



Health Promotion Strategies through the Lifespan, Second Canadian Edition (2nd Edition)

*Ruth Beckmann Murray Ed.D MSN RN CS , Judith Proctor Zentner RN MA , Verna C. Pangman, Clare
Pangman*

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For courses in Health Promotion, Community Health, or Growth and Development.

Using a practical, holistic approach to the health care of individuals and families, this text offers specific guidelines for health assessment, with suggested nursing interventions and health promotion strategies at each developmental stage from birth to death. Unique in its comprehensive, clear, and integrated format, it covers the physical, cognitive, emotional, sociocultural, and spiritual aspects of development for each individual life stage—in equal depth and breadth.

This second Canadian edition better reflects the unique perspective of nursing practices in Canada, showcasing our historical perspective on health promotion alongside updated data relating to Canadian demographics, family models, health needs, and research findings.

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