

# JPN

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## Trouble sleeping?

Use of a mantram repetition program to decrease insomnia

## Delirium or substance withdrawal delirium?

Development of a checklist to recognize and treat these conditions—page 29

## Perceived stressors in first-year nursing students

Identifying sources and establishing reduction strategies—page 37

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## Pharmacology Focus

- 16** Product Update
- 17** Clip & Save: Drug Chart  
Bipolar Disorders
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Naltrexone/Bupropion for  
the Treatment of Obesity and  
Medication-Related Weight Gain  
*Robert H. Howland*

## Original Articles

- 29** Development of a Clinical Competency  
Checklist for Care of Patients  
Experiencing Substance Withdrawal  
Delirium or Delirium: Use of a Delphi  
Technique and Expert Panel

Nurses and physicians helped develop a checklist to be used when educating health care providers about these challenging conditions.

*Jennifer L. Saylor, Kathleen A. Schell, Mark F. Mendell, and Jennifer S. Graber*

- 37** Perceived Sources of Stress Among  
First-Year Nursing Students in Jordan

Increased class workload and changes in living environment, social activities, eating, and sleeping habits were the top five reported sources of stress.

*Ra'ed M. Shudifat and Raya Yousef Al-Husban*

- 44** Mantram Repetition Program  
Decreases Insomnia Among Homeless  
Women: A Pilot Study

This mindfulness method showed promising results in reducing insomnia in the population studied.

*Mary K. Barger, Sally Weinrich, Jill E. Bormann, Monique Bouvier, and Sally Brosz Hardin*

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