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Old habits die hard

Creating and sustaining
a wellness lifestyle

Standards of practice

Developing and revising
regulations—page 32

Preferred methods of learning

Nontraditional strategies for engaging
Millennial students—page 38

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13 Deuterated Drugs

17 Community Aged Recovery

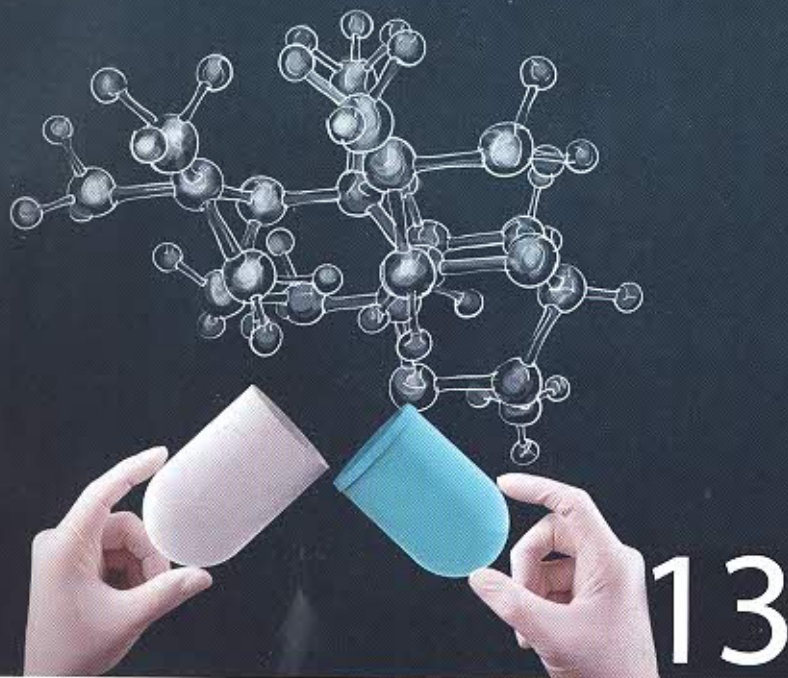


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PSYCHOSOCIAL NURSING

AND MENTAL HEALTH SERVICES

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Pharmacology Focus

- 9** Product Update
- 11** Clip & Save: Drug Chart
Clinical Uses of Anticonvulsant
Drugs Other Than for Epilepsy
- 13** Deuterated Drugs
Robert H. Howland

Original Articles

- 24** **The Force of Habit: Creating and Sustaining a Wellness Lifestyle**
Knowing the factors that impact habit formation will help nurses provide short-term goals and a detailed action plan for their patients.
Patricia B. Nemeč, Margaret A. Swarbrick, and David M. Merlo
- 32** **Achieving Excellence Through Contemporary and Relevant Psychiatric–Mental Health Nursing Standards of Practice**
Read how the Canadian Federation of Mental Health Nurses, using intraprofessional teams, effective communication, and collaboration, revised its current nursing standards of practice.
Gloria McInnis-Perry, Ann Greene, and Elaine Santa Mina
- 38** **Millennial Students' Preferred Methods for Learning Concepts in Psychiatric Nursing**
Interactive and goal-directed learning strategies were found to motivate students in the current study.
Janet K. Garwood

Sections

- 3** Editorial
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- 17** Evaluation of a Rural-Based Community Aged Intensive Recovery Program for Older Adults With Severe Mental Illness
Paul Sadler and Andrea McIlvina
- 44** CNE Quiz
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