# medicine for adults gbmc

medicine for adults gbmc is a specialized field of healthcare focused on the diagnosis, treatment, and management of medical conditions in adult patients at Greater Baltimore Medical Center (GBMC). This comprehensive approach encompasses a wide range of adult medical services, including chronic disease management, preventive care, and acute illness treatment. GBMC is recognized for its commitment to high-quality patient care, advanced medical technology, and multidisciplinary collaboration to ensure optimal health outcomes for adult patients. Understanding the scope of medicine for adults at GBMC can help patients and caregivers make informed healthcare decisions. This article explores the core aspects of adult medicine at GBMC, highlighting key services, specialties, and patient care strategies.

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# Overview of Medicine for Adults at GBMC

The medicine for adults at GBMC encompasses a broad spectrum of healthcare services dedicated to adult patients, typically aged 18 and older. GBMC's adult medicine department integrates primary care and specialty care, focusing on the overall health and well-being of adults through comprehensive evaluations, diagnosis, and treatment plans. The center's physicians and healthcare providers are trained in internal medicine and related fields, ensuring expertise in managing complex adult health issues. Facilities at GBMC are equipped with the latest diagnostic tools and treatment modalities, supporting evidence-based clinical practice. This integrated model facilitates continuity of care, helping patients navigate their medical needs effectively.

# Role of Internal Medicine Specialists

Internal medicine specialists at GBMC serve as primary care providers for adults, addressing a wide array of

medical conditions. These physicians undergo extensive training to manage diseases that affect internal organs and systems, including the heart, lungs, kidneys, and digestive tract. Their role extends beyond treatment to include preventive strategies, health education, and long-term management of chronic conditions. By focusing on comprehensive care, internal medicine physicians ensure that adult patients receive personalized treatment plans tailored to their unique health profiles.

# Multidisciplinary Care Coordination

GBMC emphasizes a multidisciplinary approach in medicine for adults by coordinating care among various healthcare professionals. This team-based strategy involves collaboration between primary care providers, specialists, nurses, pharmacists, and allied health professionals. The goal is to deliver integrated and seamless care that addresses all aspects of a patient's health. Multidisciplinary care is especially important for adults with multiple chronic conditions requiring complex management and frequent monitoring.

## Common Conditions Treated in Adult Medicine

Medicine for adults at GBMC addresses a variety of acute and chronic health conditions that commonly affect the adult population. Early identification and effective management of these conditions are central to improving patient outcomes and quality of life. GBMC's adult medicine services cover both preventive interventions and treatment protocols for established diseases.

# Chronic Disease Management

Chronic diseases represent a significant focus in adult medicine at GBMC. Conditions such as diabetes, hypertension, chronic obstructive pulmonary disease (COPD), and heart disease require ongoing clinical attention and lifestyle management. GBMC employs evidence-based guidelines to monitor disease progression, optimize medication regimens, and educate patients on self-care practices. Tailored care plans help mitigate complications and reduce hospital admissions.

## Acute Illness Treatment

In addition to chronic care, medicine for adults at GBMC includes the diagnosis and management of acute illnesses such as infections, injuries, and sudden medical events. Prompt evaluation and treatment are provided to stabilize patients and prevent further health deterioration. The availability of urgent care and emergency services complements the adult medicine department's efforts in acute care management.

## Preventive Health Conditions

Preventive care is integral to adult medicine at GBMC, focusing on screening and early detection of conditions like cancer, osteoporosis, and cardiovascular risk factors. Routine health assessments and screenings are conducted to identify risk factors and initiate timely interventions. Preventive strategies also target lifestyle modifications including nutrition, exercise, and smoking cessation.

# Specialized Adult Medicine Services at GBMC

GBMC offers a range of specialized services within adult medicine to address specific health needs and complex medical conditions. These services enhance the center's capability to provide comprehensive care tailored to individual patient requirements.

# Cardiology Services

Cardiology at GBMC is a key specialty within adult medicine, providing advanced diagnostics, treatment, and rehabilitation for cardiovascular diseases. Adult patients receive care for conditions such as coronary artery disease, heart failure, arrhythmias, and hypertension. State-of-the-art technology, including cardiac imaging and interventional procedures, supports effective management.

# **Endocrinology and Diabetes Care**

Endocrinology services at GBMC focus on hormonal disorders including diabetes mellitus, thyroid disease, and metabolic syndromes. Specialized care teams offer individualized treatment plans emphasizing glycemic control, hormone regulation, and patient education. Diabetes management programs also incorporate nutritional counseling and lifestyle coaching.

# Gastroenterology and Hepatology

Adult medicine at GBMC includes gastroenterology services that diagnose and treat digestive system disorders such as inflammatory bowel disease, liver disease, and gastrointestinal cancers. Comprehensive evaluation using endoscopic procedures and imaging supports accurate diagnosis and targeted therapy.

# Preventive Care and Wellness Programs

Preventive care is a cornerstone of medicine for adults at GBMC, aiming to maintain health and prevent disease progression. The center offers extensive wellness programs designed to support healthy living and reduce the risk of chronic conditions.

# Routine Health Screenings

GBMC emphasizes routine health screenings as part of adult preventive care. Screenings for blood pressure, cholesterol, cancer, diabetes, and other conditions are regularly performed to detect abnormalities early. These screenings facilitate timely interventions and improve long-term health outcomes.

## **Immunization Services**

Vaccination programs at GBMC provide adults with immunizations against influenza, pneumonia, shingles, and other preventable diseases. Immunization is a vital component of adult medicine, reducing the incidence and severity of infectious diseases in the community.

# Lifestyle and Nutrition Counseling

Wellness programs at GBMC include lifestyle counseling focused on diet, physical activity, stress management, and smoking cessation. Healthcare professionals guide patients in adopting healthier habits that contribute to disease prevention and overall well-being.

# Patient-Centered Care Approach

GBMC's medicine for adults prioritizes patient-centered care, ensuring that treatment plans are aligned with individual preferences, values, and goals. This approach fosters active patient engagement and shared decision-making.

# Personalized Treatment Planning

Healthcare providers at GBMC develop personalized treatment plans that consider medical history, lifestyle factors, and patient priorities. This tailored approach improves adherence to therapy and enhances clinical outcomes.

## Communication and Education

Effective communication is emphasized to educate patients about their conditions, treatment options, and self-management strategies. Empowering adults with knowledge helps them take an active role in their healthcare journey.

# Support Services and Resources

GBMC offers various support services, including counseling, rehabilitation, and patient advocacy, to address holistic needs. Access to these resources complements medical treatment and supports mental and emotional health.

# Accessing Medicine for Adults at GBMC

GBMC ensures accessible and coordinated medical care for adult patients through a variety of pathways. Understanding how to access these services facilitates timely and appropriate healthcare.

# Scheduling Appointments and Referrals

Adult patients can schedule appointments with primary care physicians or specialists at GBMC through direct contact or physician referrals. The center provides convenient scheduling options to accommodate patient needs and urgency of care.

### Insurance and Financial Assistance

GBMC accepts a broad range of insurance plans and offers financial counseling to assist patients with billing and payment options. This support helps reduce barriers to accessing quality adult medical care.

### Location and Facilities

GBMC's adult medicine services are delivered through modern facilities equipped with advanced medical technologies. The center's strategic location ensures ease of access for patients residing in the Baltimore metropolitan area and surrounding regions.

- Comprehensive medical evaluations and treatment for adults
- Management of chronic and acute conditions
- Specialized services including cardiology, endocrinology, and gastroenterology
- Preventive care programs emphasizing screenings and immunizations
- Patient-centered approach promoting personalized care and education

• Accessible healthcare services through streamlined appointment systems and insurance support

# Frequently Asked Questions

# What types of adult medicine services are offered at GBMC?

GBMC offers a wide range of adult medicine services including primary care, chronic disease management, preventive care, and specialty consultations to address various health needs of adults.

# How can I schedule an appointment with an adult medicine specialist at GBMC?

You can schedule an appointment with an adult medicine specialist at GBMC by calling their main appointment line, using their online patient portal, or visiting the GBMC website to request an appointment.

# Does GBMC provide telemedicine options for adult medicine patients?

Yes, GBMC offers telemedicine services for adult medicine patients, allowing for virtual consultations and follow-ups to increase convenience and accessibility.

# What insurance plans are accepted for adult medicine services at GBMC?

GBMC accepts a variety of insurance plans including Medicare, Medicaid, and most major commercial insurance providers. It's best to contact GBMC directly to confirm if your specific plan is accepted.

# Are there any specialized programs for chronic disease management in adult medicine at GBMC?

Yes, GBMC provides specialized programs for managing chronic diseases such as diabetes, hypertension, heart disease, and asthma, focusing on personalized care plans and patient education.

# What preventive care services are available for adults at GBMC?

Preventive care services at GBMC for adults include health screenings, immunizations, lifestyle counseling, and routine physical exams aimed at maintaining overall health and early detection of illnesses.

# How does GBMC coordinate care for adults with multiple health conditions?

GBMC uses a multidisciplinary approach to coordinate care for adults with multiple health conditions, involving primary care physicians, specialists, nurses, and care coordinators to ensure comprehensive and continuous care.

## **Additional Resources**

#### 1. The Emperor of All Maladies: A Biography of Cancer

This Pulitzer Prize-winning book by Siddhartha Mukherjee offers a comprehensive history of cancer, weaving together science, patient stories, and the evolution of treatment. It provides insight into the biology of cancer and the human struggle against the disease. The narrative makes complex medical concepts accessible to adult readers interested in medicine.

#### 2. Being Mortal: Medicine and What Matters in the End

Atul Gawande explores the limitations of modern medicine when it comes to aging and end-of-life care. The book discusses how medicine can improve quality of life rather than merely prolonging it. It encourages readers to think about the goals of healthcare in the context of mortality.

#### 3. When Breath Becomes Air

Written by neurosurgeon Paul Kalanithi during his battle with terminal lung cancer, this memoir reflects on the meaning of life and death from both a doctor's and patient's perspective. It offers a poignant look at the challenges faced by adults confronting serious illness. The book bridges the gap between medical science and human experience.

#### 4. The Immortal Life of Henrietta Lacks

Rebecca Skloot tells the story of Henrietta Lacks, whose cancer cells were taken without her consent and led to numerous medical breakthroughs. This book explores the intersection of ethics, race, and medicine. It is a compelling read for adults interested in medical history and bioethics.

# 5. Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present

By Harriet A. Washington, this book uncovers the troubling history of medical experimentation on African Americans. It sheds light on systemic racism in medicine and its lasting effects on trust and healthcare disparities. The detailed research makes it a critical read for understanding medicine's social context.

#### 6. How Doctors Think

Jerome Groopman delves into the cognitive processes behind medical decision-making. The book explains how doctors diagnose and treat patients, highlighting common errors and the importance of communication. It's valuable for adults who want to better understand the medical reasoning process.

#### 7. The Man Who Mistook His Wife for a Hat

Neurologist Oliver Sacks shares fascinating case studies of patients with neurological disorders. These stories reveal the complexities of the human brain and the challenges of diagnosis. The book is both educational and deeply human, appealing to readers interested in neurology and medicine.

#### 8. Complications: A Surgeon's Notes on an Imperfect Science

Atul Gawande provides an insider's view of the uncertainties and challenges in surgical practice. He discusses medical errors, risks, and the learning process within medicine. This book offers a candid look at the realities of being a medical professional.

### 9. Better: A Surgeon's Notes on Performance

In this follow-up to "Complications," Atul Gawande examines how doctors strive to improve their skills and patient outcomes. The book focuses on performance, persistence, and the pursuit of excellence in medicine. It's inspiring for adults who want to understand the dedication behind medical care.

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medicine for adults qbmc: Saving Women's Lives National Research Council, Institute of Medicine, Policy and Global Affairs, Board on Science, Technology, and Economic Policy, National Cancer Policy Board, Committee on New Approaches to Early Detection and Diagnosis of Breast Cancer, 2005-04-18 The outlook for women with breast cancer has improved in recent years. Due to the combination of improved treatments and the benefits of mammography screening, breast cancer mortality has decreased steadily since 1989. Yet breast cancer remains a major problem, second only to lung cancer as a leading cause of death from cancer for women. To date, no means to prevent breast cancer has been discovered and experience has shown that treatments are most effective when a cancer is detected early, before it has spread to other tissues. These two facts suggest that the most effective way to continue reducing the death toll from breast cancer is improved early detection and diagnosis. Building on the 2001 report Mammography and Beyond, this new book not only examines ways to improve implementation and use of new and current breast cancer detection technologies but also evaluates the need to develop tools that identify women who would benefit most from early detection screening. Saving Women's Lives: Strategies for Improving Breast Cancer Detection and Diagnosis encourages more research that integrates the development, validation, and analysis of the types of technologies in clinical practice that promote improved risk identification techniques. In this way, methods and technologies that improve detection and diagnosis can be more effectively developed and implemented.

medicine for adults gbmc: Emergency Radiology Ajay Singh, 2024-11-15 This book offers a comprehensive review of acute pathologies commonly encountered in the emergency room as diagnosed by radiologic imaging. In the emergency and trauma setting, accurate and consistent interpretation of imaging studies are critical to the care of acutely ill and injured patients. To aid readers, chapters are organized by anatomical sections that present the primary ER imaging areas of the acute abdomen, pelvis, thorax, neck, head, brain and spine, and osseous structures. For each section, the common diagnoses are concisely described and are accompanied by relevant clinical facts and key teaching points that emphasize the importance of radiologic interpretation in clinical patient management. The role of modalities such as plain radiography, computed tomography, ultrasound, magnetic resonance imaging, and nuclear medicine imaging in managing emergency conditions is highlighted. The third edition is thoroughly updated and includes over 750 images and multiple choice questions in each chapter. Two additional chapters have also been added: plain x-ray imaging findings and 50 imaging signs in emergency radiology. Emphasizing the core concepts in emergency radiology, this book is a valuable resource for radiologists, residents, and fellows.

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**medicine for adults gbmc: Surgical Facial Rejuvenation** William H. Truswell, 2008 Electronic book available in pdf format.

medicine for adults gbmc: Mad Cows and Mother's Milk, Second Edition William Leiss, Douglas Alan Powell, 2004 The first case study deals with the mad cow fiasco of 1996, one of the most expensive and tragic examples of poor risk management in the last twenty-five years. For ten years the British government failed to acknowledge the possibility of a link between mad cow disease and Creuzfeldt-Jakob disease, the human equivalent, until increased scientific evidence and public pressure forced them to take action, resulting in the slaughter of more than one million cattle. The second study looks at what is commonly known as hamburger disease, caused by a virulent form of the E. coli bacterium, which has struck thousands and killed over thirty people in the last few years. Despite its widespread effects, it is unclear whether scientific knowledge on preventing the disease is reaching the public. Other case studies include the use of a genetically engineered hormone to increase milk production in cows, health risks associated with silicone breast implants, public controversies surrounding dioxins and PCBs, and the introduction of agricultural biotechnology. These case studies show that institutions routinely fail to communicate the scientific basis of various high-profile risks. These failures to inform the public make it difficult for governments, industry, and society to manage risk controversies sensibly and often result in massive costs. With its detailed analyses of specific risk management controversies, Mad Cows and Mother's Milk will help us avoid future mistakes.

medicine for adults gbmc: Congressional Record United States. Congress, 1982 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

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Bashe, 2005 Drawing on the advice and information provided by specialists at dozens of major cancer centers, this book provides the most up-to-date information available on how each of the 25 most common forms of cancer is diagnosed and staged, what the most advanced treatments are, and where to go to get the best possible care.

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medicine for adults gbmc: <u>Visual Prosthetics</u> Gislin Dagnelie, 2011-02-19 Visual Prosthetics provides an in-depth analysis of the principles of operation, current state, anticipated developments, and functional aspects of visual prosthetics restoring sight to visually impaired individuals. This volume uniquely describes the human visual system in health and disease in a pedagogical and didactic manner, fitting to professionals and researchers with a bioengineering background. Readers will find a balanced overview of electrical, molecular chemical and synthetic chromophore stimulation, in addition to the biophysics and psychological aspects of vision restoration. Unlike competitive texts, this introduction also includes the need and methods for functional evaluation and rehabilitation. Professionals in the field of biomedical engineering and graduate and postgraduate researchers will find Visual Prosthetics a valuable reference.

medicine for adults gbmc: Clinical Care and Rehabilitation in Head and Neck Cancer Philip C. Doyle, 2019-03-21 Malignancies involving structures of the head and neck frequently impact the most fundamental aspects of human existence, namely, those functions related to voice and speech production, eating, and swallowing. Abnormalities in voice production, and in some instances its complete loss, are common following treatment for laryngeal (voice box) cancer. Similarly, speech, eating, and swallowing may be dramatically disrupted in those where oral structures (e.g., the tongue, jaw, hard palate, pharynx, etc.) are surgically ablated to eliminate the cancer. Consequently, the range and degree of deficits that may be experienced secondary to the treatment of head and neck cancer (HNCa) are often substantial. This need is further reinforced by the Centers for Disease Control and Prevention who have estimated that the number of individuals who will be newly diagnosed with HNCa will now double every 10 years. This estimate becomes even more critical given that an increasing number of those who are newly diagnosed will be younger and will experience the possibility of long-term survival post-treatment. Contemporary rehabilitation efforts for those treated for HNCa increasingly demand that clinicians actively consider and address multiple issues. Beyond the obvious concerns specific to any type of cancer (i.e., the desire for curative treatment), clinical efforts that address physical, psychological, communicative, and social consequences secondary to HNCa treatment are essential components of all effective rehabilitation programs. Comprehensive HNCa rehabilitation ultimately seeks to restore multiple areas of functioning in the context of the disabling effects of treatment. In this regard, rehabilitation often focuses on restoration of function while reducing the impact of residual treatment-related deficits on the individual's overall functioning, well-being, quality of life (QOL), and ultimately, optimize survivorship. Regardless of the treatment method(s) pursued for HNCa (e.g., surgery, radiotherapy, chemoradiation, or combined methods), additional problems beyond those associated with voice, speech, eating and swallowing frequently exist. For example, post-treatment changes in areas such as breathing, maintaining nutrition, limitations in physical capacity because surgical reconstruction such as deficits in shoulder functioning, concerns specific to cosmetic alterations and associated disfigurement, and deficits in body image are common. Those treated for HNCa also may experience significant pain, depression, stigma and subsequent social isolation. Concerns of this type have led clinicians and researchers to describe HNCa as the most emotionally traumatic form of cancer. It is, therefore, essential that clinicians charged with the care and rehabilitation of those treated for

HNCa actively seek to identify, acknowledge, and systematically address a range of physical, psychological, social, and communication problems. Efforts that systematically consider this range of post-treatment sequelae are seen as critical to any effort directed toward enhanced rehabilitation outcomes. Actively and purposefully addressing post-treatment challenges may increase the likelihood of both short- and long-term rehabilitation success in this challenging clinical population. Current information suggests that successful clinical outcomes for those with HNCa are more likely to be realized when highly structured, yet flexible interdisciplinary programs of care are pursued. Yet contemporary educational resources that focus not only on management of voice, speech, eating, and swallowing disorders, but also address issues such as shoulder dysfunction due to neck dissection, the significant potential for cosmetic alterations can offer a much broader perspective on rehabilitation. Contemporary surgical treatment frequently involves reconstruction with extensive procedures that require donor sites that include both soft tissue from a variety of locations (e.g., forearm, thigh, etc.), as well as bone (e.g., the scapula). Collectively, resources that address these issues and many other concerns and the resultant social implications of HNCa and its treatment can serve to establish a comprehensive framework for clinical care. Consequently, providing a highly specialized and comprehensive educational resource specific to HNCa rehabilitation is currently needed. The proposed edited book is designed to address this void in a single authoritative resource that is also accessible to the clinical readership. Integral to this proposed book is information that guides clinical approaches to HNCa rehabilitation, in addition to offering emphasis on the direct impact of changes in voice, speech, and swallowing and the impact of such losses on outcomes. Finally, while several other published sources currently exist (see attached list), the emphasis of these books is directed either toward the identification and diagnosisof malignant disease, clinical and surgical pathology, associated efforts directed toward biomedical aspects of cancer and its treatment, or those with a focus on a single clinical problem or approach to rehabilitation. Therefore, the content of the proposed multi-chapter text centers on delivering a systematically structured, comprehensive, and clinically-oriented presentation on a range of topics that will provide readers at a variety of levels with a strong, well-integrated, and empirically driven foundation to optimize the clinical care of those with HNCa. The primary audience for this textbook is undergraduate and graduate-level students in Speech-Language Pathology, as well as practitioners, especially hospital-based practitioners, in Speech-Language Pathology; other key audiences include junior and senior level otolaryngology residents and fellows, translational researchers in head and neck cancer, related medical specialists (e.g., radiation oncology), oncology nurses, and potentially other rehabilitation professionals such as occupational therapists, counseling psychologists, social workers, and rehabilitation counselors.

medicine for adults gbmc: PROPEL to Quality Healthcare Thomas M Muha, Martha Murphy, 2017-07-28 You got into healthcare because you wanted to help people, but guickly discovered providing high-quality care is challenging. Seemingly impossible demands are placed on you and your team. Some coworkers are constantly complaining; others are in their silos doing only what they must to get through the long days. Collaboration is often lacking, and patients suffer the painful consequences. It's easy to become overloaded with work and overwhelmed with negativity. This is not how the healthcare profession has to be. There is a new science - Positive Psychology - that studies how people are able to perform extraordinarily well in challenging situations. After a dozen years of research in prestigious medical centers, an evidence-based method for applying this science has been developed. That six step program is PROPEL. You will read stories illustrating the experiences of doctors, nurses and administrators who learned to use PROPEL to transform their professional life (and, for many, their personal life as well). You will learn how they were able to attain remarkable results with their teams, units and clinics: • Staff callout and FMLA decreased 75% • Wait times for chemotherapy infusion reduced 6 hours • Staff turnover dropped 80% • Pediatric MRI scheduling driven down from 14 weeks to 10 days • Bone marrow transplant procedures increased by 50% • ED diversion due to psychiatric patient boarding virtually eliminated • Patient fall rate cut by 70% • Use of agency and travelers nurses abolished • Patient satisfaction

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medicine for adults gbmc: Dimensions of Long-Term Care Management: An Introduction, Third Edition Mary Helen McSweeney-Feld, PhD, LNHA, FACHCA, Carol Molinari, PhD, 2023-04-10 Instructor Resources: Test bank, PowerPoint slides, answers to end-of-chapter questions and case stud-ies, sample course syllabi, and a transition guide to the new edition. Long-term care continues to evolve and change, especially in response to the global COVID-19 pandem-ic. Dimensions of Long-Term Care Management provides a comprehensive overview of this field and how it has been affected by regulatory changes, the response to these changes by managers performing their day-to-day operations, and the opportunities presented by the growing use of technology along with skilled workforce shortages. Readers will gain a thorough understanding of how long-term services and supports are delivered and what it is like to work in this sector. The book opens with an overview of long-term services, supports, and systems for coordination of care and care transitions—from acute to post-acute and long-term—in light of policy changes. The next chapters focus on the importance of taking a population health and health equity perspective in admin-istration of these services, as well as support for cultural competence training. The book's final section covers long-term care community operations, leadership and administration of these services, legal and ethical challenges, and risk management and quality improvement to ensure successful patient out-comes and safety. This revised edition includes updated statistics throughout and is aligned with the National Association of Long-Term Care Administrator Boards' Domains of Practice for Health Services Executives. It also fea-tures the following updates: •A new chapter detailing the key business and clinical operations of long-term care communities and the administrator's responsibilities •A new chapter describing models for population health and wellness and their application to long-term care consumers •Expanded discussion of workforce shortages including recruitment and retention strategies and a new human resources case study •Updated regulatory information, including the new Medicare Conditions of Participation for all long-term care providers and the new Minimum Data Set assessment •Expanded coverage of long-term care services leadership, including a new case study •New case studies in several chapters that highlight

the health disparities and health equity issues affecting long-term services and supports Dimensions of Long-Term Care Management can be used in any business, gerontology, healthcare management, long-term care administration, or public health program to provide students with a broad understanding of the field and the career opportunities it provides.

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