Inside intentional self-injury
By Tina Myer, MSN, RN-BC
Do you suspect your patient's injury was self-inflicted? When you recognize the signs, take these steps to help your patient avoid this dangerously destructive, addictive behavior.

Recognizing and managing rheumatoid arthritis
By Susan Simmons, PhD, ARNP-BC
This chronic and disabling autoimmune disease can shorten a patient's life by 5 to 15 years. Update your knowledge about treatment strategies and lifestyle changes to help your patient manage symptoms and remain active.

Nursing2011 Symposium strikes a cord in Nashville
Here's a sampling of the excitement nurses experienced networking and learning in Nashville last April.

PATIENT EDUCATION SERIES
Chest tubes
By Manju Mallakal, MSN, CMSRN
Teach patients who need a chest tube what to expect, then offer this handout as a reminder.

SHARING
Call a code
By Jamie DeSnyder, BSN, RN
You never forget your first code—and this nurse is no exception.

FLUID AND ELECTROLYTE SERIES
Balancing act: Sodium and potassium
By Ann Crawford, PhD, RN, and Helene Harris, MSN, RN
An imbalance between these two key electrolytes can be disastrous for your patient. Make sure you can recognize trouble early and intervene appropriately by reading this in-depth review. This is the second in a series of articles on fluids and electrolytes.

Take the “hyper” out of phacotherapy
By Barbara Ann M. Messina, PhD, RN, ANP, and Lori A. Atascadero, RN, CNP
Chances are, many of your older patients are taking more medications than they need. These tips and guidelines will help you assess their drug regimen and eliminate medications that increase their risk of falls and other complications.

PROFESSIONAL GROWTH
Showcase your talents with a career portfolio
By Linda S. Smith, DSN, MSN, RN, CLNC
Whether you're a new graduate or an experienced nurse, assembling a professional portfolio can help you nail that job interview.

Listen closely to detect healthcare-associated pneumonia
By Kathleen Dobrin, MS, RN, ACNP-CS, and Valerie Howard, EdD, MS, RN
Acquired in healthcare settings, this new category of pneumonia is more complicated and potentially more deadly than community-acquired pneumonia. Here's how to recognize and manage this emerging threat.