

Elevate | Inspire | Innovate | Energize

# Nursing2014<sup>®</sup>

THE PEER-REVIEWED JOURNAL OF CLINICAL EXCELLENCE

www.Nursing2014.com

**CE**

## 12-lead ECGs

PART I: RECOGNIZING NORMAL FINDINGS **28**

**CE** **MANAGING  
ULCERATIVE COLITIS 36**

**TAKOTSUBO  
CARDIOMYOPATHY 50**

**SPOTLIGHT ON  
FRONTOTEMPORAL  
DEMENTIA 55**

Nursing  
SERIALS



003689  
bib:13399108162

AUGUST • VOL. 44 NO.8

365A bath



Wolters Kluwer  
Health

Lippincott  
Williams & Wilkins

## features

### CE CONNECTION

For immediate CE test processing, see our website at  
<http://www.nursingcenter.com/ce/nursing>.

#### 28 12-lead ECGs, part I: Recognizing normal findings

By Guy Goldich, MSN, RN, CCRN

Nurses who can independently interpret a 12-lead ECG can anticipate and prepare for emergency care their patients may need. Review the practical guide to normal ECGs presented here. Next month: Interpreting abnormal ECGs.

#### 36 Managing the ups and downs of ulcerative colitis

By Helene Harris, MSN, RN, and Linda Jelemensky, PhD, RN-BC, CDE

Characterized by unpredictable periods of remission and relapse, this common form of inflammatory bowel disease is a challenge to manage. Be prepared to assess patients and provide optimal care to help them avoid acute flare-ups.

#### 44 PATIENT EDUCATION SERIES Migraine headache

Teach your patients how to prevent or manage these debilitating headaches, then give them this handout to take home.

#### 45 PROFESSIONAL GROWTH Sharing your nursing story

By Lois Gerber, MPH, BSN, RN

Ever thought about writing and publishing a story about one of your nursing experiences? This article offers practical advice for story writing, from developing an idea to submitting a polished narrative for publication.

#### 48 SHARING Mrs. M's garden

By Samuel Franklin Engs, BSN, RN

A well-tended rock garden holds the clues to a dedicated caregiver's future.

#### 50 Recognizing and treating Takotsubo cardiomyopathy

By Hope Padilla, BSN, RN, PCCN; Brendon Palton, MD; Renee Edsall, MSN, RN, CCRN; and Nancy Hettling, RN

Also known as broken heart syndrome, Takotsubo cardiomyopathy is usually preceded by acute emotional or physiologic stressors.

#### 55 Spotlight on frontotemporal dementia

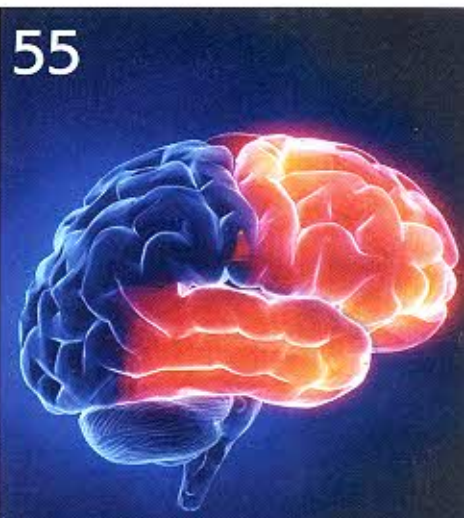
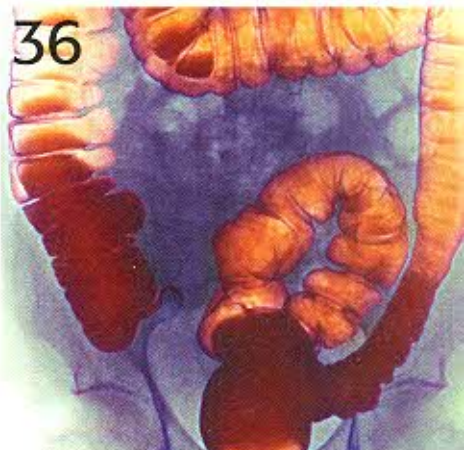
By Jessica R. Klug, RN

Once called Pick disease, this form of dementia triggers personality changes as patients lose insight, inhibitions, empathy, and judgment.

#### 60 Intraosseous vascular access: Boning up on the basics

By Femi Faminu, MSN, RN-BC, CCRN, ACNP-BC

In many jurisdictions, appropriately educated RNs can insert intraosseous access devices when peripheral vascular access isn't feasible.



Elevate | Inspire | Innovate | Energize

# Nursing2014®

Winner of 2014 APEX  
grand award for health and  
medical writing and award of  
excellence for how-to writing!



Winner of 2014 bronze ASHPE award  
for best commentary!

Nursing2014 is pleased  
to collaborate with



departments



14



25

- 6 EDITORIAL** Bend but don't break the rules
- 8 LETTERS** Another take on assisted suicide...facing new challenges to get a BSN...gain added satisfaction by improving patient teaching
- 10 DRUG NEWS** Antipsychotics: Safe during pregnancy?...osteosarcoma research goes to the dogs...new I.V. drug approved for acute bacterial skin infections...nonmedical usage of alprazolam doubles related ED visits...national health report tracks prescription drug usage
- 12 ETHICAL PROBLEMS** Follow up on a hunch about child abuse...why do some patients delay seeking treatment?...dealing with unprofessional behavior
- 14 ADVICE, P.R.N.** Preoperative informed consent...relieving nasal congestion
- 15 INSPIRING CHANGE** Let's chat: Bedside reporting in the ED
- 18 STUDENT VOICES** It's about quality of life, not quantity
- 19 RESEARCH CORNER** Can gum chewing reduce postoperative ileus?
- 25 CLINICAL ROUNDS** Study shows that school nursing services are cost-effective...too many double mastectomies?...new tool helps gauge military veterans' risk for violence...and more
- 65 CLINICAL QUERIES** What does DNR/DNI really mean?
- 66 INFOBYTES** Resources about sexually transmitted infections
- 67 PATIENT SAFETY** Improving fire safety in an ambulatory setting
- 68 WOUND & SKIN CARE** Assessing wounds in palliative care
- 72 MEDICATION ERRORS** Misaligned labels on unit-dose packaging...injectable influenza vaccines must be shaken...beware of this nasal decongestant's confusing label...handwritten prescription hazard
- 59 About Nursing2014**
- 70 Advertisers' Index**
- 71 Careers & Events**

## CEs coming next month

12-lead ECGs, part II

Pelvic fractures

Visit us on the Web...

at [www.Nursing2014.com](http://www.Nursing2014.com)



Join us on Facebook  
LOG ONTO Facebook.com  
SEARCH NsgJournal  
CLICK on Like!



Follow us on Twitter  
[www.twitter.com/NsgJournal](http://www.twitter.com/NsgJournal)

## > Nursing2014 for the iPad <

Download it now from the App Store!

Free for print subscribers

Easy to navigate and interactive for current  
and practical nursing information!



Cover by Carol and Mike Werner/Phototake

## Free!

Sign up for **Nursing2014 eNews**, a monthly e-mail newsletter, for breaking nursing and healthcare news, clinical updates, free article downloads from the current issue, and more! Go to [www.nursingcenter.com/regpages/nursingnews.asp](http://www.nursingcenter.com/regpages/nursingnews.asp) to register.