



# Fast Facts on Adolescent Health for Nursing and Health Professionals: A Care Guide in a Nutshell

*Judith Herrman PhD RN*

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## **Fast Facts on Adolescent Health for Nursing and Health Professionals: A Care Guide in a Nutshell** Judith Herrman PhD RN

This latest addition to the "Fast Facts" series, authored by nursing luminary Judith Herrman, is a pithy, authoritative guide to adolescent health designed specifically for nurses at all levels and other health professionals. It is the only book written for health care professionals who work with adolescents in schools, community agencies, neighborhoods, and other settings. It contains abundant resources for best serving and having a positive impact on this population. Designed to provide speedy information retrieval, the guide describes a broad spectrum of health and health care issues particular to adolescents, reviews current data, explores behaviors and risk factors, and addresses nursing implications for treatment. Framed in a positive perspective of adolescence, the book also includes suggestions for working and communicating effectively with teens.

Chapters are consistently organized according to the domain model, a whole-person health model comprising six pillars: physical, intellectual, sexual, spiritual, emotional, and relational. Special features include brief chapters with bullet points; an introduction, clear objectives, and summary in each chapter; Fast Facts in a Nutshell; lists and tables summarizing important information; and references including key resources. The book also includes a special section on chronic illness and complex health issues in teens and covers problems arising from technology use, legal and ethical issues, and marginalization of youth. This is a compact, affordable resource for students and health professionals "on the front lines" alike.

### **Key Features:**

- Identifies and addresses the key aspects of working with adolescents in an accessible, portable, and user-friendly format
- Written by a highly respected leader in adolescent nursing
- Presents a broad spectrum of adolescent health issues in many settings
- Incorporates current issues related to adolescent health and risk behaviors throughout
- Includes information on communicating and intervening with teens

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