

**For Immediate Release**

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## **A SIMPLE WORKBOOK MAY HELP SICK ALABAMANS GET BETTER CARE**

When you're sick, no sheaf of charts or test results can tell your medical staff all they need to know to give you good care. The medical history you carry around in your head—your habits, cultural practices, and attitudes about your body—can have a significant impact on your health and your responsiveness to treatment. The Alabama State Nurses Association (ASNA) is making a new workbook available to its members to help them uncover the patient needs and preferences that may create a better experience of care.

The workbook, *Healing from the Heart*, outlines a step-by-step process for listening to patients, drawing out their concerns, and responding to their needs. “Of course, being a patient is an inherently scary experience” says Tim Dawes, healthcare consultant and author of the workbook, “We’ve found there are a few simple things that medical staff can do to make a compassionate connection with patients who are frightened or suffering.” That bond of empathy helps patients be more active in their care, which research has shown can lead to better treatment.

The book’s layout incorporating stories, dialogues, case studies, and self-evaluation questions makes it ideal for self-directed study. *Healing from the Heart* is available to Alabama state nurses through the ASNA continuing education program. Individuals can find the book on Amazon.com and BarnesandNoble.com. Organizations, public or private, interested in bulk purchases for continuing education programs can contact the author directly through his website at [interplaygroup.com](http://interplaygroup.com).

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