOWERS YOU TO ACHIEVE A HEALTHIER, HAPPIER LIFE. TAKE THE FIRST STEP TOWARDS BETTER HEALTH TODAY – EXPLORE OCHSNER'S WEBSITE AND FIND A CLINIC NEAR YOU.

FREQUENTLY ASKED QUESTIONS (FAQs)

1. DOES OCHSNER ACCEPT MY INSURANCE? OCHSNER ACCEPTS A WIDE RANGE OF INSURANCE PLANS. HOWEVER, IT'S CRUCIAL TO VERIFY YOUR COVERAGE DIRECTLY WITH YOUR INSURANCE PROVIDER AND OCHSNER BEFORE YOUR APPOINTMENT.
1. HOW DO I SCHEDULE AN APPOINTMENT WITH AN OCHSNER DOCTOR? YOU CAN SCHEDULE AN APPOINTMENT ONLINE THROUGH THE OCHSNER WEBSITE, BY PHONE, OR BY CONTACTING YOUR CHOSEN CLINIC DIRECTLY.
1. WHAT ARE THE HOURS OF OPERATION FOR OCHSNER CLINICS? HOURS VARY BY LOCATION. CHECK THE CLINIC LOCATOR ON THE OCHSNER WEBSITE FOR SPECIFIC HOURS OF OPERATION FOR EACH CLINIC.
1. DOES OCHSNER OFFER SERVICES FOR CHILDREN? MANY OCHSNER CLINICS OFFER PEDIATRIC CARE. CONTACT YOUR LOCAL CLINIC TO VERIFY THE AVAILABILITY OF PEDIATRIC SERVICES.

1. WHAT SHOULD I BRING TO MY FIRST APPOINTMENT AT OCHSNER? BRING YOUR INSURANCE CARD, A LIST OF YOUR CURRENT MEDICATIONS, AND ANY RELEVANT MEDICAL RECORDS. IT'S ALSO HELPFUL TO JOT DOWN ANY QUESTIONS OR CONCERNS YOU MAY HAVE.

📖 **ochsner primary care and wellness: *Gynecologic Urology*** Lynn Lyle Fulkerson, 1925

ochsner primary care and wellness: *Minimally Invasive Uro-Oncologic Surgery* Robert G. Moore, Jay T. Bishoff, 2005-01-25 The invention of laparoscopic urological techniques in the early 1990s was met with scepticism by urologists who demanded that the methods prove themselves when compared to established 'open' surgical procedures. However, the techniques were quickly shown as successful, and over time have gained acceptance through reproducible and durable outcomes. In this well-illustrated surgical text, an international team of urologic surgeons specializing in uro-oncology share the experience gained in effective and reproducible teaching techniques in the field, and present the pioneering knowledge that will enable others to learn more about this important, ground-breaking procedure.

ochsner primary care and wellness: *Mohs Micrographic Surgery* Stephen N. Snow, George R. Mikhail, 2004 Mohs Micrographic Surgery, an advanced treatment procedure for skin cancer, offers the highest potential for recovery--even if the skin cancer has been previously treated. This procedure is a state-of-the-art treatment in which the physician serves as surgeon, pathologist, and reconstructive surgeon. It relies on the accuracy of a microscope to trace and ensure removal of skin cancer down to its roots. This procedure allows dermatologists trained in Mohs Surgery to see beyond the visible disease and to precisely identify and remove the entire tumor, leaving healthy tissue unharmed. This procedure is most often used in treating two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma. The cure rate for Mohs Micrographic Surgery is the highest of all treatments for skin cancer--up to 99 percent even if other forms of treatment have failed. This procedure, the most exact and precise method of tumor removal, minimizes the chance of regrowth and lessens the potential for scarring or disfigurement

ochsner primary care and wellness: *Cutaneous Malignancy of the Head and Neck* Randal Weber, Brian A. Moore, 2011-08-19 For the first time, a true multidisciplinary approach to cutaneous malignancy of the head and neck is presented, as international experts in head and neck surgical oncology, dermatology, Mohs micrographic surgery, plastic and reconstructive surgery, radiation oncology, and medical oncology present state-of-the-art techniques and promising horizons in the treatment of cutaneous malignancy of the head and neck. Whether in primary care or a specialty practice, this text should prove invaluable to any practitioner who treats patients with skin cancer of the head and neck. This is the only textbook on this subject that comprehensively addresses patient management - from diagnosis, treatment (in all forms, including chemotherapy and radiation), and reconstruction. This book makes preparation for actual patient care or presentations simpler and easier; currently, someone wanting to study this field would have to get articles, a head and neck surgery text, and a facial plastic/reconstruction text to gather all the information that is presented here. This book is suitable for ENT surgeons, plastic surgeons, general surgical oncologists, dermatologists, and even radiation/medical oncologists in endemic areas who treat patients with aggressive cutaneous malignancies. Each chapter has information that will be valuable to both seasoned practitioners and residents in training.

ochsner primary care and wellness: *The Future of Nursing 2020-2030* National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a

wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

ochsner primary care and wellness: Orthobiologics Giuseppe Filardo, Bert R. Mandelbaum, George F. Muschler, Scott A. Rodeo, Norimasa Nakamura, 2021-12-02 This book presents the evidence related to the use of injectable biologics to provide faster and better healing for musculoskeletal lesions and conditions. The authors discuss approaches, such as blood derivatives and cell concentrates, applied to lesions of muscles, ligaments, tendons, bones, meniscus and cartilage, as well as osteoarthritis. Chapters are written by some of the most influential opinion leaders in the field, with up-to-date review of the current literature, where the authors explore both the potential and the limitations of these minimally invasive and promising treatments. The first section is devoted to the formulations and rationale for the use of injectable orthobiologics, while the second section reviews current treatment methods applied to specific joints and pathologies - ranging from tendinopathies through non-unions to articular degenerative processes - as well as the results of these treatment approaches. The third section explores future perspectives, such as pluripotent stem cells, gene therapy, and the stimulation of intrinsic stromal cell niches. Appealing to a broad readership, this book will be of interest to both laboratory research scientists and clinicians, including orthopedists, sports physicians, physiatrists, and regenerative medicine experts.

ochsner primary care and wellness: The EatFit Cookbook Molly Kimball, 2019-10

ochsner primary care and wellness: Pediatric Heart Failure Robert Shaddy, Gil Wernovsky, 2019-08-30 The first book of its kind, this reference describes current diagnostic and treatment strategies for acute and chronic heart failure in the fetus, neonate, child, and young adult-encompassing every aspect of pediatric heart failure including historical perspectives, the latest technologies in mechanical circulatory support, and recent information on the psychosocial aspects of heart failure in children.

ochsner primary care and wellness: Cerebrovascular Neurosurgery Dr Peter Nakaji, Dr Michael Levitt, 2019-08-15 Part of the Neurosurgery by Example series, this volume on cerebrovascular neurosurgery presents exemplary cases in which renowned authors guide readers through the assessment and planning, decision making, surgical procedure, after care, and complication management of common and uncommon disorders. The cases explore the spectrum of clinical diversity and complexity within cerebrovascular neurosurgery, including aneurysms, ischemic/occlusive disease, arteriovenous malformation, dural arteriovenous fistula, and more. Each chapter also contains 'pivot points' that illuminate changes required to manage patients in alternate or atypical situations, and pearls for accurate diagnosis, successful treatment, and effective complication management. Containing a focused review of medical evidence and expected outcomes, Cerebrovascular Neurosurgery is appropriate for neurosurgeons who wish to learn more about a

subspecialty, and those preparing for the American Board of Neurological Surgery oral examination.

ochsner primary care and wellness: *Relieving Pain in America* Institute of Medicine, Board on Health Sciences Policy, Committee on Advancing Pain Research, Care, and Education, 2011-10-26 Chronic pain costs the nation up to \$635 billion each year in medical treatment and lost productivity. The 2010 Patient Protection and Affordable Care Act required the Department of Health and Human Services (HHS) to enlist the Institute of Medicine (IOM) in examining pain as a public health problem. In this report, the IOM offers a blueprint for action in transforming prevention, care, education, and research, with the goal of providing relief for people with pain in America. To reach the vast multitude of people with various types of pain, the nation must adopt a population-level prevention and management strategy. The IOM recommends that HHS develop a comprehensive plan with specific goals, actions, and timeframes. Better data are needed to help shape efforts, especially on the groups of people currently underdiagnosed and undertreated, and the IOM encourages federal and state agencies and private organizations to accelerate the collection of data on pain incidence, prevalence, and treatments. Because pain varies from patient to patient, healthcare providers should increasingly aim at tailoring pain care to each person's experience, and self-management of pain should be promoted. In addition, because there are major gaps in knowledge about pain across health care and society alike, the IOM recommends that federal agencies and other stakeholders redesign education programs to bridge these gaps. Pain is a major driver for visits to physicians, a major reason for taking medications, a major cause of disability, and a key factor in quality of life and productivity. Given the burden of pain in human lives, dollars, and social consequences, relieving pain should be a national priority.

ochsner primary care and wellness: *The Obesity Paradox* Carl J. Lavie, MD, Kristin Loberg, 2014-03-31 Most of us think that longevity hinges on maintaining a normal Body Mass Index. But research conducted over the last decade hit the media recently with explosive news: overweight and even moderately obese people with certain chronic diseases — from heart disease to cancer — often live longer and fare better than normal-weight individuals with the same ailments. In this groundbreaking book, Carl Lavie, MD, reveals the science behind the obesity paradox and shows us how to achieve maximum health rather than minimum weight. Lavie not only explains how extra fat provides additional fuel to help fight illness; he also argues that we've gotten so used to framing health issues in terms of obesity that we overlook other potential causes of disease. The Obesity Paradox will change the conversation about fat — and what it means to be healthy.

ochsner primary care and wellness: The Vote Collectors Michael Graff, Nick Ochsner, 2021-10-26 In November 2018, Baptist preacher Mark Harris beat the odds, narrowly fending off a blue wave in the sprawling Ninth District of North Carolina. But word soon got around that something fishy was going on in rural Bladen County. At the center of the mess was a local political operative named McCrae Dowless. Dowless had learned the ins and outs of the absentee ballot system from Democrats before switching over to the Republican Party. Bladen County's vote-collecting cottage industry made national headlines, led to multiple election fraud indictments, toppled North Carolina GOP leadership, and left hundreds of thousands of North Carolinians without congressional representation for nearly a year. In *The Vote Collectors*, Michael Graff and Nick Ochsner tell the story of the political shenanigans in Bladen County, exposing the shocking vulnerability of local elections and explaining why our present systems are powerless to monitor and prevent fraud. In their hands, this tale of rural corruption becomes a fascinating narrative of the long clash of racism and electioneering—and a larger story about the challenges to democracy in the rural South. At a time rife with accusations of election fraud, *The Vote Collectors* shows the reality of election stealing in one southern county, where democracy was undermined the old-fashioned way: one absentee ballot at a time.

ochsner primary care and wellness: The Things Between Us Lee Montgomery, 2007-07-10 Peopled by eccentrics and sparkling with humor and grace, this memoir by the editor of *Tin House* magazine tracks her father's illness and death and her fragmented family's reunion.

ochsner primary care and wellness: *Building the Case for Health Literacy* National

Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Roundtable on Health Literacy, 2018-08-26 The field of health literacy has evolved from one focused on individuals to one that recognizes that health literacy is multidimensional. While communicating in a health literate manner is important for everyone, it is particularly important when communicating with those with limited health literacy who also experience more serious medication errors, higher rates of hospitalization and use of the emergency room, poor health outcomes, and increased mortality. Over the past decade, research has shown that health literacy interventions can significantly impact various areas including health care costs, outcomes, and health disparities. To understand the extent to which health literacy has been shown to be effective at contributing to the Quadruple Aim of improving the health of communities, providing better care, providing affordable care, and improving the experience of the health care team, the National Academies of Sciences, Engineering, and Medicine convened a public workshop on building the case for health literacy. This publication summarizes the presentations and discussions from the workshop, and highlights important lessons about the role of health literacy in meeting the Quadruple Aim, case studies of organizations that have adopted health literacy, and discussions among the different stakeholders involved in making the case for health literacy.

ochsner primary care and wellness: 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.

ochsner primary care and wellness: Clinical Approaches to Hospital Medicine Kevin Conrad, 2017-11-09 This book provides an update on recent clinical practice and an in-depth view of selected topics relevant to hospital medicine. It is divided into four sections that explore clinical, administrative, systems and ethical issues. Each section places an emphasis on the opportunities, challenges and potential directions of this burgeoning subspecialty. An important topic covered extensively is how hospitalists are being called to lead on the current opioid epidemic, given that they are well-suited in responding to complicated challenges crossing all specialties. Other chapters explore worldwide practice patterns and practical application of philosophical tools in daily practice. This up-to-date resource provides hospitalists, advanced nurse practitioners, medical students and administrators with the latest research, trends and issues in hospital medicine.

ochsner primary care and wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and

more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

ochsner primary care and wellness: Clinical Guidelines in Primary Care Amelie Hollier, 2016

ochsner primary care and wellness: Interventional Nephrology Alexander S. Yevzlin, Arif Asif, Loay Salman, 2013-12-05 Interventional Nephrology: Principles and Practice describes a very direct approach to clinical problems encountered by the community of care providers who treat chronic kidney disease and dialysis patients. Practical scenarios faced on a day-to-day basis are presented by experts in the field utilizing the latest scientific information. In addition to internal medicine residents, nephrology fellows and practitioners, this comprehensive and useful resource is a must-have for the allied health professionals taking care of patients with hemodialysis and peritoneal dialysis access problems.

ochsner primary care and wellness: Carotid Interventions Peter Schneider, Todd Bohannon, Michael Silva, 2004-08-30 From patient selection and monitoring to follow-up care, Carotid Interventions is the first source to offer a practical how-to approach to carotid angioplasty and stenting-providing maneuvers and strategies for difficult situations, as well as step-by-step guidance on specific surgical procedures, equipment selection and instrumentation, protection

ochsner primary care and wellness: Surgical Techniques in Ophthalmology Series: Retina and Vitreous Surgery Abdhish R. Bhavsar, 2008-12-03 This volume in the new Surgical Techniques in Ophthalmology series offers step-by-step authoritative guidance on how to successfully perform basic retina and vitreous surgery for retinal detachments, and epiretinal membranes as well as more involved procedures such as complex scleral buckle for ROP and vitrectomy surgery for PVR. A wealth of full-color illustrations and photographs, tricks of the trade, clinical pearls, and a complete list of instruments and devices help you hone your skills and optimize every outcome. Best of all, a concise format complements the commentary and the surgical procedures on the accompanying DVD show you exactly how to proceed. Covers basic surgical principles as well as more involved procedures such as complex scleral buckle for ROP and vitrectomy surgery for diabetic tractional retinal detachments. vitreous surgery for PVR, ROP, and tumors, so you can refresh your technique or implement new ones. Features 200 full-color illustrations and a bonus DVD containing operative video clips of every vitreoretinal procedure you will need to know, to help you master new procedures, improve outcomes, and learn the latest techniques faster. Discusses post-operative care and potential complications of each surgical procedure, preparing you for any challenges you may face.

ochsner primary care and wellness: Surgical Treatment of Colorectal Cancer Nam Kyu Kim, Kenichi Sugihara, Jin-Tung Liang, 2018-05-02 This book presents an Asian perspective on how the treatment of colorectal cancer can be optimized and standardized in ways that take into account technological advances and the trend towards individually tailored therapy. Readers will find careful, well-illustrated descriptions of the standard surgical techniques for rectal cancer and colon cancer that have contributed to recent improvements in 5-year survival rates in the Asia-Pacific region, where the incidence of colorectal cancer has been rising alarmingly due to lifestyle changes. The vital role now being played by minimally invasive laparoscopic and robotic options receives detailed scrutiny. Extent and timing of surgery, patient safety, risk of complications, and unresolved issues are all discussed. Furthermore, the use of surgery within the context of multimodal

management including chemotherapy and radiotherapy is explained and an integrated approach for stage IV and recurrent disease is described. The book will serve as a valuable reference for young surgeons who are in training, experienced practitioners who want to enhance their knowledge and skills, and all others who wish to learn about this field.

ochsner primary care and wellness: Diversity and Inclusion in Quality Patient Care

Marcus L. Martin, Sheryl Heron, Lisa Moreno-Walton, Anna Walker Jones, 2015-12-18 No other hospital department cares for patients as diverse as those who come to the Emergency Department (ED). These patients encompass all stages and positions of life and health. Many belong to distinct minority cultures defined by the patient's sexual orientation and gender identity, disability, spirituality, language, race, and ethnicity. It has been well documented that minorities experience inadequate emergency treatment and face poorer healthcare outcomes. Furthermore, research has established that the elderly, ethnic minorities, the poor, and persons with Medicaid coverage are more likely than other people to utilize the emergency department rather than primary care services. With the passage of the Affordable Care Act, particularly the Medicaid expansion, EDs across the United States are poised to care for an unprecedented number of underserved minorities. The need to equip emergency healthcare professionals to practice medicine that is culturally competent in the broadest possible sense has never been greater. *Diversity and Inclusion in Quality Patient Care* aims to fill this need.

ochsner primary care and wellness: Disease Control Priorities, Third Edition (Volume 8)

Donald A. P. Bundy, Nilanthi de Silva, Susan Horton, Dean T. Jamison, 2017-11-20 More children born today will survive to adulthood than at any time in history. It is now time to emphasize health and development in middle childhood and adolescence--developmental phases that are critical to health in adulthood and the next generation. *Child and Adolescent Health and Development* explores the benefits that accrue from sustained and targeted interventions across the first two decades of life. The volume outlines the investment case for effective, costed, and scalable interventions for low-resource settings, emphasizing the cross-sectoral role of education. This evidence base can guide policy makers in prioritizing actions to promote survival, health, cognition, and physical growth throughout childhood and adolescence.

ochsner primary care and wellness: Urological Oncology Vinod H. Nargund, Derek

Raghavan, Howard M. Sandler, 2015-01-17 As a professional resource for all doctors, oncologists and urologists involved in the care of uro-oncology patients, this book puts emphasis on developing advanced practice with in-depth discussions to support evidence based, patient focused care. *Urological Oncology, Second Edition* offers an updated multi-disciplinary and multi professional approach to the assessment, diagnosis, treatment and follow-up care of patients being investigated and treated for urological malignancies. Mainly aimed at oncologists and urologists, it is also useful for general physicians as well as trainee nurses and nurse practitioners in urology / urological oncology.

ochsner primary care and wellness: *Person Centered Approach to Recovery in Medicine* Luigi

Grassi, Michelle B. Riba, Thomas Wise, 2018-12-07 This book offers a resource to aid in implementing psychosocial screening, assessment, and consequently integrating prevention, care and treatment (i.e. pharmacological, psychosocial rehabilitation and psychotherapeutic) in medicine. It is becoming increasingly recognized that one method of combating spiraling health care costs in developed nations is to integrate psychiatric care into medicine including primary care settings. This volume reviews the main issues relative to the paradigm of a person-centered and recovery-oriented approach that should imbue all medical areas and specialties. It proposes integration methods in screening and assessment, clinimetric approach, dignity conserving care, cross-cultural and ethical aspects, treatment and training as a basic and mandatory need of a whole psychosomatic approach bridging the several specialties in medicine. As such, the book addresses a topic that all physicians, including primary care and psychiatric professionals in a wide variety of mental health settings are currently discussing, planning and preoccupied with, namely the task of integrating mental health into all the medical fields, including primary care, cardiology, psychiatry, oncology and so on.

ochsner primary care and wellness: Pediatric Hepatology and Liver Transplantation

Lorenzo D'Antiga, 2019-04-29 This book is the first to provide balanced examination of both pediatric liver disease and liver transplantation – two topics that are inherently related, given that most chronic liver disorders eventually require organ replacement. The different forms of liver disease encountered in the pediatric age group are first discussed in a series of disease-specific chapters that have a reader-friendly, uniform structure covering pathophysiology, diagnostic and treatment algorithms, clinical cases, and transition to adult care. Key topics in the field of liver transplantation are then addressed. Examples include indications and contraindications, surgical techniques and complications, immunosuppression, in pediatric liver transplantation, acute and chronic rejection and allograft dysfunction, and CMV and EBV infection in transplant recipients, long-term graft injury and tolerance. A section on pediatric hepatology across the world includes chapters presenting the features and management of pediatric liver disease in South-America, Africa and Asia. A closing section considers what the future holds for pediatric liver disease and its management, including novel genetic testing, cell therapy and gene therapy. Pediatric Hepatology and Liver Transplantation will be of value for a range of practitioners, from residents making their first approach to pediatric liver disease through to specialists working in transplantation centers.

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The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

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ochsner primary care and wellness: Age-Friendly Health Systems Terry Fulmer, Leslie Pelton, Jinghan Zhang, 2022-02 According to the US Census Bureau, the US population aged 65+ years is expected to nearly double over the next 30 years, from 43.1 million in 2012 to an estimated 83.7 million in 2050. These demographic advances, however extraordinary, have left our health systems behind as they struggle to reliably provide evidence-based practice to every older adult at every care interaction. Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI), in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA), designed Age-Friendly Health Systems to meet this challenge head on. Age-Friendly Health Systems aim to: Follow an essential set of evidence-based practices; Cause no harm; and Align with What Matters to the older adult and their family caregivers.

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what one can learn about health and well-being by studying what's in the bowl. A floater? It's probably due to a buildup of gas. Now think back on last night's dinner, a burrito perhaps? . . . All the greatest hits are here: The Log Jam, The Glass Shard, The Deja Poo, The Hanging Chad ... the list goes on. Sidebars, trivia, over 60 euphemisms for number 2, and unusual case histories all make this the ultimate bathroom reader. Who knew you could learn so much from your poo?--Publisher website (October 2007)

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