

EDITORIAL

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- 179 The Choosing Wisely® campaign and nurses role in dissemination**

Barbara Resnick and
Donna M. Fick

FEATURE ARTICLES

- 181 Improving recruitment, retention, and adherence to 6-month cycling in Alzheimer's disease**

Fang Yu

Successful recruitment relies on community partnership, whereas strategies for ensuring participant exercise safety collectively improved retention and adherence. This paper tested seven recruitment strategies.

- 187 Comparison between the Portland model dedicated education unit in acute care and long-term care settings in meeting medical-surgical nursing course outcomes: A pilot study**

Chad O'Lynn

In order to improve the rigor and satisfaction of an adult health clinical experience in a long-term care setting and to increase student exposure to gerontological and long-term care nursing, the Portland Model Dedicated Education Unit was adapted.

- 194 The CARES® Observational Tool: A valid and reliable instrument to assess person-centered dementia care**

Joseph E. Gaugler, John V. Hobday, and
Kay Savik

The principal objective of this study was to develop and test an observational assessment tool (the CARES® Observational Tool, or COT) to ascertain whether person-centered care was present in the day-to-day care interactions between direct care workers and persons with dementia.

- 199 Cultural implications of managing chronic illness: Treating elderly Chinese patients with heart failure**

Ru-Shang Jiang, Shu-Mei Wu, Hui-Lian Che,
and Mei-Yu Yeh

The purpose of this study is to explore the way in which Chinese patients with heart failure understand doctors' instructions on dietary restrictions and how the patients adjust their eating habits accordingly in a Chinese cultural context.

- 204 A randomized controlled trial of an office-based physical activity and physical fitness intervention for older adults**

Janet Purath, Colleen S. Keller,
Sterling McPherson, and
Barbara Ainsworth

This primary-care-based study aimed to evaluate the efficacy and feasibility of a 24-week intervention on physical activity and physical fitness in a group of community-dwelling older adults. Secondary aims were to determine the effect of the intervention on self-efficacy and barriers to physical activity.

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212 Prevalence and associated factors of dysphagia in nursing home residents

Yeon-Hwan Park, Hae-Ra Han,
Byung-Mo Oh, Jinyi Lee, Ji-ae Park,
Su Jeong Yu, and HeeKyung Chang

The aims of this study were to evaluate the prevalence of dysphagia in nursing home residents in South Korea and to identify factors associated with dysphagia.

218 Affecting culture change and performance improvement in Medicaid nursing homes: The Promote Understanding, Leadership, and Learning (PULL) Program

Charlotte Eliopoulos

The purpose of this project was to gain insight into effective strategies to provide culture change and quality improvement programming to low-performing, under-resourced nursing homes.

224 Preserving personhood of individuals with advanced dementia: Lessons from family caregivers

Janice L. Palmer

This article reports on a phenomenological study of 15 family caregivers who admitted their spouse or parent with probable Alzheimer's disease to long-term care.

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Barbara Bricoli

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