



# What Nurses Know and Doctors Don't Have Time to Tell You: Practical Wisdom for Everyday Home Health Care

*Pat Carroll*

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## **What Nurses Know and Doctors Don't Have Time to Tell You: Practical Wisdom for Everyday Home Health Care** Pat Carroll

This comprehensive, accessible home reference guide addresses a wide range of health concerns-as only a nurse who knows the inside story on healthcare can. From headaches to ankle sprains, asthma to zinc remedies, this authoritative resource reveals what everyone needs to know in order to get healthy-and stay that way. The book features hundreds of tips on easing symptoms, promoting healing, following a treatment plan, and solving both the big and small problems that arise when someone is sick, hurt, or in pain.

Readers will discover how to:

- € Treat everyday health complaints and minor injuries
- € Heal faster after an injury
- € Get the best results from medicines while reducing side effects
- € Recover more comfortably at home after outpatient surgery

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