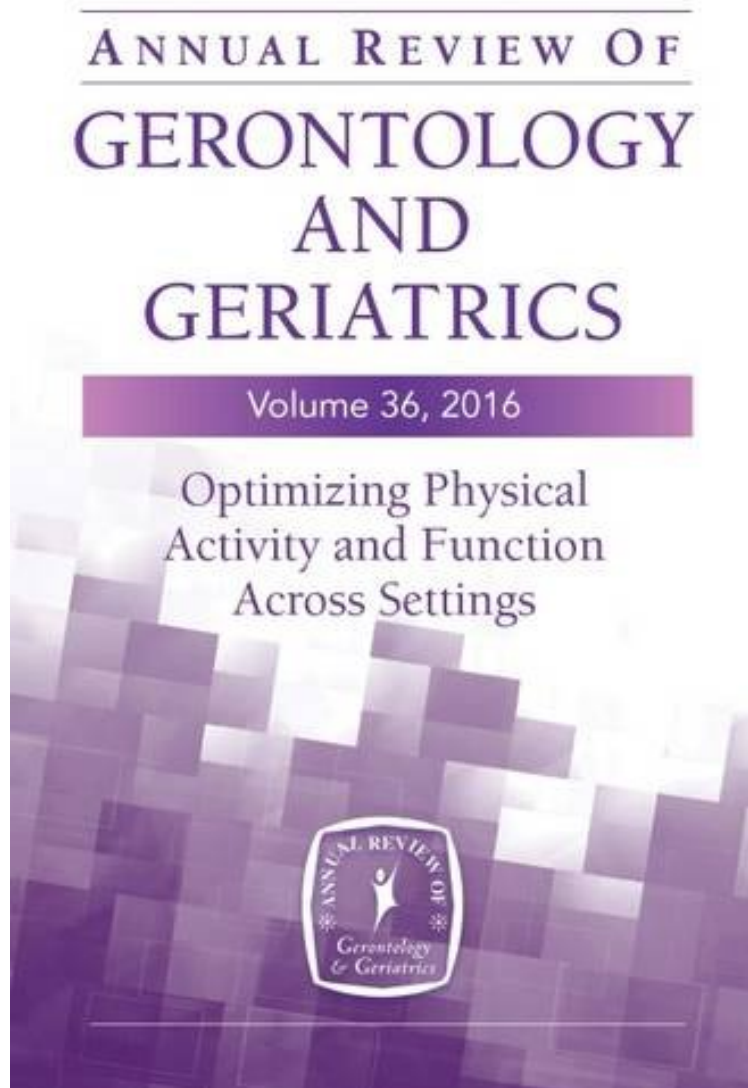


[E-BOOK] Annual Review of Gerontology and Geriatrics, Volume 36, 2016: Optimizing Physical Activity and Function Across All Settings

Annual Review of Gerontology and Geriatrics, Volume 36, 2016: Optimizing Physical Activity and Function Across All Settings

From Resnick Barbara

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#6141991 in Books Resnick Barbara 2015-11-17Original language:EnglishPDF # 1 9.10 x .90 x 6.20l, .0
#File Name: 0826198155356 pagesAnnual Review of Gerontology and Geriatrics Volume 36 2016
Optimizing Physical Activity and Function Across All Settings | File size: 49.Mb

From Resnick Barbara : Annual Review of Gerontology and Geriatrics, Volume 36, 2016: Optimizing Physical Activity and Function Across All Settings before purchasing it in order to gage whether or not it would be worth my time, and all praised Annual Review of Gerontology and Geriatrics, Volume 36, 2016: Optimizing Physical Activity

and Function Across All Settings:

"It is with great pleasure that I encourage you all to read and share the amazing wealth of information provided in this edition of *The Annual Review of Gerontology*. This volume brings together an incredible amount of work in the area of physical activity and specifically exercise, and the challenges we face in engaging older adults in optimal amounts and intensities of activity. The authors have done a remarkable job of highlighting practical ways to share information that is known to be effective from research trials and clinical practice." -Kathleen Mangione, PhD, PT, GCS From the Foreword

The 36th Annual Review of Gerontology and Geriatrics is replete with state-of-the-art scholarship along with a cornucopia of research-based and innovative strategies for optimizing function in older adults through exercise and physical activity. Chapters address salient clinical, programmatic, and policy considerations related to implementation and dissemination of exercise programs across a variety of settings. An international cadre of expert nurses, physicians, physical therapists, and exercise physiologists, among other health care professionals, also focus on what is known about specific exercises for older adults including benefit versus harm associated with each--and provide recommendations for their practical use. The book addresses public policy related to exercise and how policy affects physical activity among older adults. It considers evidence linking physical activity to positive outcomes along with practical issues such as pre-exercise screening and risk stratification. Chapters cover aerobic, resistance, balance, and stretching exercises, along with recommendations for individuals suffering from specific diseases such as arthritis or dementia. Also addressed is physical activity as a determinant of health, and cross-setting approaches to increase function and physical activity. Of particular value is the attention given to the challenges of actually getting individuals to partake in exercise recommendations along with solutions on how to overcome these challenges. With a focus on helping adults to "be active in their own way," the authors share positive approaches to motivating and educating this population.

Key Features: Presents state-of-the-art scholarship regarding ways to promote physical activity among older adults
Written by national and international experts
Focuses on aerobic, resistance, balance, and stretching exercises along with recommendations for people with impairments
Describes real world applications across multiple disciplines and settings
Offers strategies for overcoming resistance to exercise

About the Author Barbara Resnick, PhD, CRNP, FGSA, FAANP, FAAN, is Professor, Department of Organizational Systems and Adult Health, University of Maryland School of Nursing, and co-directs the Adult/Gerontological Nurse Practitioner Program and the Biology and Behavior Across the Lifespan Research Center of Excellence. She holds the Sonya Ziporkin Gershowitz Chair in Gerontology, and does clinical work at Roland Park Place. Her research program is focused on optimizing function and physical activity among older adults, exploring resilience and genetics on function and physical activity, and testing dissemination and implementation of interventions in real world settings. Dr. Resnick has over 250 published articles, numerous chapters in nursing and medical textbooks, and books on Restorative Care and Resilience in Older adults. She has held leadership positions in multiple organizations including the American Academy of Nurse Practitioners, Gerontological Advanced Practice Nurses Association, the Society of Behavioral Medicine, Gerontological Society of American and the American Geriatrics Society.

Marie Boltz PhD, RN, GNP-BC, FGSA, FAAN, is Associate Professor at the Connell School of Nursing. She has served as PI on several studies that examined the trajectory of change in physical function. Some of her recent research has focused on testing system-level interventions to maximize physical and cognitive recovery in older persons in the acute and post-acute settings. She has also served as PI, co-PI, and consultant on studies that have examined the geriatric care environment, models of care, and measures of quality around care of older persons. In her prior role as Practice Director of the Hartford Institute for Geriatric Nursing, she developed educational resources and project management tools for clinicians, families, and administrators, designed to improve the health and function of older adults. Dr. Boltz serves on several national advisory boards informing aging program development and evaluation. She contributes to editorial boards, is the lead editor of *Evidence-Based Geriatric Nursing Protocols for Best Practice*, and serves on several national advisory boards informing aging program development and evaluation.