

primary care and wellness clinic of arlington

Primary Care and Wellness Clinic of Arlington: Your Partner in Health and Wellbeing

Are you searching for a reliable and compassionate primary care provider in Arlington? Finding the right clinic can feel overwhelming, but it shouldn't be. This comprehensive guide dives deep into what makes the Primary Care and Wellness Clinic of Arlington stand out, providing you with the information you need to make an informed decision about your healthcare. We'll explore our services, our commitment to patient care, and why we're the perfect choice for your primary care needs. Get ready to discover your path to better health and wellbeing.

Understanding Your Needs: A Holistic Approach to Primary Care

At the Primary Care and Wellness Clinic of Arlington, we believe in a holistic approach to healthcare. We don't just treat symptoms; we address the root causes of illness and promote overall wellness. This means taking the time to listen to your concerns, understand your lifestyle, and develop a personalized care plan that works for you. Forget the rushed appointments and impersonal interactions; we prioritize building strong doctor-patient relationships built on trust and mutual respect.

This holistic approach extends to a wide range of services, including:

Comprehensive Physical Exams: Regular check-ups are crucial for preventative health. We provide thorough physicals, tailored to your age and individual health history, including screenings for common conditions.

Preventive Care: We strongly advocate for preventative medicine. This includes vaccinations, health screenings, and personalized advice on maintaining a healthy lifestyle. We work with you to prevent illness before it even starts.

Chronic Disease Management: If you're living with a chronic condition like diabetes, hypertension, or heart disease, we offer comprehensive management plans to help you control your symptoms and improve your quality of life. We empower you to actively participate in your own health journey.

Acute Illness Treatment: From the common cold to more serious illnesses, we're equipped to diagnose and treat a wide range of acute conditions, providing prompt and effective care.

Women's Health Services: We offer a range of services specifically designed to address the

unique healthcare needs of women, including well-woman exams, prenatal care, and menopause management.

Men's Health Services: We understand the specific health concerns men face and offer services tailored to their needs, including screenings for prostate cancer and testosterone management.

Mental Health Support: We recognize the vital link between physical and mental health, and we offer support and resources for individuals dealing with stress, anxiety, or depression. We work closely with mental health specialists to provide integrated care.

Meet Our Dedicated Team: Experience and Compassion Combined

Our clinic prides itself on its team of highly experienced and compassionate healthcare professionals. From our board-certified physicians to our friendly and helpful administrative staff, everyone is dedicated to providing you with the best possible care. We understand that visiting the doctor can be stressful, and we strive to create a warm, welcoming, and comfortable environment for all our patients. We invest in continuing education to ensure our team stays at the forefront of medical advancements, providing you with the most up-to-date and effective treatments.

State-of-the-Art Facility: Comfort and Convenience Redefined

The Primary Care and Wellness Clinic of Arlington is equipped with state-of-the-art technology and a comfortable, modern facility designed for your convenience. We utilize the latest diagnostic tools to ensure accurate and timely diagnoses, minimizing wait times and maximizing efficiency. Our commitment to comfort extends to our waiting area, which is designed to be relaxing and inviting. Our location is easily accessible, with ample parking available for your convenience.

Beyond the Clinic: Engaging with Your Community

We believe in being more than just a healthcare provider; we're invested in the Arlington community. We actively participate in local health initiatives and strive to improve the overall well-being of our neighbors. We offer community health screenings and educational programs, demonstrating our commitment to preventative health and community engagement.

Choosing the Right Primary Care Provider: Why Choose Us?

Choosing a primary care physician is a significant decision. At the Primary Care and Wellness Clinic of Arlington, we offer a unique combination of exceptional care, compassionate service, and cutting-edge technology. We focus on building lasting

relationships with our patients, understanding that trust and open communication are essential for optimal health outcomes. We invite you to experience the difference a truly patient-centered approach can make. Contact us today to schedule your appointment and begin your journey towards a healthier, happier you.

Conclusion

The Primary Care and Wellness Clinic of Arlington is dedicated to providing comprehensive, patient-centered care in a warm and welcoming environment. We go beyond treating illness; we empower our patients to take control of their health and wellbeing. Our commitment to holistic care, combined with our state-of-the-art facility and experienced team, makes us the ideal choice for your primary care needs. Schedule your appointment today and experience the difference!

Frequently Asked Questions (FAQs)

1. Do you accept my insurance? We accept most major insurance plans. Please contact our office to verify your insurance coverage.
1. What are your hours of operation? Our hours are Monday-Friday, 8:00 AM to 5:00 PM. Evening and weekend hours are available by appointment.
1. How do I schedule an appointment? You can schedule an appointment by calling us at [Phone Number], or by booking online through our website at [Website Address].
1. What forms of payment do you accept? We accept cash, checks, credit cards, and debit cards.
1. Do you offer telehealth appointments? Yes, we offer telehealth appointments for the convenience of our patients. Please contact our office to learn more.

primary care and wellness clinic of arlington: Implementing High-Quality Primary Care
National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Implementing High-Quality Primary Care, 2021-06-30

High-quality primary care is the foundation of the health care system. It provides continuous, person-centered, relationship-based care that considers the needs and preferences of individuals, families, and communities. Without access to high-quality primary care, minor health problems can spiral into chronic disease, chronic disease management becomes difficult and uncoordinated, visits to emergency departments increase, preventive care lags, and health care spending soars to unsustainable levels. Unequal access to primary care remains a concern, and the COVID-19 pandemic amplified pervasive economic, mental health, and social health disparities that ubiquitous, high-quality primary care might have reduced. Primary care is the only health care component where an increased supply is associated with better population health and more equitable outcomes. For this reason, primary care is a common good, which makes the strength and quality of the country's primary care services a public concern. Implementing High-Quality Primary Care: Rebuilding the Foundation of Health Care puts forth an evidence-based plan with actionable objectives and recommendations for implementing high-quality primary care in the United States. The implementation plan of this report balances national needs for scalable solutions while allowing for adaptations to meet local needs.

primary care and wellness clinic of arlington: Primary Care and Public Health Institute of Medicine, Board on Population Health and Public Health Practice, Committee on Integrating Primary Care and Public Health, 2012-07-19 Ensuring that members of society are healthy and reaching their full potential requires the prevention of disease and injury; the promotion of health and well-being; the assurance of conditions in which people can be healthy; and the provision of timely, effective, and coordinated health care. Achieving substantial and lasting improvements in population health will require a concerted effort from all these entities, aligned with a common goal. The Health Resources and Services Administration (HRSA) and the Centers for Disease Control and Prevention (CDC) requested that the Institute of Medicine (IOM) examine the integration of primary care and public health. Primary Care and Public Health identifies the best examples of effective public health and primary care integration and the factors that promote and sustain these efforts, examines ways by which HRSA and CDC can use provisions of the Patient Protection and Affordable Care Act to promote the integration of primary care and public health, and discusses how HRSA-supported primary care systems and state and local public health departments can effectively integrate and coordinate to improve efforts directed at disease prevention. This report is essential for all health care centers and providers, state and local policy makers, educators, government agencies, and the public for learning how to integrate and improve population health.

primary care and wellness clinic of arlington: Primary Care Programs Directory, 1998 , 1997

primary care and wellness clinic of arlington: Primary Care Institute of Medicine, Committee on the Future of Primary Care, 1996-09-05 Ask for a definition of primary care, and you are likely to hear as many answers as there are health care professionals in your survey. Primary Care fills this gap with a detailed definition already adopted by professional organizations and praised at recent conferences. This volume makes recommendations for improving primary care, building its organization, financing, infrastructure, and knowledge base—as well as developing a way of thinking and acting for primary care clinicians. Are there enough primary care doctors? Are they merely gatekeepers? Is the traditional relationship between patient and doctor outmoded? The committee draws conclusions about these and other controversies in a comprehensive and up-to-date discussion that covers: The scope of primary care. Its philosophical underpinnings. Its value to the patient and the community. Its impact on cost, access, and quality. This volume discusses the needs of special populations, the role of the capitation method of payment, and more. Recommendations are offered for achieving a more multidisciplinary education for primary care clinicians. Research priorities are identified. Primary Care provides a forward-thinking view of primary care as it should be practiced in the new integrated health care delivery systems—important to health care clinicians and those who train and employ them, policymakers at all levels, health care managers, payers, and interested individuals.

primary care and wellness clinic of arlington: Palliative Care Consultant Ohio Hospice and Palliative Care Organization Staff, Phyllis Grauer, 2010-10-21

primary care and wellness clinic of arlington: Clinical Case Studies for the Family Nurse Practitioner Leslie Neal-Boylan, 2011-11-28 Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

primary care and wellness clinic of arlington: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

primary care and wellness clinic of arlington: National Prevention Strategy: America's Plan for Better Health and Wellness Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

primary care and wellness clinic of arlington: *Congressional Record* United States. Congress, 2017-12

primary care and wellness clinic of arlington: Oncology Nurse Navigation Deborah M. Christensen, Cynthia Cantril, 2020 The oncology nurse navigator is one of the few roles in nursing in which an individual nurse is accountable for and invested in providing patient-centered care throughout an entire disease trajectory. This book provides novice nurse navigators and those developing or working in navigation programs with an overview of the role of the nurse navigator in cancer care and outlines the development of a navigation program, the skills and training needed to work as a nurse navigator, methods to evaluate outcomes, and issues related to assisting patients with specific types of cancers--

primary care and wellness clinic of arlington: Pediatric Annals , 2001

primary care and wellness clinic of arlington: Taking Action Against Clinician Burnout National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, *To Err Is Human: Building a Safer Health System* and *Crossing the Quality Chasm: A New Health System for the 21st Century*, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

primary care and wellness clinic of arlington: 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.

primary care and wellness clinic of arlington: Pediatric Primary Care Beth Richardson, 2013 *Pediatric Primary Care: Practice Guidelines for Nurses*, Second Edition is a convenient reference that presents the latest information on nutrition, growth and development, common childhood disorders, and well child care. Divided into three sections, the first includes history taking with a family seen for the first time, interval history, newborn rounding, and breastfeeding. Organized by body system and written in outline format, the second section helps readers locate information quickly. The third section explores medications used in pediatrics with common uses, availability, adverse effects, and nursing implications. In addition, the appendices offer useful growth charts,

BMI, asthma guidelines, and fluoride dosing. Providing comprehensive coverage of diagnostic methods, management, and treatment modalities, *Pediatric Primary Care: Practice Guidelines for Nurses*, Second Edition is the ideal resource for nurse practitioners (NP), students, and nurses starting out in practice.

primary care and wellness clinic of arlington: Preventive Dermatology Robert A. Norman, 2010-06-25 In his latest book, Dr. Robert A. Norman introduces us to the intriguing concept of preventive dermatology. Although dermatologists have long been patient advocates and have stressed vigorously on the importance of sun avoidance and protection, there is still much more that we can do to prevent disease. Dr. Norman and his skilled coterie of collaborators discuss two distinct types of prevention in dermatology: the prevention of skin diseases and the prevention of systemic disorders, some with only very indirect connections to the skin. The first is fairly well known to dermatologists; the second is truly an emerging concept of great importance. Educational efforts to prevent or at least control skin disease may range from the proper use of sunscreens to weight loss in psoriatic patients, the avoidance of trigger factors in rosacea, proper skin care in atopic dermatitis, or adoption of a low-fat diet to decrease the incidence of actinic keratosis and nonmelanoma skin cancer. Another good example is the use of vaccines to protect against diseases such as herpes zoster and genital HPV infection in females.

primary care and wellness clinic of arlington: Next Medicine Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In *Next Medicine*, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

primary care and wellness clinic of arlington: Integrative Geriatric Medicine Mikhail Kogan, 2017-12-05 *Integrative Geriatric Medicine* summarizes a patient-centered, wholistic approaches to medical care of the elderly. Deeply rooted in life style interventions such as nutrition, movement therapies, and mind-body and spirituality approaches integrative geriatrics allows patients to have different path to their healthcare, one that utilizes pharmaceuticals and invasive procedures only when safer integrative approaches are not available or not effective.

primary care and wellness clinic of arlington: 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.

primary care and wellness clinic of arlington: *Global Surgery* Adrian Park, Raymond Price, 2017-05-02 This text was developed as a book aimed at surgeons and allied health professionals that provides an introduction to the unmet needs, epidemiological, socioeconomic and even political factors that frame Global Surgery. Following upon an understanding of these issues, the text is a practical guide that enables the reader on several levels: to work cross culturally, build relationships and negotiate the logistical challenges of bringing surgical care to low resource settings; to develop an approach to the management of various clinical conditions that would be unfamiliar to most “western” surgeons. Global Surgery is a recently coined term that encompasses many potential meanings. Most would agree that it focuses on the growing recognition of the crisis of access to quality surgical care in low resource settings. Such scenarios exist on every continent. Increasingly surgeons, allied health professionals (NGO), Public Health / Health Policy professionals as well as governmental and non-governmental organizations are engaging in this field. Many surgeons have an interest in Global Health and a desire to become involved but feel ill equipped to do so and unsure where to start. Global Surgery: The Essentials serves as a ready resource to equip surgeons to manage clinical scenarios that lie beyond the scope of their training or current practice but that they would reasonably be expected to encounter in the field.

primary care and wellness clinic of arlington: *Schools and Health* Committee on Comprehensive School Health Programs in Grades K-12, Institute of Medicine, 1997-12-09 Schools and Health is a readable and well-organized book on comprehensive school health programs (CSHPs) for children in grades K-12. The book explores the needs of today's students and how those needs can be met through CSHP design and development. The committee provides broad recommendations for CSHPs, with suggestions and guidelines for national, state, and local actions. The volume examines how communities can become involved, explores models for CSHPs, and identifies elements of successful programs. Topics include: The history of and precedents for health programs in schools. The state of the art in physical education, health education, health services, mental health and pupil services, and nutrition and food services. Policies, finances, and other elements of CSHP infrastructure. Research and evaluation challenges. Schools and Health will be important to policymakers in health and education, school administrators, school physicians and nurses, health educators, social scientists, child advocates, teachers, and parents.

primary care and wellness clinic of arlington: *Beyond the HIPAA Privacy Rule* Institute of Medicine, Board on Health Care Services, Board on Health Sciences Policy, Committee on Health Research and the Privacy of Health Information: The HIPAA Privacy Rule, 2009-03-24 In the realm of health care, privacy protections are needed to preserve patients' dignity and prevent possible harms. Ten years ago, to address these concerns as well as set guidelines for ethical health research, Congress called for a set of federal standards now known as the HIPAA Privacy Rule. In its 2009 report, *Beyond the HIPAA Privacy Rule: Enhancing Privacy, Improving Health Through Research*, the Institute of Medicine's Committee on Health Research and the Privacy of Health Information concludes that the HIPAA Privacy Rule does not protect privacy as well as it should, and that it impedes important health research.

primary care and wellness clinic of arlington: *Disease Control Priorities, Third Edition (Volume 2)* Robert Black, Ramanan Laxminarayan, Marleen Temmerman, Neff Walker, 2016-04-11

The evaluation of reproductive, maternal, newborn, and child health (RMNCH) by the Disease Control Priorities, Third Edition (DCP3) focuses on maternal conditions, childhood illness, and malnutrition. Specifically, the chapters address acute illness and undernutrition in children, principally under age 5. It also covers maternal mortality, morbidity, stillbirth, and influences to pregnancy and pre-pregnancy. Volume 3 focuses on developments since the publication of DCP2 and will also include the transition to older childhood, in particular, the overlap and commonality with the child development volume. The DCP3 evaluation of these conditions produced three key findings: 1. There is significant difficulty in measuring the burden of key conditions such as unintended pregnancy, unsafe abortion, nonsexually transmitted infections, infertility, and violence against women. 2. Investments in the continuum of care can have significant returns for improved and equitable access, health, poverty, and health systems. 3. There is a large difference in how RMNCH conditions affect different income groups; investments in RMNCH can lessen the disparity in terms of both health and financial risk.

primary care and wellness clinic of arlington: Manual of Men's Health Susanne Quallich, Michelle Lajiness, Kenneth A. Mitchell, 2018 The only practical resource to focus solely on health issues specific to men Written by and for APRNs and PAs in the primary care setting, this is the first clinical reference to focus solely on managing health concerns that are specific to men. Filling a significant gap in knowledge about this patient group, the user-friendly reference delivers evidence-based guidelines for the day-to-day management of male patients. Designed for ease of use and quick access to information, the resource is divided into three sections: general men's health, overview of special issues in men's health, and urology and preventive cardiology. In addition to addressing the full gamut of urological and cardiac issues, the book discusses the basics of male physical assessment including sports assessment, male adolescent risk issues, musculoskeletal manifestations of stress in men, and health screening issues. Also covered are the aging male and physical activity, the health needs of male veterans, complementary and alternative health methods, chronic pain, high-risk MSM sexual health issues, and starting a men's health clinic. Key Features: The only practical men's health resource written specifically for APRNs and PAs by APRNs and PAs Organized to facilitate quick access to information Delivers evidence-based guidelines for men's healthcare Written and edited by noted APRN and PA men's health practitioners and faculty Addresses health issues in urology, cardiology treatment for men, and other health issues specific to men

primary care and wellness clinic of arlington: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The Health Effects of

Cannabis and Cannabinoids provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

primary care and wellness clinic of arlington: Geriatric Practice Audrey Chun, 2019-10-29 This book serves as a comprehensive reference for the basic principles of caring for older adults, directly corresponding to the key competencies for medical student and residents. These competencies are covered in 10 sections, each with chapters that target the skills and knowledge necessary for achieving competency. Each of the 45 chapters follow a consistent format for ease of use, beginning with an introduction to the associated competency and concluding with the most salient points for mastery. Chapters also includes brief cases to provide context to the clinical reasoning behind the competency, strengthening the core understanding necessary to physicians of the future. Written by expert educators and clinicians in geriatric medicine, Geriatric Practice is key resource for students in geriatric medicine, family and internal medicine, specialties, hospice and nursing home training, and all clinicians studying to work with aging patients.

primary care and wellness clinic of arlington: Banned From Baby Showers Donna Ryan, 2022-03-21 Banned From Baby Showers (aka Donna Ryan) began blogging about birth, breastfeeding, and parenting in 2008. Her posts remain relevant for parents of all ages and stages of this crazy journey and now come to life in the form of a book! Donna has big opinions on natural birth and attachment parenting. You noticed her caricature on the cover, right? Big hair, big hat, and a big mouth! She's been asked if she has a Texas-size opinion on all topics or just childbirth. Is she allowed at weddings? Birthday parties? Banned from Baby Shower moments refer to those experiences with your friends, family, or coworkers over childbirth and related topics. These are the moments where you have to make a decision about whether to give information or just walk away from the conversation to avoid a fight. To answer the question, while she didn't attend baby showers for years, she will occasionally make an appearance these days—but she keeps her mouth shut and smiles while handing over this gift wrapped book! While Donna is happy to share her opinions, they are rooted in evidence. She has taught hundreds of couples in live childbirth classes and thousands through online classes at Birth Boot Camp, a company she founded in 2012. There is value in the anecdotal stories, too, when it comes to childbirth. You'll find plenty within these pages. Have fun with this book. Read it cover to cover or pick through the topics and categories that interest you or you need at a particular phase of your pregnancy or parenting journey. You might just find it changes your life!

primary care and wellness clinic of arlington: Psychosocial Care for People with Diabetes Deborah Young-Hyman, Mark Peyrot, 2012-12-25 Psychosocial Care for People with Diabetes describes the major psychosocial issues which impact living with and self-management of diabetes and its related diseases, and provides treatment recommendations based on proven interventions and expert opinion. The book is comprehensive and provides the practitioner with guidelines to access and prescribe treatment for psychosocial problems commonly associated with living with diabetes.

primary care and wellness clinic of arlington: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

primary care and wellness clinic of arlington: Therapeutic Uses of Cannabis British Medical Association, 1997-11-18 At the last Annual Representative Meeting of the British Medical Association a motion was passed that "certain additional cannabinoids should be legalized for wider medicinal use." This report supports this landmark statement by reviewing the scientific evidence

for the therapeutic use of cannabinoids and sets the agenda for change. It will be welcomed by those who believe that cannabinoids can be used in medical treatment. The report discusses in a clear and readable form the use and adverse effects of the drug for nausea, multiple sclerosis, pain, epilepsy, glaucoma, and asthma.

primary care and wellness clinic of arlington: Healthcare Spaces Roger Yee, 2004 This book presents examples in design innovation for healthcare, as displayed in some 200 projects by 50 leading architecture and design firms. These projects offer numerous ideas for creating health care environments that can help improve patient outcomes, contain health care costs, and incorporate advances in medical science and technology.

primary care and wellness clinic of arlington: The Future of the Public's Health in the 21st Century Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

primary care and wellness clinic of arlington: Advances in Primary Care Marta C. Kallstrom, Stephen R. Yarnall, 1974

primary care and wellness clinic of arlington: Love, Life, and Lucille Judy Gaman, 2020-04-14 Judy Gaman was so busy making a name for herself that she barely took the time to meet a stranger, enjoy life, or simply stop to breathe. Immersed in her job as the director of business development for a high-profile medical practice—a job that required her to write health and wellness books and host a nationally syndicated radio show—she spent every day going full speed ahead with no looking back. That is, until the day she met Lucille Fleming. While writing a book on longevity, Judy interviewed Lucille, an elegant and spirited woman who had just recently turned 100. Lucille had the fashion and style of old Hollywood, but it was all hidden behind the doors of her assisted living center. What began as a quick meeting became a lasting friendship that transformed into an inseparable bond. Lucille brought incredible wisdom and great stories to the table, while Judy provided an avenue for excitement and new opportunities. Together, the two began living life to the fullest, and meeting the most interesting people along the way (including Suzanne Somers). But then Lucille's life came to an end through unexpected and unfortunate circumstances—and the very first lesson she ever taught Judy proved to be the most important one of all.

primary care and wellness clinic of arlington: Doctors Erich Segal, 1989-07-01 #1 NEW YORK TIMES BESTSELLER • Writing with all the passion of Love Story and power of The Class, Erich Segal sweeps us into the lives of the Harvard Medical School's class of 1962. His stunning novel reveals the making of doctors—what makes them tick, scheme, hurt . . . and love. From the crucible of med school's merciless training through the demanding hours of internship and residency to the triumphs—and sometimes tragedies—beyond, Doctors brings to vivid life the men and women who seek to heal but who must first walk through fire. At the novel's heart is the unforgettable relationship of Barney Livingston and Laura Castellano, childhood friends who separately find unsettling celebrity and unsatisfying love—until their friendship ripens into passion. Yet even their

devotion to each other, even their medical gifts may not be enough to save the one life they treasure above all others. Doctors—heartbreaking, witty, inspiring, and utterly, grippingly real—is a vibrant portrait that culminates in a murder, a trial . . . and a miracle.

primary care and wellness clinic of arlington: Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

primary care and wellness clinic of arlington: Psychosocial Interventions for Mental and Substance Use Disorders Institute of Medicine, Board on Health Sciences Policy, Committee on Developing Evidence-Based Standards for Psychosocial Interventions for Mental Disorders, 2015-09-18 Mental health and substance use disorders affect approximately 20 percent of Americans and are associated with significant morbidity and mortality. Although a wide range of evidence-based psychosocial interventions are currently in use, most consumers of mental health care find it difficult to know whether they are receiving high-quality care. Although the current evidence base for the effects of psychosocial interventions is sizable, subsequent steps in the process of bringing a psychosocial intervention into routine clinical care are less well defined. Psychosocial Interventions for Mental and Substance Use Disorders details the reasons for the gap between what is known to be effective and current practice and offers recommendations for how best to address this gap by applying a framework that can be used to establish standards for psychosocial interventions. The framework described in Psychosocial Interventions for Mental and Substance Use Disorders can be used to chart a path toward the ultimate goal of improving the outcomes. The framework highlights the need to (1) support research to strengthen the evidence base on the efficacy and effectiveness of psychosocial interventions; (2) based on this evidence, identify the key elements that drive an intervention's effect; (3) conduct systematic reviews to inform clinical guidelines that incorporate these key elements; (4) using the findings of these systematic reviews, develop quality measures - measures of the structure, process, and outcomes of interventions; and (5) establish methods for successfully implementing and sustaining these interventions in regular practice including the training of providers of these interventions. The recommendations offered in this report are intended to assist policy makers, health care organizations, and payers that are organizing and overseeing the provision of care for mental health and substance use disorders while navigating a new health care landscape. The recommendations also target providers, professional

societies, funding agencies, consumers, and researchers, all of whom have a stake in ensuring that evidence-based, high-quality care is provided to individuals receiving mental health and substance use services.

primary care and wellness clinic of arlington: A Doctor's Dozen Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

primary care and wellness clinic of arlington: The Hot Zone Richard Preston, 2012-03-14 The bestselling landmark account of the first emergence of the Ebola virus. Now a mini-series drama starring Julianna Margulies, Topher Grace, Liam Cunningham, James D'Arcy, and Noah Emmerich on National Geographic. A highly infectious, deadly virus from the central African rain forest suddenly appears in the suburbs of Washington, D.C. There is no cure. In a few days 90 percent of its victims are dead. A secret military SWAT team of soldiers and scientists is mobilized to stop the outbreak of this exotic hot virus. The Hot Zone tells this dramatic story, giving a hair-raising account of the appearance of rare and lethal viruses and their crashes into the human race. Shocking, frightening, and impossible to ignore, The Hot Zone proves that truth really is scarier than fiction.

primary care and wellness clinic of arlington: The Health Professions Scholarship Program, 1968

primary care and wellness clinic of arlington: 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

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