Original Research: Physical Activity Among Chinese American Immigrants with Prediabetes or Type 2 Diabetes
By Sophia H. Hu, Mei R. Fu, Shan Liu, Yen-Kuang Lin, and Wen-Yin Chang
The benefits of exercise for patients with type 2 diabetes has been studied extensively, but not among Chinese American immigrants diagnosed with prediabetes or type 2 diabetes. The authors of this mixed-methods study analyzed this population’s levels of exercise intensity, examining the types of activity performed, as well as the barriers to such activity.

Managing Sepsis and Septic Shock: Current Guidelines and Definitions
By Mary Beth Flynn Makic and Elizabeth Bridges
This article discusses recent updates to the Surviving Sepsis Campaign’s sepsis treatment guidelines, changes in the sepsis bundle interventions, and the new definitions and predictive tools introduced in the Third International Consensus Definitions for Sepsis and Septic Shock.

Moving Closer to the 2020 BSN-Prepared Workforce Goal
By Tina Gerardi, Pat Farmer, and Bryan Hoffman
The authors report findings from the four-year Academic Progression in Nursing initiative to identify and develop the most promising strategies for creating a more highly educated nursing workforce.

Cultivating Quality: A Multidisciplinary QI Initiative to Improve OR–ICU Handovers
By Dawn Krimminger, Carrie Sona, Elaine Thomas-Horton, and Marilyn Schallom
This QI study examines the impact of a standardized handover process on ensuring safe patient transfer between the OR and the ICU.

Reflections: The Hands
By Vanessa Cosby
A neonatal ICU nurse makes a lasting impression on a new mother.

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