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Managing hypertension

Piecing together the guidelines 28

CE OSTEOARTHRITIS 36

PROTECT YOURSELF AND OTHERS FROM VIOLENCE 55

SCREENING NURSES FOR TUBERCULOSIS 60

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JANUARY • VOL. 45 NO.1

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28 Managing hypertension: Piecing together the guidelines

By Kristine Anne Scordo, PhD, RN, ACNP-BC, FAANP, and
Kim Anne Pickett, MS, APRN, CDE

Sorting out recommendations from the three sets of professional guidelines currently available can be a daunting task. By highlighting the similarities and differences, this article prepares you to collaborate with the patient, family, and healthcare team for better BP control and improved cardiovascular outcomes.

36 Recognizing and managing osteoarthritis

By Helene Harris, MSN, RN, and Ann Crawford, PhD, RN, CNS, CEN

Bone up on the pathophysiology, risk factors, manifestations, and treatment options for this painful condition, which affects up to 70% of Americans ages 55 to 74. Your appropriate assessment, referrals, and interventions can help patients with osteoarthritis lead safe, active, and independent lives.

44 SHARING Drug therapy 101

By Maureen Goodhue Polizzi, LPN

This nurse uses each nursing encounter as an educational opportunity to help patients sidestep common hazards associated with their medications.

48 NEW HORIZONS Why should you attend a conference this year?

By Jamie Lynn Leslie, PhD, MA, BSN, RN

To advance evidence-based practice and improve patient outcomes, nurses of all levels need to participate in the dialogue and findings shared at conferences.

52 Patient education: What worries the patient most?

By Marjorie Whitman, MSN, RN

You have to find out what the patient sees as a problem before you can suggest a solution that works.

55 Safety alert: Protecting yourself and others from violence

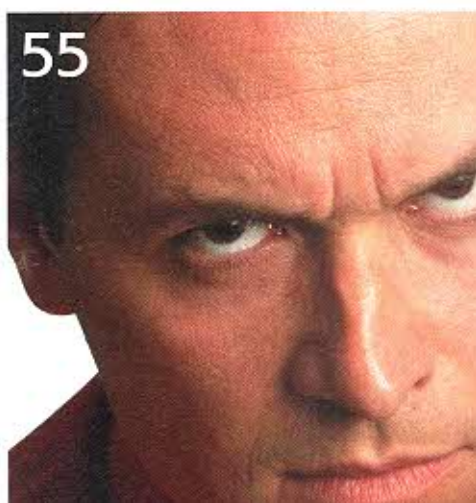
By Charlotte Davis, BSN, RN, CCRN; Denise Landon, BSN, RN, CMSC; and
Kandie Brothers, MSN, RN, CNL

Review the red flags outlined here, then brush up on best practices for defusing a dangerous situation.

60 Screening nurses for tuberculosis

By Elizabeth Heavey, PhD, RN, CNM

Nurses who keep up to date on the latest guidelines for testing and treatment can safeguard their own health and prevent TB transmission to coworkers, family, and vulnerable patients.



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- 8 LETTERS** Trust a nurse's intuition... keeping a diary helps patients manage migraines
- 10 DRUG NEWS** Ongoing drug therapy a better option for opioid dependence... NSAID use raises risk of VTE... early antibiotic use linked to juvenile idiopathic arthritis... two guidelines for statin usage
- 13 TIME CRITICAL** Managing scorpion envenomation in children
- 16 ADVICE, P.R.N.** Clearing the air about electronic cigarettes... how to encourage a future nurse.
- 18 LEGAL MATTERS** Ebola among us
- 20 INSPIRING CHANGE** Awakening to CAUTI prevention
- 22 LEARNING CURVE** Transitioning from staff nurse to clinical faculty, part 3
- 25 CLINICAL ROUNDS** Teach patients to remove dentures at bedtime... are nursing students drinking too much alcohol?... researchers propose fixes for "alarm fatigue"... and more
- 65 CLINICAL QUERIES** Hyperthermic intraperitoneal chemotherapy
- 66 CONTROLLING PAIN** Caring for Black American patients in pain
- 72 MEDICATION ERRORS** Never give ropivacaine I.V... sound-alike drug mix-up causes blindness... teach patients to use insulin pens correctly
- 9 About Nursing2015**
- 70 Advertisers' Index**
- 71 Careers & Events**



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