

Special Issue

Non-pharmacological Interventions for the Management of Chronic Health Conditions and Non-communicable Diseases

Message from the Guest Editor

Non-pharmacological interventions (NPIs) are science-based and non-invasive practices for human health aimed to prevent, treat, or cure different health problems by employing different biological and/or psychological processes identified by using the scientific method. The range of NPIs is continuously expanding in prevention and therapy, occupying a prominent place in the health sciences that have become personalised, integral, and integrative. By selecting and implementing the NPIs that have the most scientific evidence, it is possible to improve the health-related quality of life of individuals, to slow down deterioration, to relieve pain, or to restore health at a lower economic and environmental cost, meeting the Hippocratic maxim “first, do no harm”. However, several barriers to its implementation still exist. One barrier is the lack of knowledge and dissemination of the specific NPIs for each disease. Additionally, there is still a lack of research on some NPIs regarding their effectiveness and/or efficacy. Altogether, this could represent scepticism in prescribing and/or demanding NPIs.

Guest Editor

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

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