

The Beginners Guide To Intensive Care A Handbook For Junior Doctors And Allied Professionals

Designing Data-Intensive ApplicationsA Greek GrammarPuppy Intensive CarePocket ICU Routledge Intensive German CourseParametric Modeling with Autodesk Inventor 2021The Little Book of BeingCritical Care Notes Clinical Pocket GuideThe Complete Recovery Room BookCritical Care Nursing Made Incredibly Easy!Data Intensive Computing Applications for Big DataThe Beginner's Guide to Intensive CareStargazingModern CalligraphyA Beginner's Guide to Being MentalThe Beginner's Photography GuideManual of Neonatal CareSoftware Product ManagementRevision Notes in Intensive Care MedicineEnergyMy Garden CompanionA Beginner's Guide to Intensive Care MedicineThe Art of Dying WellOh's Intensive Care Manual E-BookHemodynamic MonitoringThe Beginner's Guide to Intensive CareThe Beginner's Guide to Everyday Vegan CookingCritical Care NursingA Beginner's Guide to Intensive CareCritical Care Nursing Made Incredibly Easy!Middle East 101Intensive Care NursingHandbook of ICU TherapyFocused Intensive Care UltrasoundThe Beginner's Guide to Insight MeditationThe Everything Learning German BookArchitecting Data-Intensive Applications!En Marcha!A Practical Handbook on Pediatric Cardiac Intensive Care TherapyAffiliate Marketing for Beginners 2020

Designing Data-Intensive Applications

The book 'Data Intensive Computing Applications for Big Data' discusses the technical concepts of big data, data intensive computing through machine learning, soft computing and parallel computing paradigms. It brings together researchers to report their latest results or progress in the development of the above mentioned areas. Since there are few books on this specific subject, the editors aim to provide a common platform for researchers working in this area to exhibit their novel findings. The book is intended as a reference work for advanced undergraduates and graduate students, as well as multidisciplinary, interdisciplinary and transdisciplinary research workers and scientists on the subjects of big data and cloud/parallel and distributed computing, and explains didactically many of the core concepts of these approaches for practical applications. It is organized into 24 chapters providing a comprehensive overview of big data analysis using parallel computing and addresses the complete data science workflow in the cloud, as well as dealing with privacy issues and the challenges faced in a data-intensive cloud computing environment. The book explores both fundamental and high-level concepts, and will serve as a manual for those in the industry, while also helping beginners to understand the basic and advanced aspects of big data and cloud computing.

A Greek Grammar

Architect and design data-intensive applications and, in the process, learn how to collect, process, store, govern, and expose data for a variety of use cases Key Features Integrate the data-intensive approach into your application architecture

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Create a robust application layout with effective messaging and data querying architecture Enable smooth data flow and make the data of your application intensive and fast Book Description Are you an architect or a developer who looks at your own applications gingerly while browsing through Facebook and applauding it silently for its data-intensive, yet fluent and efficient, behaviour? This book is your gateway to build smart data-intensive systems by incorporating the core data-intensive architectural principles, patterns, and techniques directly into your application architecture. This book starts by taking you through the primary design challenges involved with architecting data-intensive applications. You will learn how to implement data curation and data dissemination, depending on the volume of your data. You will then implement your application architecture one step at a time. You will get to grips with implementing the correct message delivery protocols and creating a data layer that doesn't fail when running high traffic. This book will show you how you can divide your application into layers, each of which adheres to the single responsibility principle. By the end of this book, you will learn to streamline your thoughts and make the right choice in terms of technologies and architectural principles based on the problem at hand. What you will learn Understand how to envision a data-intensive system Identify and compare the non-functional requirements of a data collection component Understand patterns involving data processing, as well as technologies that help to speed up the development of data processing systems Understand how to implement Data Governance policies at design time using various Open Source Tools Recognize the anti-patterns to avoid while designing a data store for applications Understand the different data dissemination technologies available to query the data in an efficient manner Implement a simple data governance policy that can be extended using Apache Falcon Who this book is for This book is for developers and data architects who have to code, test, deploy, and/or maintain large-scale, high data volume applications. It is also useful for system architects who need to understand various non-functional aspects revolving around Data Intensive Systems.

Puppy Intensive Care

This is a handy reference book in the award-winning Incredibly Easy! style--perfect for those entering or needing a refresher in critical care nursing. Critical care nursing is one of the most demanding and complex areas of nursing practice. The critical care nurse has to be "broadly specialized" with a fluency in a wide range of interconnected concepts, body system physiology, pathophysiology, and highly technical interventions, while processing data from multiple sources--all this in an environment where there is no room for error and seconds really do count.

Pocket ICU

This is an introductory guide to the night sky, from the Royal Observatory Greenwich. Offering complete advice from the ground up, Stargazing is the perfect manual for beginners to astronomy, introducing the world of telescopes, planets, stars, dark skies and celestial maps. Discover how to tackle light pollution, how to stargaze with just your eyes, and what equipment is best for beginners. This book explains the best ways to plan your stargazing experience and the keys things to look out for on specific dates throughout the year. With seasonal star charts, constellation charts and facts about our Solar System, Stargazing is packed full of

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useful information and guidance for both the Northern and Southern Hemispheres. Bridging the gap between human curiosity and the need for scientific expertise, Stargazing allows a complete novice to understand our place in the cosmos and enjoy the beautiful and extraordinary wonders of the night sky.

Routledge Intensive German Course

Going vegan is not always easy—but The Beginner's Guide to Everyday Vegan Cooking is here to help! From the bloggers and foodie couple behind Elephantastic Vegan, Bianca Haun and Sascha Naderer bring seventy-five delicious plant-based recipes to the table. The Beginner's Guide to Everyday Vegan Cooking is for anyone thinking about transitioning to a vegan diet or having difficulties maintaining a vegan lifestyle. Bianca and Sascha combine their favorite easy recipes with their knowledge about how to handle difficult situations as a vegan. Readers will learn how to make easy vegan swapping alternatives and time-saving tricks, order at restaurants, and what to tell family and friends. The Beginner's Guide to Everyday Vegan Cooking is designed for daily use and all recipes are made from simple ingredients and instructions that any vegan can follow. Recipes include: Sunflower & Flaxseed Bread Red Mushroom Soup No-Bake Lime Blueberry Cheesecake Fancy Apple Roses Stovetop Avocado Pizza And More! Vegan cooking doesn't have to be difficult, expensive, or time intensive to make easy, delicious, homemade food that anyone can enjoy!

Parametric Modeling with Autodesk Inventor 2021

If puppies are on the way, you want those newborns to have the best possible chance of survival and good health. Learn how to administer simple but effective measures to help puppies in distress if you cannot call upon the services of a vet in a timely manner. What you need to know when you most need to know it delivered in friendly, non-technical terms from a long-time breeder. Comes with a 32 minute DVD to better illustrate the techniques recommended.

The Little Book of Being

This quick reference is your go-to guide for the precise yet comprehensive clinical information you need to care for adult patients safely and effectively. Completely revised and updated, you'll find even more of what you need at a moment's notice, including coverage of rebreathing masks, cardiac surgeries, traumatic brain and head injuries, MRSA prevention and treatment guidelines, and much more!

Critical Care Notes Clinical Pocket Guide

Data is at the center of many challenges in system design today. Difficult issues need to be figured out, such as scalability, consistency, reliability, efficiency, and maintainability. In addition, we have an overwhelming variety of tools, including relational databases, NoSQL datastores, stream or batch processors, and message brokers. What are the right choices for your application? How do you make sense of all these buzzwords? In this practical and comprehensive guide, author Martin Kleppmann helps you navigate this diverse landscape by examining the pros and

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cons of various technologies for processing and storing data. Software keeps changing, but the fundamental principles remain the same. With this book, software engineers and architects will learn how to apply those ideas in practice, and how to make full use of data in modern applications. Peer under the hood of the systems you already use, and learn how to use and operate them more effectively Make informed decisions by identifying the strengths and weaknesses of different tools Navigate the trade-offs around consistency, scalability, fault tolerance, and complexity Understand the distributed systems research upon which modern databases are built Peek behind the scenes of major online services, and learn from their architectures

The Complete Recovery Room Book

This completely updated and revised new edition is specially written for qualified nurses working in intensive care nursing units. Fully comprehensive and developed to be as accessible as possible it contains four new chapters with valuable new and updated clinical scenarios to aid learning. Intensive Care Nursing is structured in user-friendly sections. Each chapter contains 'fundamental knowledge' needed to understand the chapter, an introduction, 'implications for practice', a chapter summary, completely updated further reading, 'time out' sections for revision and a clinical scenario with questions included. This second edition has been fully developed and reviewed by practitioners and teachers, as well as a senior pharmacist and covers: patient-focused issues of bedside nursing the technical knowledge necessary to care safely for ICU patients the more common and specialized disease processes and treatments encountered how nurses can use their knowledge and skills to develop their own and others' practice. A support website at www.routledge.com/textbooks/0415373239 links to other important sites, gives answers to the clinical scenario questions and provides a forum for discussion of important clinical issues. Written by a practice development nurse with a strong clinical background in intensive care nursing and experience of teaching nursing, Intensive Care Nursing is essential reading for nurses and health professionals working with high dependency patients.

Critical Care Nursing Made Incredibly Easy!

In this informative introduction to insight meditation, Arinna Weisman and Jean Smith combine clear explanations of the Buddha's teachings on freedom and happiness with their own personal stories that highlight challenges and insights from their practice. The authors offer advice about going on retreat, as well as help in choosing a teacher and a sangha (practice community). Any newcomer to insight meditation can get started right away with this enormously practical book that covers every aspect of the teachings beginners need to know.

Data Intensive Computing Applications for Big Data

'provides an excellent introduction to the management of acute illness for all clinical staff, and a solid foundation for those who choose to make ICM a fulfilling life-long career.' From the Foreword by Julian Bion, Professor of Intensive Care Medicine, University of Birmingham Ideal for any medic or health professional

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embarking upon an intensive care rotation or specialism, this simple bedside handbook provides handy, pragmatic guidance to the day-to-day fundamentals of working in an intensive care unit, often a daunting prospect for the junior doctor, nurse and allied health professional encountering this challenging environment for the first time. Thoroughly updated, the second edition addresses recent and future developments in a variety of areas and is now organised into easy-to-read sections with clearly outlined learning goals. New topics added include sepsis, ARDS, refractory hypoxia, the role of allied health professionals, post ICU syndrome and follow up, and consent and capacity including new DOLS guidance. The book is authored by world-renowned contributors and edited by established consultants in the field of intensive care medicine.

The Beginner's Guide to Intensive Care

!En Marcha! is the only intensive course in Spanish for beginners. Systematic and comprehensive, it takes the student from beginner to solid intermediate level in one year. Carefully graded exercises and expert grammatical explanations are combined with lively activities and an attractive presentation to develop rapidly the four skills of listening, speaking, reading and writing. The material is organised in 8 units. Each unit has a theme around which the language content is developed and provides a variety of activities to practise what is being learnt, with clear instructions guiding the student and regular summaries of key points. The units also provide sections for self-study, which consolidate material learnt in class, as well as a full key to the exercises. The books contains a set of worksheets related to 15 role-plays, which allow students to deal in an effective manner with everyday situations such as buying food, clothes, going to a restaurant and seeing a doctor.

Stargazing

A guide to planting vegetables, flowers, and other plants with information about soil, water, weather, and insects.

Modern Calligraphy

Parametric Modeling with Autodesk Inventor 2021 contains a series of seventeen tutorial style lessons designed to introduce Autodesk Inventor, solid modeling, and parametric modeling. It uses a hands-on, exercise-intensive approach to all the important parametric modeling techniques and concepts. The lessons guide the user from constructing basic shapes to building intelligent mechanical designs, to creating multi-view drawings and assembly models. Other featured topics include sheet metal design, motion analysis, 2D design reuse, collision and contact, stress analysis, 3D printing and the Autodesk Inventor 2021 Certified User Examination. Video Training Included with every new copy of this book is access to extensive video training. The video training parallels the exercises found in the text and are designed to be watched first before following the instructions in the book. However, the videos do more than just provide you with click by click instructions. Author Luke Jumper also includes a brief discussion of each tool, as well as rich insight into why and how the tools are used. Luke isn't just telling you what to do, he's showing and explaining to you how to go through the exercises while

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providing clear descriptions of the entire process. It's like having him there guiding you through the book. These videos will provide you with a wealth of information and brings the text to life. They are also an invaluable resource for people who learn best through a visual experience. These videos deliver a comprehensive overview of the tools found in Autodesk Inventor and perfectly complement and reinforce the exercises in the book. Autodesk Inventor 2021 Certified User Examination The content of Parametric Modeling with Autodesk Inventor 2021 covers the performance tasks that have been identified by Autodesk as being included on the Autodesk Inventor 2021 Certified User examination. Special reference guides show students where the performance tasks are covered in the book.

A Beginner's Guide to Being Mental

This book gives a comprehensive overview on Software Product Management (SPM) for beginners as well as best practices, methodology and in-depth discussions for experienced product managers. This includes product strategy, product planning, participation in strategic management activities and orchestration of the functional units of the company. The book is based on the results of the International Software Product Management Association (ISPMA) which is led by a group of SPM experts from industry and research with the goal to foster software product management excellence across industries. This book can be used as textbook for ISPMA-based education and as guide for anybody interested in SPM as one of the most exciting and challenging disciplines in the business of software. Hans-Bernd Kittlaus is the Chairman of ISPMA and owner and managing director of InnoTivum Consulting, Germany. Samuel Fricker is Board Member of ISPMA and Professor at FHNW, Switzerland.

The Beginner's Photography Guide

With one famous equation, $E=mc^2$, Einstein proved all matter can be described as energy. It is everywhere and it is everything. In this newly updated and engaging introduction, renowned scientist Vaclav Smil explores energy in all its facets - from the inner workings of the human body to what we eat, the car we drive and the race for more efficient and eco-friendly fuels. Energy: A Beginner's Guide highlights the importance of energy in both past and present societies, by shedding light on the science behind global warming and efforts to prevent it, and by revealing how our daily decisions affect energy consumption. Whether you're looking for dinner table conversation or to further your own understanding, this book will amaze and inform, uncovering the truths and exposing the myths behind one of the most important concepts in our universe.

Manual of Neonatal Care

Designed for those with no previous knowledge of the language, this course in German provides students with a range of activities. Each chapter contains: a 'Language Focus' section, with explanation of grammatical structures; a 'Language in Use' section, with exercises to test knowledge of the work covered in 'Language Focus'; and more.

Software Product Management

Orderdas beste Bier at Oktoberfest! Hitch a ride on der Autobahn! Say "Wilkommen" to your neuen deutschen Freunde! Learning to sprechen Sie Deutsches is fun and far easier than you might think. With this guide, you will make sense of this fascinating language in no time. This practical, hands-on Buch comes with easy-to-understand lessons, useful exercises, and embedded audio for pronunciation help. Building on the German language's close relation to English, this eBook includes everything from basic introductions to verb conversions. You will learn to: Order food with ease. Ask how much items cost. Understand direct and indirect objects. Use superlatives to communicate more effectively. Know when to use passive voice. Also, this eBook is enhanced with audio icons throughout which allow you to hear correct pronunciation or participate in various exercises so you can perfect your German pronunciation and understanding with ease! Whether you want to sample das stoutest Lager or converse with your grandparents in their native tongue, you'll soon discover just how easy it is to learn German!

Revision Notes in Intensive Care Medicine

The Beginner's Photography Guide, 2nd Edition is DK's bestselling manual for any novice photographer who wants to unlock the potential of their new digital camera. Assuming no prior knowledge, this guide's easy-to-follow, step-by-step layout makes it accessible as it takes you through every technique you need to create stunning images, from exposure to flash to image enhancement. Handy checklists provide a quick rundown of the equipment and camera settings for each technique, and at-a-glance comparison images show how camera settings can produce remarkably different results. Hundreds of inspirational images provide even more motivation to reach your goal. Fully updated to reflect all the latest developments in technology and creative trends in digital image-making, The Beginner's Photography Guide, 2nd Edition will empower you to achieve your full potential as a digital photographer.

Energy

This book combines valid physiology and treatment strategies with the institutional experience of one of the leading German pediatric heart centers. It is intended as a pragmatic guide, focusing on daily practice and bedside medicine: straightforward, easy to implement, and results-oriented. It offers readers a profound understanding of intensive care, with a specific focus on organ systems, their interactions, and the effect of life support technologies, pursuing a comprehensive approach to congenital heart defects and therapies, including pitfalls and solutions. The target group is extended towards pediatric cardiologists and anesthesiologists by integrating chapters on the systematic analysis of hemodynamics and anatomy, diagnostics and treatment of congenital heart defects, plus a chapter on modern anesthesiology during heart operations with a focus on early extubation that minimizes on-pump and medication trauma. As such, the book offers a pragmatic and clinically oriented guide for physicians with advanced experience and expertise in (cardiac) intensive and intermediate care, as well as beginners and

junior physicians.

My Garden Companion

Prepared by attending physicians at Harvard Medical School, Pocket ICU, follows the style of Pocket Medicine, one of the best-selling references for medical students, interns, and residents. This pocket-sized loose-leaf resource can be used on the wards or in the operating room. Information is presented in a schematic, outline format, with diagrams and tables for quick, easy reference. Content coverage is brief but broad, encompassing all the subspecialty areas of critical care including adult and pediatric critical care, neuro-critical care, cardiac critical care, transplant, burn, and neonatal critical care.

A Beginner's Guide to Intensive Care Medicine

A practical guide to experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound “awareness of awareness”—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 “mini-chapters” guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. The Little Book of Being invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of “glimpse practices” to spark natural awareness anytime, in just a few moments How to bring this way of “simply being” into your daily life, into your connection with others, and into the world “At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed ‘beingness’ throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could.” —Diana Winston

The Art of Dying Well

This work answers 101 essential questions on the Middle East, Islam, the Arab Spring, al-Qa’ida, and ISIS. It is for those wanting to begin an intellectual immersion into the complexities of the region from pre-biblical times to the post-Arab Spring. The authors have carefully focused on what the deploying soldier, sailor, Marine, coast guardsman or airman needs to know before arriving in the Middle East, including the nuances inherent in a region that is the crossroads of three continents (Europe, Asia, and Africa) and how previous global powers

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interacted and left their mark. While developed and written for Americans about to deploy to combat zones and areas of operation, it is also of use to a wider audience of Americans serious about the challenges of the region.

Oh's Intensive Care Manual E-Book

For nearly 40 years, Oh's Intensive Care Manual has been the quick reference of choice for ICU physicians at all levels of experience. The revised 8th edition maintains this tradition of excellence, providing fast access to practical information needed every day in today's intensive care unit. This bestselling manual covers all aspects of intensive care in sufficient detail for daily practice while keeping you up to date with the latest innovations in the field. Short, to-the-point chapters distill the essential information you need to know for safe, effective care of patients in the ICU. Each topic includes theoretical knowledge, practical methods of treating the condition described, a review of the available evidence, and common pitfalls in treatment and management. Ideal for daily quick reference as well as an efficient review for professional examinations in critical care medicine.

Hemodynamic Monitoring

The third edition of the best-selling Critical Care Nursing offers readers a fully up-to-date, evidence-based guide to the science and practice of nursing the critically ill patient. Organised into 16 chapters, this edition covers all essential aspects of critical care nursing, from how to manage and monitor specific problems within organ systems, to how to provide sympathetic and compassionate care. A new chapter on 'Managing major incidents and preparing for pandemics' has been introduced with an insight to this crucial aspect of contemporary global healthcare. Written by a team of experienced nurses, this textbook supports staff working across the continuum of critical care to deliver safe, knowledgeable care that is rooted in a strong clinical, evidence base.

The Beginner's Guide to Intensive Care

This book, part of the European Society of Intensive Care Medicine textbook series, teaches readers how to use hemodynamic monitoring, an essential skill for today's intensivists. It offers a valuable guide for beginners, as well as for experienced intensivists who want to hone their skills, helping both groups detect an inadequacy of perfusion and make the right choices to achieve the main goal of hemodynamic monitoring in the critically ill, i.e., to correctly assess the cardiovascular system and its response to tissue oxygen demands. The book is divided into distinguished sections: from physiology to pathophysiology; clinical assessment and measurements; and clinical practice achievements including techniques, the basic goals in clinical practice as well as the more appropriate hemodynamic therapy to be applied in different conditions. All chapters use a learning-oriented style, with practical examples, key points and take home messages, helping readers quickly absorb the content and, at the same time, apply what they have learned in the clinical setting. The European Society of Intensive Care Medicine has developed the Lessons from the ICU series with the vision of providing focused and state-of-the-art overviews of central topics in Intensive Care

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and optimal resources for clinicians working in Intensive Care.

The Beginner's Guide to Everyday Vegan Cooking

Presents information logically, based on the pathophysiology of disease, significance of evidence, and avoidance of harmful effects inherent at the critical care level of nursing practice. Chapters include critical care basics, holistic care issues, body system-based conditions, and hematologic, immune and multisystem disorders. This new edition is completely updated to incorporate the spectrum of critical care and evidence-based nursing practice, ranging from moderate sedation and perianesthesia management to special concerns for patients who are elderly, the types of shock, management of stroke, and more.

Critical Care Nursing

Learn the art of dip pen calligraphy! Kestrel shares all the tips she wishes she had known when starting! Modern Calligraphy is the perfect book for those who want to dive into the world of gorgeous modern calligraphy lettering. A beautiful book packed with color images, helpful information, and tons and tons of practice pages!

A Beginner's Guide to Intensive Care

This new, expanded and updated edition of Handbook of ICU Therapy builds on the success of the first edition and continues to provide concise information on a broad spectrum of issues relating to care of the critically ill patient. There are also several new, topical chapters. As with the first edition, it is equally applicable to anaesthetists, intensivists, operating department practitioners and anaesthetic/theatre/recovery nurses, and the heart of the book focuses on providing practical information in a readable and easily accessible format. All of the authors are directly involved in ICU practice and/or research and are familiar with the most recent developments in this fast-moving area of medicine.

Critical Care Nursing Made Incredibly Easy!

This edition of the Manual of Neonatal Care has been completely updated and extensively revised to reflect the changes in fetal, perinatal, and neonatal care that have occurred since the sixth edition. This portable text covers current and practical approaches to evaluation and management of conditions encountered in the fetus and the newborn, as practiced in high volume clinical services that include contemporary prenatal and postnatal care of infants with routine, as well as complex medical and surgical problems. Written by expert authors from the Harvard Program in Neonatology and other major neonatology programs across the United States, the manual's outline format gives readers rapid access to large amounts of valuable information quickly. The Children's Hospital Boston Neonatology Program at Harvard has grown to include 57 attending neonatologists and 18 fellows who care for more than 28,000 newborns delivered annually. The book also includes the popular appendices on topics such as common NICU medication guidelines, the effects of maternal drugs on the fetus, and the use of maternal medications during lactation. Plus, there are intubation/sedation

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guidelines and a guide to neonatal resuscitation on the inside covers that provide crucial information in a quick and easy format.

Middle East 101

Intensive Care Nursing

The Complete Recovery Room Book, Sixth edition is an essential resource for health care professionals involved in post-operative care.

Handbook of ICU Therapy

This “comforting...thoughtful” (The Washington Post) guide to maintaining a high quality of life—from resilient old age to the first inklings of a serious illness to the final breath—by the New York Times bestselling author of Knocking on Heaven’s Door is a “roadmap to the end that combines medical, practical, and spiritual guidance” (The Boston Globe). “A common sense path to define what a ‘good’ death looks like” (USA TODAY), The Art of Dying Well is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our health system, and how to make your own “good death” more likely. Butler explains how to successfully age in place, why to pick a younger doctor and how to have an honest conversation with them, when not to call 911, and how to make your death a sacred rite of passage rather than a medical event. This handbook of preparations—practical, communal, physical, and spiritual—will help you make the most of your remaining time, be it decades, years, or months. Based on Butler’s experience caring for aging parents, and hundreds of interviews with people who have successfully navigated our fragmented health system and helped their loved ones have good deaths, The Art of Dying Well also draws on the expertise of national leaders in family medicine, palliative care, geriatrics, oncology, and hospice. This “empowering guide clearly outlines the steps necessary to prepare for a beautiful death without fear” (Shelf Awareness).

Focused Intensive Care Ultrasound

Revision Notes in Intensive Care Medicine is a key resource for candidates preparing for postgraduate intensive care examinations. Mapped to the FFICM, EDIC and FCICM syllabuses, this title ensures candidates have all the information needed to prepare for their examinations. Information is presented in concise note form and bullet points with visually memorable tools, such as tables and diagrams, making revising and retaining key facts easier. Chapters are arranged into physiological systems, such as 'Respiratory Intensive Care' and 'Obstetric Intensive Care', and are subdivided into major clinical issues within each chapter so specific areas of further study can be found easily. Drawing from the authors' experiences as successful candidates, and carefully reviewed by consultants, Revision Notes in Intensive Care Medicine provides the foundation for postgraduate intensive care

exam revision.

The Beginner's Guide to Insight Meditation

'Am I normal?' 'What's an anxiety disorder?' 'Does therapy work?' These are just a few of the questions Natasha Devon is asked as she travels the UK campaigning for better mental health awareness and provision. Here, Natasha calls upon experts in the fields of psychology, neuroscience and anthropology to debunk and demystify the full spectrum of mental health. From A (Anxiety) to Z (Zero F**ks Given - or the art of having high self-esteem) via everything from body image and gender to differentiating 'sadness' from 'depression'. Statistically, one in three of us will experience symptoms of a mental illness during our lifetimes. Yet all of us have a brain, and so we ALL have mental health - regardless of age, sexuality, race or background. The past few years have seen an explosion in awareness, yet it seems there is still widespread confusion. A Beginner's Guide to Being Mental is for anyone who wants to have this essential conversation, written as only Natasha - with her combination of expertise, personal experience and humour - knows how.

The Everything Learning German Book

¿¿provides an excellent introduction to the management of acute illness for all clinical staff, and a solid foundation for those who choose to make ICM a fulfilling life-long career.¿ From the Foreword by Julian Bion, Professor of Intensive Care Medicine, University of Birmingham Foundation year doctors are frequently rotated to Intensive Care Units (ICUs) and, like many of those new to intensive care, find that the standard texts on this challenging clinical environment are too comprehensive to provide an introduction or day-to-day reference. This simple bedside handbook fills that gap, providing a pragmatic guide to the basics of ICU, patient management and emergencies, as well as topical areas like organ donation, using social media for learning, and management of the acutely ill patient. New to this edition, the book contains chapters on Sepsis, ARDS, Refractory Hypoxia, post-ICU syndrome, Point of Care Ultrasound, and Stress/Burnout; often from world-renowned contributors. It also addresses consent and capacity, including the new DOLS guidance. The second edition is newly divided into 7 sections: Basics; The Multidisciplinary Team; Initial Assessment: The First Hour; Drugs; Equipment and Investigations; Airway and Respiratory Emergencies; Other Emergencies and Management. ¿Each section is broken into short, easy-to-read topics, which have clearly outlined learning goals, summaries and emphasise the continuities between intensive care medicine and other forms of care. Foundation, Acute Common Stem and Anaesthesia junior doctors facing their initial attachment in Intensive Care will find this essential reading. Now even more accessible for non-career ICU doctors, it will also be an invaluable guide for ACCPs, outreach nurses, medical students, pharmacists, physiotherapists and allied health professionals. ¿

Architecting Data-Intensive Applications

A brand new series from Oxford University Press, the Oxford Clinical Imaging Guides are specifically designed to help doctors master imaging techniques. Each

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guide explains the principles and practice of using imaging in an easy-to-read, highly-illustrated, and authoritative manner. Focused Intensive Care Ultrasound is a practical manual designed to help you use ultrasound to assess and treat critically ill patients. Extensively illustrated, the book comes with online access to over 70 videos and 60 self-assessment questions. This is the first book comprehensively mapped to the syllabi of Focused Intensive Care Echocardiography (FICE), Core Ultrasound for Intensive Care (CUSIC), Resuscitation Council UK's Focused Echocardiography in Emergency Life support (FEEL), British Society of Echocardiography's Level 1 Accreditation, and Focused Acute Medical Ultrasound (FAMUS). It is also ideal for European Focused Cardiac Ultrasound (FoCUS) training. Providing a clear distinction between basic and advance skills, it introduces relevant aspects of advanced echocardiography for more experienced learners. With a focus on clinical issues, and supported by relevant physiological principles, this book teaches you exactly what you need to know to assimilate ultrasound into your everyday intensive care practice. Designed as an essential day-to-day reference and learning tool, this resource is ideal for trainees, consultants and critical care practitioners wishing to master ultrasound skills.

!En Marcha!

Recent changes to doctor training have increasingly led to foundation year doctors being rotated to Intensive Care Units (ICUs). Many doctors - along with nurses and allied health professionals new to intensive care - find that the standard texts on this challenging clinical environment are too comprehensive to provide an introduction or day-to-day reference. This simple bedside handbook fills that gap, providing a pragmatic guide to the basics of ICUs, patient management and emergencies. It also addresses recent and future developments in a variety of areas including organ donation, the Mental Capacity Act and management of the acutely ill patient. The book is divided into short, easy-to-read topics, which have clearly outlined learning goals and emphasise the continuities between intensive care medicine and other forms of care. Foundation, Acute Common Stem and Anaesthesia junior doctors facing their initial attachment in Intensive Care will find this essential reading. Nurses, pharmacists, physiotherapists and allied health professionals working in ICUs will also find it an invaluable guide.

A Practical Handbook on Pediatric Cardiac Intensive Care Therapy

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'provides an excellent introduction to the management of acute illness for all clinical staff, and a solid foundation for those who choose to make ICM a fulfilling life-long career.' From the Foreword by Julian Bion, Professor of Intensive Care Medicine, University of Birmingham Ideal for any medic or health professional embarking upon an intensive care rotation or specialism, this simple bedside handbook provides handy, pragmatic guidance to the day-to-day fundamentals of working in an intensive care unit, often a daunting prospect for the junior doctor, nurse and allied health professional encountering this challenging environment for the first time. Thoroughly updated, the second edition addresses recent and future developments in a variety of areas and is now organised into easy-to-read sections with clearly outlined learning goals. New topics added include sepsis, ARDS, refractory hypoxia, the role of allied health professionals, post ICU syndrome and follow up, and consent and capacity including new DOLS guidance. The book is authored by world-renowned contributors and edited by established consultants in the field of intensive care medicine.

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