

## Patient Materials for Long Term Conditions

### Chronic Fatigue

- Overcoming Chronic Fatigue: a self-help guide using Cognitive Behavioural Techniques. Burgess, M. & Chalder, T. (2009) Constable & Robinson Ltd.

### Pain

- The Pain Management Plan: how people living with pain found a better life. The things that helped them and the things that set them back. Lewin, R. (2010) <http://www.pain-management-plan.co.uk/>
- Living well with Pain and illness: The mindful way to free yourself from suffering. Burch, V. (2008) Piatkus Books - ISBN: 0749928603

### Irritable Bowel Syndrome

- Regu8: A self-management programme for IBS. *Moss-Morris, R., Sibelli, A., Windgassen, S., Didsbury, L., & Chalder, T. Manual for ACTIB trial.*
- Reclaim your life from IBS. *Hunt, M.G. (2016). Sterling: New York*

### Health anxiety

- Overcoming Health Anxiety. *Willson, R., & Veale, D. (2009). Robinson*

### Respiratory

- The COPD breathlessness manual. Dupont S. & Howard, C. (2014)
- The British Lung Foundation <https://www.blf.org.uk/>
- NHS choices (COPD) <https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>
- The European lung foundation <http://www.europeanlung.org/en/lung-disease-and-information/lung-diseases/copd>

### Cardiac

- British heart foundation <https://www.bhf.org.uk/heart-health>
- NHS Choices (Coronary heart disease) <https://www.nhs.uk/Conditions/Coronary-heart-disease/>

### Diabetes

- Diabetes UK: <https://www.diabetes.org.uk/>
- NHS choices(Diabetes): <https://www.nhs.uk/conditions/Diabetes/>
- Emedicine: covers both type 1 and type 2 diabetes:  
<https://emedicine.medscape.com/article/117739-overview>  
<https://emedicine.medscape.com/article/117853-overview>
- Adapting to living with Diabetes (2016) Trudie Chalder, Suzanne Roche, Khalida Ismail