



## Features

### 22 Mindfulness: An Intervention for Anxiety in Schizophrenia

Cultivating awareness, curiosity, and openness can reduce anxiety. Mindfulness techniques such as meditation, breathwork, and yoga are discussed.

*Louanne W. Davis, PsyD; Amy M. Strasburger, MA; and Linda F. Brown, BA*

### 31 The Transitional Discharge Model: Comparing Implementation in Canada and Scotland

Client outcomes can be improved with this model, but challenges vary internationally. Learn how hospital-to-community care transitions worked in North America and Europe.

*Cheryl Forchuk, RN, PhD; William Reynolds, PhD, RMN, RGN, RNT; Siobhan Sharkey, PhD, RMN; Mary-Lou Martin, RN, MScN; and Elisabeth Jensen, RN, PhD*

### 46 Well Balanced: 8 Steps to Wellness for Adults with Mental Illness and Diabetes

Psychiatric nurses worked one on one with clients to improve health risk status and diabetes self-management. Find out what the 8 steps address and how to guide clients to completion.

*Patricia Chiverton, EdD, RN, FNAP; Patricia Lindley, PhD, RN; Donna M. Tortoretti, MS, RN; and Kathleen C. Pham, PhD, RN*

## Sections

### 13 Psychopharmacology

Limitations of Evidence in the Practice of Evidence-Based Medicine  
It can be tempting to interpret evidence-based medicine as gospel, but clinicians should evaluate the evidence before applying it to clients.

*Robert H. Howland, MD*

### 17 Aging Matters

Caring for the Caregivers  
More than 50 million individuals in the United States are caregivers for relatives. November is the month to validate and value their contributions.

*Jeanne M. Sorrell, PhD, RN, FAAN*



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