

# 2010 Teaching Book Update

## Volume 1 Update

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### About Depression

- *NEW: Talk therapy for depression*
- *NEW: About IPT therapy*

### NEW CHAPTER: Staff Resources

- *NEW: Falls risk assessment form*
- *NEW: Pressure ulcer risk assessment form*
- *NEW: Additional services needs form*

### Advance Directives

- *NEW: Other resources*

### Caregiver Assisting Skills

- *NEW: Medicines*
  - *Medicine safety*
  - *Medicine chart*
  - *Keep track of your medicines*
  - *Drawing up medicine from a vial*
  - *Drawing up medicine from a vial (powder form)*
  - *Drawing up medicine from an ampule*
  - *About subcutaneous injections*
  - *How to give subcutaneous injections*
  - *About intramuscular injections*
  - *How to give intramuscular injections*

### Personal Care

- *NEW: Hair care*
  - *Using a shampoo basin*
  - *Using a no-rinse shampoo*

## **Positioning & Movement**

- *NEW: Falls*
  - *Falling prevention tips*
  - *Home safety checklist for falling*
- Additional information on medicine safety

## **Record Keeping**

- *NEW: Blood chemistry chart*
- *NEW: Dialysis supplies inventory*
- *NEW: How many calories you need each day*
- *NEW: Daily food diary*
- *NEW: How much to eat each day based on calories*
- *NEW: Body weight*
- Revised information on blood pressure testing

## Volume 2 Update

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### Chronic Obstructive Pulmonary Disease

- *NEW: Infections*
- *NEW: Antibiotics*
- *NEW: Steroids*
- *NEW: About non-steroidal anti-inflammatory drugs (NSAIDs)*
- *NEW: Other medicines*
  - *Cough medicines*
  - *Medicines to thin secretions*
- *NEW: Bronchodilators*
  - *Beta agonists (inhalers)*
  - *Beta agonists (pill or liquid)*
  - *Combination quick-acting inhalers*
- *NEW: Limiting your sodium*
- *NEW: Water drinking*
- *NEW: Oxygen concentrator*
- *NEW: Aerobic Exercise*
- *NEW: Saving Energy*

### Diabetes, Type 1

#### Stroke (Name changed from CVA)

- *NEW: High blood pressure and stroke*
- *NEW: Activities of daily living needs*
- *NEW: Seizures after a stroke*
  - *Types of seizures*
  - *What to do for a seizure*
  - *When to call for help*
- *NEW: Intimacy after a stroke*
  - *Mentally*
  - *Physically*

### Wound Care

- *NEW: Pressure Ulcer Stages*
- *NEW: Identifying other wounds*
- *NEW: Causes of skin tears*
- *NEW: Preventing skin tears*

- *NEW: Treatment of skin tears*
- Additional steps for infection and wound care, preventing pressure ulcer stages
- New tips for preventing pressure ulcers, diabetic ulcers and taking care of feet and legs
- Additional information on causes of venous ulcers

## **Wound Infection**

- Updated procedures for changing a dressing
- Updated procedures for changing a dressing with a shower
- Updated procedures for changing a dressing without a shower
- Updated information on Jackson-Pratt drain

## **Diabetes, Type 1**

- *NEW: Amylin Mimetics*
- *NEW: Glycemic Index and Carbs*
  - *About carbohydrates*
  - *The glycemic index*
  - *A word about fiber*
  - *Foods and their glycemic index value*
- *NEW: The TLC Plan for Healthy Eating*
- *NEW: Estimated average glucose*

## **Diabetes, Type 2**

- *NEW: Amylin Mimetics*
- *NEW: Incretin Mimetics*
- *NEW: Glycemic Index and Carbs*
  - *About carbohydrates*
  - *The glycemic index*
  - *A word about fiber*
  - *Foods and their glycemic index value*
- *NEW: The TLC Plan for Healthy Eating*
- *NEW: Estimated average glucose*

## **Pneumonia**

- *NEW: Managing pneumonia*
  - *Inhaled medicines*
  - *Antibiotics*
  - *Cough medicine*
  - *Pain and fever control*

- *Respiratory therapy*
  - *Oxygen therapy*
  - *Rest*
  - *Fluids*
  - *Diet*
- Updated information on fluid intake
- New tips on getting well and recovery

## Volume 3 Update

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### Breast Cancer

- *NEW: Brachytherapy*
  - *Side effects*
- Updated Resources

### Lung Cancer

- Updated Resources

### Colon Cancer

- Updated Resources

### Lymphoma

- Updated Resources

### Heart Failure/CHF

- *NEW: Beta-blockers and alpha-blockers*
- Updated information on left heart failure
- New information on weight charts
- Revised *How you may feel*

### HIV/AIDS

- *NEW: Rashes*
  - *Tips to help you cope*
- Updated support systems
- New prevention information for Nausea
- Updated HIV medicines

## Volume 4 Update

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### Alzheimer's Disease

- *NEW: Late Stage Pain*
- *NEW: Staying Healthy*
- *Revised Community Support and Hospice Services*

### Arthritis

- *NEW: The Benefits of weight loss*
  - *Losing means changes*
  - *A balanced meal*
  - *Set goals you can meet*

### High Blood Pressure

- *NEW: About high blood pressure*
  - *When blood pressure is high*
- *NEW: Potassium*
- *NEW: Potassium food chart*

### Peripheral Vascular Disease (PVD)

- *NEW: Starting a weight bearing exercise program*
- *NEW: Exercise pain scale for arterial disease*
- *NEW: Exercise pain chart for arterial disease*

### Urinary Incontinence

- *NEW: About self catheterization*
- *NEW: How to care for your urinary catheter*

## Volume 5 Update

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### Multiple Sclerosis

- *NEW: Ways to fight nausea*
- *NEW: Cawthorne's Balance Exercises*
  - *Eye Movements*
  - *Head Movements*
  - *Body Movements (Seated)*
  - *Body Movements (Standing)*
  - *Walking Movements*
  - *Closed Eye Movements*

### Nutrition

- Updates for sodium guidelines (less than 1500 mg a day)
- Additions to healthy food choices

### Ostomy

- Expanded info on the types of colostomies, caring for colostomy and living with urostomy
- *NEW: Medicines and an ileostomy*
- New instructions on changing and emptying 1-piece pouch
- New instructions on changing and emptying 2-piece pouch
- Additional instruction for traveling with ostomy

### NEW CHAPTER: Renal Failure (*38 pages*)

### Total Hip Replacement

- *NEW: Blood thinner injection chart*
- New instructions for keeping home safe
- New instruction for sleeping
- Revised exercises while standing at a counter
- Revised information for Blood Thinners

### Total Knee Replacement

- *NEW: Blood thinner injection chart*
- New instructions for keeping home safe
- Revised instructions for going up and down stairs
- Additional info for blood clots