

## Mes Premiers Pas En Francais

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le vieillissement de la population confronte de plus en plus le praticien aux patients particuliers que sont les sujets âgés outre l'examen clinique traditionnel l'évaluation gériatologique standardisée egs doit rentrer dans la pratique courante de tout généraliste cet examen permet d'évaluer l'ensemble des fonctions cognitives sociales et l'autonomie fonctionnelle d'un patient À l'aide des nombreux tests courts et pratiques de diagnostic cet ouvrage permet au praticien de suivre l'évolution physique et psychique des personnes âgées il propose tout d'abord un examen clinique spécifique évaluation cognitive thymique nutritionnelle de l'équilibre et de la marche évaluation fonctionnelle et de l'autonomie puis un état des lieux des

pathologies gériatriques des pathologies neurodégénératives et des troubles du comportement cette nouvelle édition présente notamment les outils opposables à pathos outil d'évaluation des états pathologiques en ehpad et propose des tests plus spécifiques à l'attention des sujets fragiles afin de dépister suffisamment tôt cette fragilité et un certain nombre de déficits pour mettre en place des attitudes de prévention de traitement et de prises en charge efficaces ce guide s'intègre parfaitement dans la pratique des médecins généralistes des médecins coordonnateurs en ehpad et de tous les praticiens dans le suivi de leurs patients âgés

the emergence of tropical medicine in france examines the turbulent history of the ideas people and institutions of french colonial and tropical medicine from their early modern origins through world war i until the 1890s colonial medicine was in essence naval medicine taught almost exclusively in a system of provincial medical schools built by the navy in the port cities of brest rochefort sur mer toulon and bordeaux michael a osborne draws out this separate species of french medicine by examining the histories of these schools and other institutions in the regional and municipal contexts of port life each site was imbued with its own distinct sensibilities regarding diet hygiene ethnicity and race all of which shaped medical knowledge and practice in complex and heretofore unrecognized ways osborne argues that physicians formulated localized concepts of diseases according to specific climatic and meteorological conditions and assessed diagnosed and treated patients according to their ethnic and cultural origins he also demonstrates that regions more so than a coherent nation built the empire and specific medical concepts and practices thus by considering tropical medicine's distinctive history osborne brings to light a more comprehensive and nuanced view of french medicine medical geography and race theory all the while acknowledging the navy's crucial role in combating illness and investigating the racial dimensions of health

la mindfulness basée sur la compassion et l'insight mbcî est une nouvelle approche psychothérapeutique de 3e vague à destination des patients souffrant entre autres de troubles anxieux et dépressifs et de manière plus générale de difficultés à gérer les émotions ou le stress la mbcî intègre trois dimensions essentielles la mindfulness ou pleine conscience rencontre des pratiques de méditation et des neurosciences qui permet d'être davantage conscient de son propre fonctionnement et de celui du monde la compassion qui se définit comme le fait de se connecter à sa propre souffrance et à celle des autres avec un engagement profond pour la soulager et la prévenir elle nous aide à reconnaître nos vulnérabilités et à aborder les émotions et les sentiments difficiles comme la colère la honte la culpabilité et l'autocritique l'insight ou introvision qui se définit comme la capacité à percevoir plus facilement

son monde intérieur et les conflits qui peuvent exister entre les différentes parties de soi même préalable indispensable à une évolution thérapeutique tournée vers le changement après la partie théorique définissant sous forme de fiches synthétiques et progressives ce que sont ces processus leurs effets sur la santé et leurs indications l'ouvrage aborde la pratique méditative et propose le programme complet de la mbci session par session avec les méditations guidées au format audio disponibles en ligne ce livre s'adresse à tous les professionnels de santé en formation initiale et à tous les psychiatres psychologues psychothérapeutes désireux de s'intéresser à cette approche psychothérapique novatrice

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