

JOURNAL OF Gerontological Nursing®

FOR NURSING CARE OF OLDER ADULTS

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SERIALS



006398
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Physical activity and dementia

The importance of staying active to potentially lower risk

Assessment of risk factors for falls in community-dwelling older adults

Resilience and its effects on emotional labor and burnout in care workers

Inhaler selection for older adults with chronic obstructive pulmonary disease

Predicting hospital length of stay for patients with heart failure

7,640 bath

009398

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FEATURE ARTICLES

22 **The Relationship Between Physical Activity and Dementia: A Systematic Review and Meta-Analysis of Prospective Cohort Studies**

Participating in regular physical activity of more than 1 hour over the course of two sessions per week and avoiding inactivity are recommended for lowering dementia risk.

Junga Lee, PhD

30 **Moderating Effects of Resilience on the Relationship Between Emotional Labor and Burnout in Care Workers**

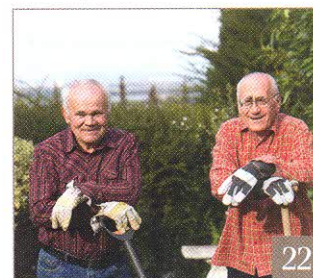
To alleviate burnout in care workers, emotional labor should be recognized as a significant mental health problem, and comprehensive management interventions should be developed.

Yumi Moon, MS, RN; and So Young Shin, PhD, RN, GCNS-BC

40 **A Comprehensive Assessment of Risk Factors for Falls in Community-Dwelling Older Adults**

Impaired balance and problems moving around the house were found to be the strongest predictors of fall risk among this population.

Yunchuan (Lucy) Zhao, PhD, MPAff, RN; Jenny Alderden, PhD, RN; Bonnie K. Lind, PhD; and Heejung Kim, PhD, GNP-BC, RN



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SECTIONS

10 **Geropharmacology** Chronic Obstructive Pulmonary Disease in Older Adults: Part II: Considerations for Inhaler Selection

Tamara Bystrak, PharmD; and Christine Eisenhower, PharmD, BCPS

16 **Technology Innovations** Telehealth Factors for Predicting Hospital Length of Stay

Mary M. Murphy, PhD, APRN

DEPARTMENTS

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7 News