A comprehensive, practical guide for nurses and other health care professionals on the care and management of people with chronic illness. The book explores case management, individual care and management, looks at the role of the ‘expert patient’, quality of life issues, counselling skills, self-management and optimum self-care. Long-Term Conditions discusses the three main physical long-term conditions currently resulting in most hospital admissions: diabetes, respiratory disease and coronary heart disease, with a focus on empowering the patient to self manage.