

عنوان مقاله:

Teamwork Approach in Lifestyle Modification in a Health Clinic: A Perspective Study

محل انتشار:

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خلاصه مقاله:

Chronic diseases have become an acute challenge in health. Providing a framework for the transformation of services could be very helpful. In this study, the teamwork services based on lifestyle modification used in a series of Health Clinics in Isfahan (Iran); have been reported as a desirable method in the treatment of metabolic Syndromes. "Iranian Health Clinics" have been providing services in the fields of lifestyle modification, promoting healthy lifestyles, diagnosing and treating metabolic syndromes such as diabetes, hypertension, hyperlipidemia, as well as weight regulation and stabilization. This clinic series offers its services as a team of psychologists, nutritionists, physical trainers, and physicians. Treatment of metabolic syndromes by the team-based method as well as continuing contact with patients in the courses of treatment, stabilization, and training of health ambassadors can be instrumental in consolidating the results using this framework in the control of metabolic syndromes.

کلمات کلیدی:

Health care management, Lifestyle, Behavioral modification, Non-communicable disease, Metabolic syndrome

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