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spriggs s essentials of polysomnography third edition is a comprehensive full color text designed specifically for sleep technicians and professionals updates and additions make this book a thorough and up to date resource for professionals and the new all in one package design makes it the ideal choice for anyone preparing for a career in polysomnography this is an excellent tool for training new sleep technicians or preparing for the rpsgt and cpsgt certification exams and a comprehensive contemporary reference for physicians sleep lab managers dme reps and sleep lab front office staff members new content incorporates therapeutic treatment options and the impact of medications on sleep and new case studies provide further impactful opportunities to apply the material in each chapter this new edition also expands upon existing content enriching the coverage of the consequences of sleep deprivation risk factors for sleep disorders clinical practice guidelines and patient safety among many other important topics the third edition s content and questions reflect icd 3 classifications and the latest exam standards guided by the most recent rpsgt and cpsgt exam blueprints and version 2 5 of the aasm scoring manual topics include an overview of normal sleep and the history of sleep disorders patient education and the patient flow process life as a sleep technician patient hookup procedures polysomnography overview and interpretation pediatric sleep medicine hundreds of sample epochs depicting sleep stages artifacts and events all in one packaging the pocket guide and flashcards are now included in the back of the book and are perforated for easy use following the brpt matrix and equipped with our testprep platform this text is an exceptional reference for those who are interested in taking the rpsgt and cpsgt certification exams new chapter 17 titled medications and sleep containing content on commonly prescribed sleep aids and the effect of drugs on sleep efficiency and architecture new chapter 18 titled other therapeutic modalities dedicated to the various therapeutic options for the treatment of sleep disorders the text features new and updated content that reflects the latest aasm scoring rules and sleep disorder nosology and is correlated to the most recent rpsgt exam blueprint released in 2018 expanded content on the far reaching consequences of sleep deprivation various risk factors for sleep disorders components of the sleep consultation and physical assessment examination clinical practice guidelines for pap titration home sleep testing and reporting pediatric sleep testing and scoring and emergency preparedness and maintaining patient safety in the sleep testing environment new case studies have been integrated within the chapters to facilitate the application of content and to foster critical thinking intro to polysomnography clinical application of sleep medicine polysomnographic instrumentation monitoring techniques patient and equipment preparation scoring and interpretation pediatric polysomnography theoretical fundamentals of polysomnography clinical fundamentals of polysomnography therapeutic interventions and clinical patient management 2021 482 pages

essentials of polysomnography is a 615 page full color text designed specifically for sleep technicians and professionals this

textbook is written by william h spriggs an experienced author and instructor in polysomnography and is used in hospitals sleep labs physician offices and colleges and universities around the world essentials of polysomnography is the first book to include the new recording and scoring rules presented in 2007 as well as the latest sleep disorder definitions and categorization presented in 2005 this text is designed around the board exam for sleep technicians and includes 500 questions with answers and explanations it is also ideal for training new sleep technicians and students interested in studying polysomnography as well as physicians sleep lab managers dme reps and sleep lab front office staff members

essentials of polysomnography second edition is a 386 page full color text designed specifically for sleep technicians and professionals the new compact design and layout includes the same amount of content from the first edition with updated content and images this textbook is written by william h spriggs a certified sleep technician and is used in hospitals sleep labs physician offices and colleges and universities around the world the second edition is ideal for training new sleep technicians and students interested in studying polysomnography as well as physicians sleep lab managers dme reps and sleep lab front office staff members the new edition s content and questions reflect the new icd 10 classifications aasm rules and address the brpt new exam blueprints as well as the revised aasm manual for the scoring of sleep and associated events released in july 2013 content includes an overview of normal sleep and the history of sleep disorders patient education and the patient flow process life as a sleep technician patient hookup procedures polysomnography overview and interpretation pediatric sleep medicine hundreds of sample epochs depicting sleep stages artifacts and events new chapters topics in the second edition include medical and neurological effects on sleep effects of medicine on sleep updated as well as more coverage on ecg all content is updated to reflect the icd 10 aasm and brpt changes

this bundle includes the text essentials of polysomnography second edition as well as the sleep technician s pocket guide and the sleep technician s flashcards the textbook essentials of polysomnography second edition is a 386 page full color text designed specifically for sleep technicians and professionals the new compact design and layout includes the same amount of content from the first edition with updated content and images this textbook is written by william h spriggs a certified sleep technician and is used in hospitals sleep labs physician offices and colleges and universities around the world the second edition is ideal for training new sleep technicians and students interested in studying polysomnography as well as physicians sleep lab managers dme reps and sleep lab front office staff members the second edition is also a great reference and study tool to help prepare for the rpsgt and cpsgt certification exams the new edition s content and questions reflect the new icd 10 classifications aasm rules and address the brpt new exam blueprints as well as the revised aasm manual for the scoring of

sleep and associated events released in July 2013 content includes an overview of normal sleep and the history of sleep disorders patient education and the patient flow process life as a sleep technician patient hookup procedures polysomnography overview and interpretation pediatric sleep medicine hundreds of sample epochs depicting sleep stages artifacts and events new chapters topics in the second edition include medical and neurological effects on sleep effects of medicine on sleep additional coverage and review questions on data storage and archiving more in depth coverage of pediatrics including pediatric scoring information updated as well as more coverage on ECG all content is updated to reflect the ICSD 3 AASM and BRPT changes the pocket guide the sleep technician's pocket guide second edition contains all the information sleep technicians need at their fingertips while in the sleep lab patient hookup artifacts troubleshooting scoring EKG rhythms procedures and protocol drugs and medications and other basic information for quick reference each section is color coded for fast reference this handy pocket sized reference guide created specifically for sleep technicians offers just the right amount of information to help guide actions in the lab the pocket guide is also a great reference and study tool to help prepare for the RPSGT and CPSGT certification exams pages are waterproof and stain proof all content is updated to reflect the ICSD 3 AASM and BRPT changes the flashcards the sleep technician's flashcards second edition are designed to test and reinforce students knowledge base to prepare for the CPSGT and RPSGT board exams this convenient study aid allows students to quiz themselves throughout their busy day with 275 cards these flashcards will help students maximize their comprehension of polysomnography and prepare them for their certified polysomnographic technologist CPSGT and registered polysomnographic technologist RPSGT examinations all content is updated to reflect the ICSD 3 AASM and BRPT changes

essentials of aesthetic surgery essentials of aesthetic surgery may fit in your pocket but this easy to follow guide is teeming with valuable cutting edge topics in cosmetic surgery focusing on both traditional and emerging concepts techniques and innovations in aesthetic surgery this portable book draws from the expertise of experienced surgeons to provide step by step instructions for the procedures surgeons build their careers on this comprehensive guide offers readers a practical guide to the most sought after procedures presented by internationally recognized experts follows the best selling essentials of plastic surgery structure which explores techniques and tips for success in a succinct accessible bulleted format modern perspectives on traditional procedures including facelift necklift blepharoplasty rhinoplasty breast augmentation liposuction abdominoplasty and thighlift a deeper look at correction of the tear trough deformity lateral canthopexy asian blepharoplasty secondary and ethnic rhinoplasty the nasolabial fold lip augmentation nonsurgical rejuvenation augmentation mastopexy gluteal augmentation genital surgery and transgender surgery take home points at the end of each chapter to summarize the content for easy review rich high quality photographs and illustrations for an in depth understanding of the pertinent anatomy

as the role of the plastic surgeon has evolved so must the techniques and available procedures to address the needs of the diverse aesthetic surgery patient population aesthetic surgery continues to grow exponentially in popularity and this guide provides surgeons with the tools they need to stay abreast of changing trends and innovative techniques to achieve the highest possible patient satisfaction

this text gives an overview of the essential procedures equipment and techniques of paediatric intensive care including information on neurosurgical devices gastrointestinal and nutritional support techniques transfusions pharmacology and medical imaging

winner of the first prize in ent at the 2004 bma british medical association medical book competitionthis is the first book to cover the unique dual character of complex nasal surgery addressing both functional and aesthetic aspects that may occur simultaneously including hundreds of colorful before and after illustrations nearly one per page from internationally renowned illustrator bob brown the book provides precise methodical descriptions of septum surgery rhinoplasty and endoscopic microsurgery you will also find essential information on endoscopic sinus surgery postoperative treatment with topical corticosteroids sleep disordered breathing alar reduction and sculpture management of nasal trauma and much more learn about every important element of functional and aesthetic nasal surgery all otolaryngologists facial plastic surgeons oral surgeons dermatologists and residents will benefit from the experience and insights of these renowned experts

this classic student friendly text provides a concise comprehensive and clinically oriented survey of the human nervous system it s helpful to any student of basic neuroscience as well as residents and physicians preparing for board examinations

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provides essential updates to the clinical material in a size amenable to reading and referencing the essentials contains 20 key chapters from the textbook from the following sections assessment bedside neuropsychological functioning clinical and functional imaging symptomatology delirium aphasia amnesia disorders traumatic brain injury seizure disorders sleep disorders cerebrovascular brain tumors poisons and toxins chemical dependencies dementia schizophrenia mood and affective disorders anxiety and disorders of childhood and adolescence and treatments psychopharmacology cognitive

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a therapist's key to the vital link between nutrition and mental wellness diet is a crucial component of a client's clinical profile few therapists however have any nutritional training and many don't know where to begin this practical guide untangles the complex relationship between what we eat and the way we think feel and interact with the world nutrition essentials for mental health offers the principles and practices necessary to provide your clients with nutritional counseling for improved mood and mental health professionals are given tools like nutritional assessment templates for every client's unique needs and history as well as diet and supplement recommendations based on diagnosis psychotropic deprescribing timelines and more in this thoroughly updated second edition readers will find new nutrient dense recipes the therapeutic benefits of psychobiotics the influence of nutrition on mitochondrial functions and updated research on the role of nutrition for mood disorders anxiety dementia and other mental health concerns the book's phase based steps will allow clinicians to implement nutritional therapies into any kind of clinical practice providing your clients with more effective integrative treatment

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this book assists cardiac nurses with attaining and maintaining the essential knowledge and skill necessary to assess diagnose plan implement and evaluate care for cardiovascular patients experts in the field present extensive discussions of risk factors such as hypertension cholesterol tobacco dependence stress and nursing interventions to reduce risk of ischemic heart disease in addition this book covers adjustments to cardiac disease that focus on the crisis of an acute event normalization sexual counseling touch therapy techniques exercise and sleep problem management clinical problems that are specific to cardiac patients such as ischemic heart disease and surgery cardiomyopathy mitral valve prolapse and congenital heart disease are also included

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