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THE PEER-REVIEWED JOURNAL OF CLINICAL EXCELLENCE

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## Herbal supplements

Widely used,  
poorly understood

54



**CE** ABDOMINAL WALL RECONSTRUCTION 30

**CE** NEW AHA BLS AND ACLS GUIDELINES 40

**CE** TRANEXMIC ACID AND THE TRAUMA PATIENT 60

FEBRUARY • VOL. 46 NO.2

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reader-friendly approach.

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### 30 Abdominal wall reconstruction: Enhancing outcomes for patients with ventral incisional hernias

By Maurice Y. Nahabedian, MD, FACS, and Anissa G. Nahabedian, BSN, RN

Patients having surgery for a ventral incisional hernia following laparotomy are at risk for readmission and hernia recurrence. Appropriate care, along with the use of newer materials and surgical techniques, can improve long-term outcomes.

### 40 Update: 2015 AHA BLS and ACLS guidelines

By Karen Jean Craig-Brangan, BS, RN, EMT-P, and Mary Patricia Day, MSN, RN, CRNA

Advanced cardiovascular life support spans the spectrum of care from basic life support to post-cardiac arrest care. Become familiar with these recently revised guidelines for cardiopulmonary resuscitation and emergency cardiovascular care in adults.

### 48 SHARING One of our own

By Valerie Douglas, MSN, RN, APRN, ANP-C

Are we so protective of nursing's image that we stand by silently as impaired colleagues endanger themselves and their patients day after day?

### 51 NEW HORIZONS

#### The ABCDEs of nursing: Essentials for new nurses to know

By Melissa Ann Dabkowski, MSN, RN

New nurses need support and guidance to ease their transition into practice. By understanding and implementing these core components—advocating, breathing, communicating, documenting, and educating—they improve patient care and increase their confidence and satisfaction as nurses.

### 54 Herbal supplements: Widely used, poorly understood

By Katherine Pereira, DNP, FNP-BC, ADM-BC, FAANP

Although some herbal products can be beneficial, they're manufactured without FDA oversight. Educate patients about the risk of drug interactions and adverse reactions, and teach them to inform all prescribers about any herbal products they use.

### 60 Tranexamic acid for the adult trauma patient

By Nancy Gaines-Dillard, DNP, MSN, APRN-BC; Marilyn K. Bartley, MSN, FNP-BC; and Jamie M. Rosini, PharmD, BCPS, BCCP

Review the risks and benefits of using I.V. TXA to treat patients with traumatic injuries, and learn critical assessment considerations for patients who may be candidates for this therapy.



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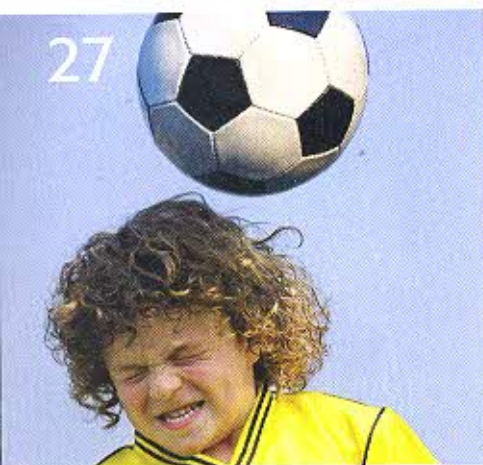
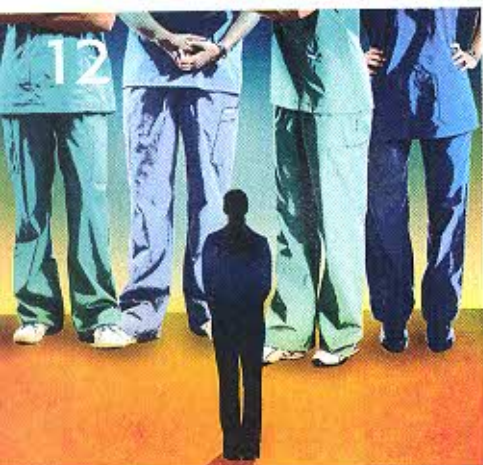
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## 6 EDITORIAL

Finding joy and meaning in work

## 8 LETTERS

Unnecessary numbering invites medication errors...support top billing for nurses

## 10 DRUG NEWS

Naloxone nasal spray for opioid overdose...genetically engineered drug for bleeding disorder...azithromycin lessens severity of pediatric respiratory tract infections...patients successfully self-manage oral anticoagulant use...adult polypharmacy on the rise

## 12 ETHICAL PROBLEMS

When a clique controls key committees...physician promotes positive thinking despite poor prognosis...handling requests for "free" healthcare advice

## 14 LEGAL MATTERS

Reporting a physician colleague for unsafe practice

## 15 INSPIRING CHANGE

Nurse residency program attracts and retains novice nurses

## 17 RESEARCH CORNER

Reiki's effect on patients with total knee arthroplasty: A pilot study

## 24 LEARNING CURVE

Six tips for teaching online classes

## 26 STUDENT VOICES

Flying high in a medevac helicopter

## 27 CLINICAL ROUNDS

Simple blood test detecting pediatric concussion under study...gel injections improve clinical outcomes in patients with heart failure...congenital syphilis on the rise...and more

## 63 PATIENT SAFETY

"Teach-back" from a patient's perspective

## 65 CONTROLLING PAIN

Assessing pain in verbal older adults

## 69 INFOBYTES

Resources for heart disease

## 72 MEDICATION ERRORS

Completely remove tamper-resistant seals...don't cover medication label bar codes with pharmacy labels...avoid mixing up cytarabine and vinorelbine...tiny print on similar package labels poses risks

Series:  
Pain  
in older  
adults

### CEs coming next month

Nutrition guidelines for  
adults with diabetes  
Creutzfeldt-Jakob disease

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## 70 Advertisers' Index

## 71 Careers & Events

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