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NOVEMBER • VOL. 42 NO. 11

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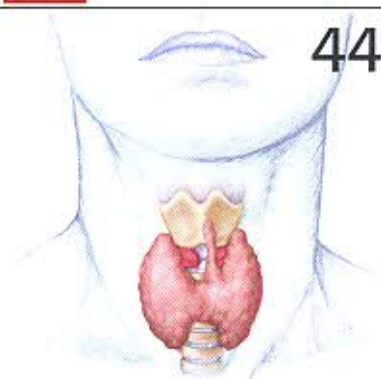
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Rethink urinary incontinence in older women

By Jean M. Shultz, BSN, RN, CWOCN
Urinary incontinence isn't an inevitable consequence of aging. Current research and best practices offer many simple and effective interventions for correcting or managing urinary incontinence, depending on the underlying cause. This article focuses on practical evidence-based solutions for older women in long-term-care facilities, but much of the information applies to other patient groups as well.

CE CONNECTION



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Thyroid imbalances: Dealing with disorderly conduct

By Ann Crawford, PhD, RN, and Helene Harris, MSN, RN
Hyperthyroidism and hypothyroidism are complex conditions that affect many body systems, overall metabolism, and fluid and electrolyte balance. Review common thyroid disorders described in this article to help patients get appropriate care and avoid life-threatening complications.

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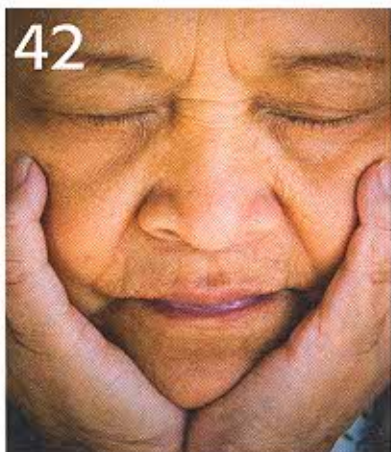
Exercise to improve your health

By Patricia Depree, PhD, ANP, CDE
After explaining the benefits of exercise to your patients, give them this handout to take home.

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The mule

By Jocelyn Cerrudo Sese, MSN, RN, CEN
Brought to the ED straight from the airport, this older woman shattered a nurse's preconceptions about drug couriers.



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"Why can't I have...?": Preparing successful business proposals

By Jeff Strickler, MA, RN, CEN, CFRN, EMT-P, NE-BC
Having trouble acquiring equipment you need to improve patient care? By gaining understanding of business proposals and applying your knowledge, you can effectively advocate for resources you need at the bedside. Learn more here.



> IT'S NOT TOO LATE <
To enter our
Nurse of the Year
contest!
See page 67.

58 Responding to verbal abuse

By Thomas A. Dombrowsky, MSN
Speech that's intended to humiliate or embarrass the target is verbal abuse. If you're the target, do you know how to respond appropriately? Follow these guidelines to defuse disruptive behavior in a professional manner.

> ONLINE-ONLY CONTENT <
at www.Nursing2012.com

Ending the epidemic of adolescent obesity

By MaryAnn Edelman, MS, RN, CNS,
and Carmel T. Ficorelli, MSN, RN, FNP

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departments

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Winner of the 2012 bronze ASHPE award for best how-to article!

Winner of the 2011 silver Folio award for best article!



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