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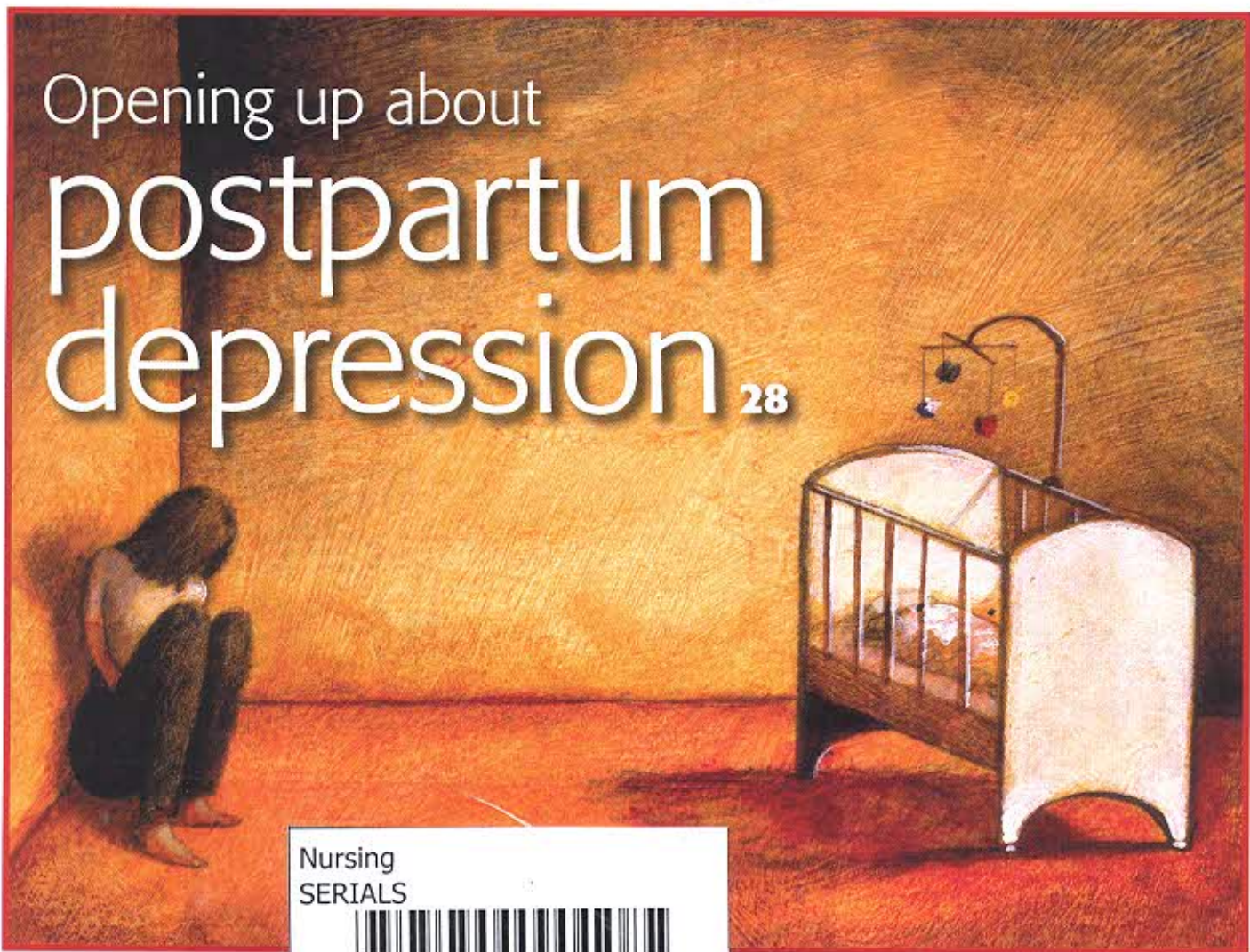
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38 Turning the tide on respiratory depression

By Yvonne D'Arcy, MS, CRNP, CNS
Using pulse oximetry and capnography together can help you detect impending oversaturation, hypoventilation, and respiratory depression in postop patients receiving opioid analgesics. Make sure you can use these key assessment tools effectively and intervene appropriately to head off potential complications.



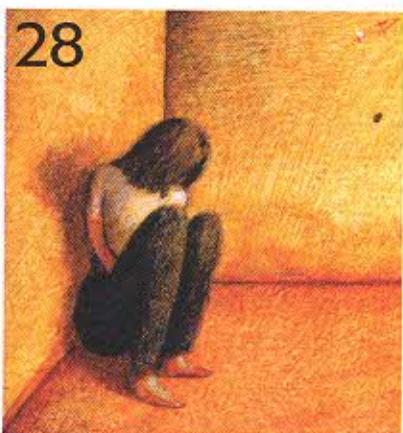
48 Hidden dangers: Non-Lyme tick-borne diseases

By R. Bryan Simon, BSN, BS, RN, CNOR, FAWM, DIMM
Lyme disease often hogs the spotlight, but many other tick-borne illnesses can be more harmful—and in some cases, fatal. Update your knowledge about seven infections transmitted by ticks, including distinguishing signs and symptoms, and teach patients how to minimize risks.

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28 SHARING Opening up about postpartum depression

By Jill English, MSN, ANP-BC, WCC
Recounting her own experience with postpartum depression, a nurse shares insights and lessons learned about this troubling disorder.



31 Improving adherence to oral anticancer therapy

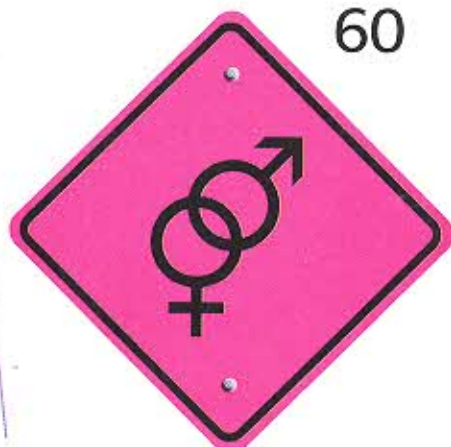
By Monica P. Davey, MBA, MEd, BSN, RN, CCRP
For various reasons, many patients who take oral chemotherapeutic drugs at home have trouble sticking to their treatment regimen. This article discusses potential barriers to adherence and offers practical suggestions for helping patients take their medications as prescribed throughout the course of treatment.

58 PATIENT EDUCATION SERIES Sprains and strains

By Stephanie Wollman, MA, RN, ANP
Teach your patients how to sort out and cope with these painful conditions, then give them this handout to take home.

60 Don't be embarrassed: Taking a sexual health history

By Richard A. Pessagno, DNP, RN, APN-C
Sexual health can be affected by illness, medications, and surgeries. Becoming familiar with the foundations of a complete sexual health history presented here can help you perform more meaningful assessments and feel comfortable broaching sensitive subjects with your patients.



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"No one said this would
be an issue...":
Intimacy after ostomy surgery
By Monika S. Schuler, MSN, BSN, RN



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