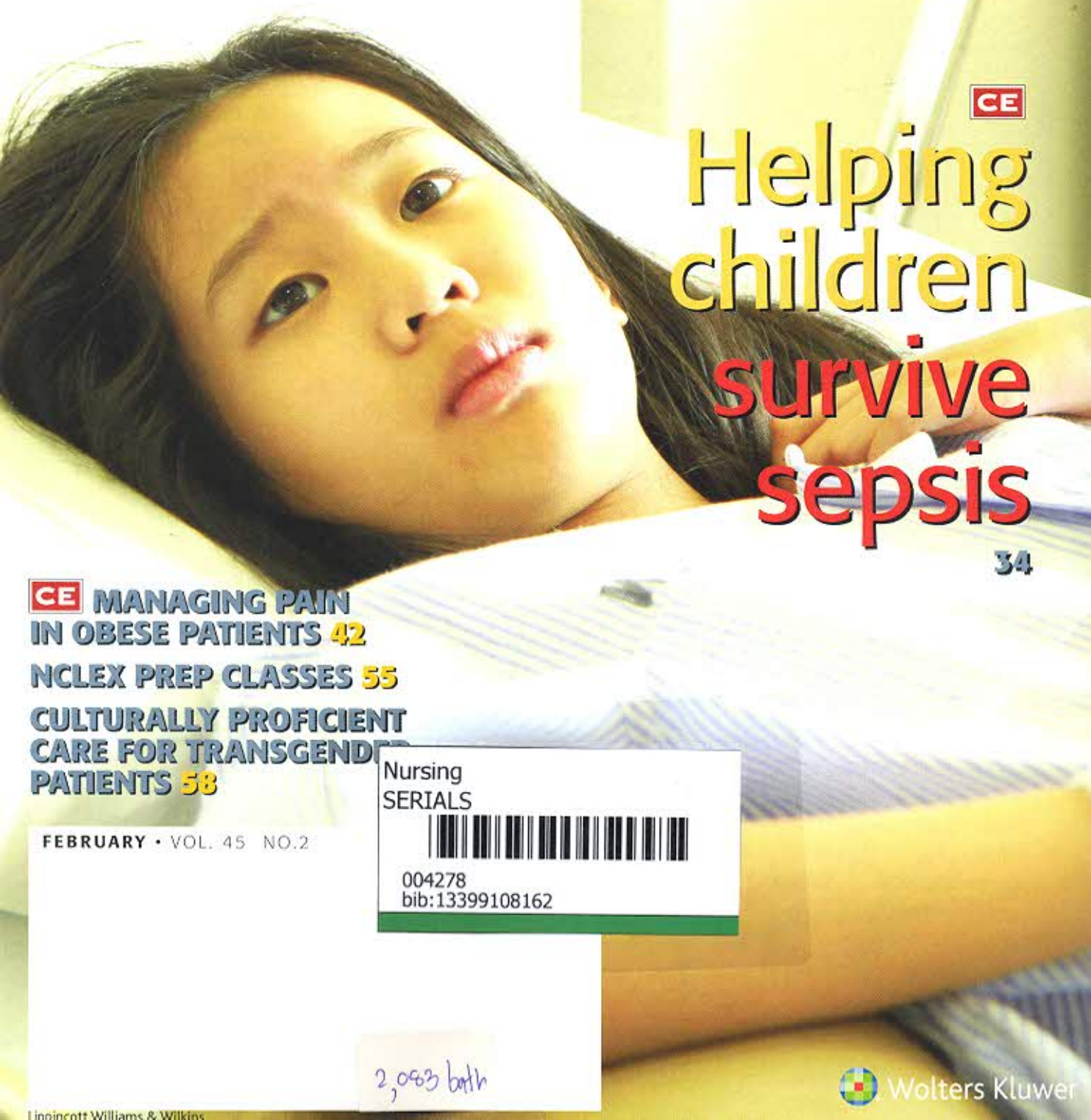


Elevate | Inspire | Innovate | Energize

# Nursing 2015<sup>®</sup>

THE PEER-REVIEWED JOURNAL OF CLINICAL EXCELLENCE

www.Nursing2015.com



**CE**

## Helping children survive sepsis

34

**CE** MANAGING PAIN  
IN OBESE PATIENTS 42

NCLEX PREP CLASSES 55

CULTURALLY PROFICIENT  
CARE FOR TRANSGENDER  
PATIENTS 58

FEBRUARY • VOL. 45 NO.2

Nursing  
SERIALS



004278  
bib:13399108162

2,083 bath

 Wolters Kluwer

# Nursing2015<sup>®</sup>

NURSING JOURNAL HAS BEEN  
PEER-REVIEWED SINCE 1971.

FEBRUARY 2015 • VOLUME 45 • NUMBER 2

**Our mission at Nursing2015**

is to improve nursing practice by providing  
evidence-based practical information with a  
reader-friendly approach.

## features

### CE CONNECTION

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

#### 34 Helping children survive sepsis

By Mary K. Duffy, MS, RN, CNL, CCRN, and Patricia A. Moloney-Harmon, MS, RN, CCNS, FAAN

Severe sepsis in children is associated with alarming morbidity and mortality. Take this opportunity to update your knowledge of sepsis as outlined in the most recent guidelines from the Surviving Sepsis Campaign, including evidence-based nursing considerations for newborns and children.

#### 42 Managing pain in obese patients: Meeting weighty challenges

By Yvonne D'Arcy, MS, RN, CRNP, CNS

Are you prepared to manage pain in your obese patients? After reviewing the facts about the quiet worldwide epidemic of obesity, explore common comorbidities in these patients and follow best practices for managing their pain safely and effectively.

42



#### 52 SHARING

##### Waist loss and the irrelevant scale

By Jamie Leslie, PhD, RN

Bloodwork doesn't lie—despite her low body mass index, this nurse was at risk for diabetes and heart disease. Here she explains how she took charge of her health by focusing on her waistline instead of her weight.

#### 55 NEW HORIZONS

##### Why teach an NCLEX prep class?

By Bridget Parsh, EdD, RN, CNS; Susan Sanders, DNP, MSN, RN, NEA-BC; and Karen Lilyquist, PhD, MSN, RD, RN, CNP

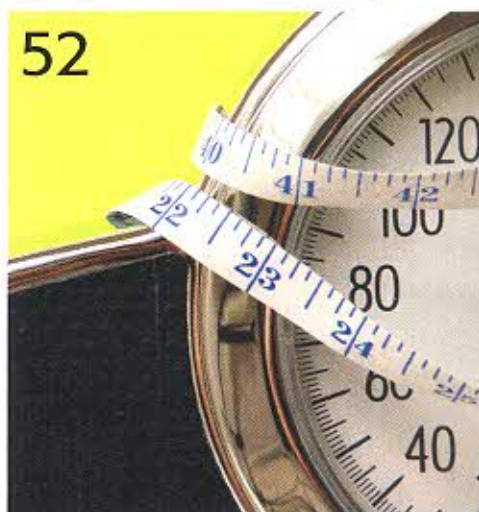
Because by doing so, you'll get a taste for teaching in a supportive environment—and maybe pump up your bottom line too. Better yet, you'll have the satisfaction of helping to prepare the next generation of nurses. This article explores how to get into this field.

#### 58 Providing culturally proficient care for transgender patients

By Keith A. Wichinski, MSN, RN, PMC, FNP-C, NCT

Many clinicians don't feel ready to care for transgender patients because they don't know how to appropriately and sensitively address them and their unique concerns. Dispel myths and misconceptions about transgender patients, then expand your knowledge about the appropriate language, terminology, and best practices to use when caring for them.

52



58



*Nursing2015* (ISSN 0360-4039; online ISSN 1538-8689) is published monthly by Lippincott Williams & Wilkins at 16522 Hunters Green Parkway, Hagerstown, MD 21740-2116, with editorial and advertising headquarters at Two Commerce Square, 2001 Market Street, Philadelphia, PA 19103. Periodicals postage paid at Hagerstown, MD 21740 and at additional mailing offices. Copyright © 2015 by Wolters Kluwer Health | Lippincott Williams & Wilkins. All world rights reserved. Postmaster: Send changes of address to *Nursing2015*, P.O. Box 1550, Hagerstown, MD 21740.

The publisher disclaims responsibility for adverse effects resulting directly or indirectly from suggested procedures/medication dosages or the reader's misunderstanding of the content. All published patient initials are fictitious to protect confidentiality. Any similarity to actual individuals is purely coincidental.