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# Nursing 2015

THE PEER-REVIEWED JOURNAL OF CLINICAL EXCELLENCE

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## **CE** When caregivers are torn in two 30

JUNE • VOL. 45 NO. 6

Nursing  
SERIALS



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**CE** REDUCE  
CARDIOVASCULAR RISK  
WITH STATINS 40  
PEDICULOSIS CAPITIS 57  
FUNDAMENTALS  
OF SAFE CARE 60

**Our mission at Nursing2015**  
is to improve nursing practice by providing  
evidence-based practical information with a  
reader-friendly approach.

## features

### CE CONNECTION

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<http://www.nursingcenter.com/ce/nursing>.

#### 30 Applying the evidence to help caregivers torn in two

By Patricia Ringos Beach, MSN, RN, AOCN, ACHPN, and  
Beth E. White, MSN, RN, CNS

Conflicting demands can pull family caregivers in two directions—or more. This article describes strategies to decrease the burden on those caring for patients at home and gives practical advice for incorporating the evidence into patient and family education to improve patient outcomes.

#### 40 Follow the guideline for reducing cardiovascular risk with statins

By Melissa M. Sherrod, PhD, RN, NE-BC, Nicholas McIntire Sherrod, MSN, RN,  
and Dennis J. Cheek, PhD, RN, FAHA

Brush up on the current practice guideline for using statins to reduce the risk of atherosclerotic cardiovascular disease. Besides examining the role of nursing, the authors discuss why the guideline has been controversial.

#### 48 SHARING The pink lady

By Karen K. Waldrip, RN

A chance encounter with a colorful character reminds this nurse that every patient is unique and that nursing assessment shouldn't be judgmental.

#### 50 PATIENT EDUCATION SERIES Varicose veins

Teach your patients about this sometimes painful condition, then give them this handout to take home.

#### 52 NEW HORIZONS How an aging population is transforming nursing

By Kristen Bryan Wessel, MSN, RN

Consider why an aging population will challenge the nursing profession and how nurses can prepare for the future.

#### 57 Taking a closer look at pediculosis capitis

By Susan Simmons, PhD, RN, APRN-BC

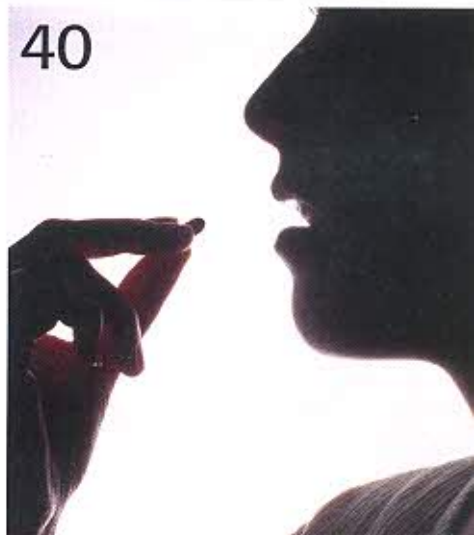
Here's the scoop on dealing with an infestation of head lice, or better yet, preventing it—just in time for summer camp.

#### 60 ISSUES IN NURSING Fundamentals: Still the building blocks of safe patient care

By Melissa A. Schneider, DNP, RN-BC, ONC, CNRN, and Lisa A. Ruth-Sahd, DEd,  
RN, CEN, CCRN

Isn't it time to reemphasize the basics in nursing education and practice? Read this article, then weigh in.

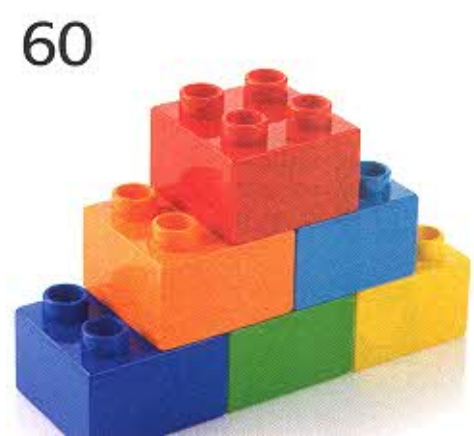
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57



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By Catherine P. Carrigan, DNP, FNP

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### CEs coming next month

New drugs 2015, part 2

Nonmotor signs and symptoms of Parkinson disease

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