Suggested readings Self-care course 2018

Lecture 1 Self-care concepts and theories

- Webber Self-Care in Health: We Can Define it, But should we also measure it? The self-care journal 2013

Lecture 2 Factors influencing self-care

- Volpp KG, Asch DA. Make the healthy choice the easy choice: using behavioral economics to advance a culture of health. QJM. 2016.
Lecture 3: To measure self-care


Lecture 4: Patient-centered interventions and outcomes of self-care


Lecture 5: Future innovations for self care


Lecture 6: The challenge of co-morbid conditions in self-care


**Lecture 7: Caregivers and Self-care**

**Lecture 8: Theory/model building: moderators/mediators**

**Lecture 9 What is the evidence and what do the guidelines say?**
Lecture 10 Ethical aspect of self-care