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On Central Line Infection Rates in Surgical Patients Requiring Access

CNE | Self-Reported Leadership Practices among Frontline Medical-Surgical
Nurses: An Exploratory Descriptive Study of Prevalence, Patterns,
And Associated Factors

Orthostatic Vital Signs Assessment for Reducing Falls

Taste-Specific Eating Recommendation for Head and Neck Treatment Survivors:
A Randomized Controlled Trial

CNE | Staff Knowledge and Attitudes toward Oral Care in an Acute Care Hospital
Pre- and Post-Implementation of an Evidence-Based Practice Change

An Evidence-Based Interprofessional Collaborative Practice Approach
To Decrease Tracheostomy-Related Pressure Injury

The Effect of Coloring Mandalas on the Anxiety of Medical-Surgical Nurses
And Nursing Support Staff

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NEW! Coloring Mandalas: A Promising Technique to Lower Anxiety among Medical-Surgical Nurses and Nursing Support Staff

The increasing complexity of nursing duties and the drive to control costs are producing considerable pressure in nursing work environments. This often leads to increased levels of anxiety in nursing environments, which can be a challenge for nurses. One calming technique is coloring pre-drawn geometric designs, such as mandalas.

In this episode, *MEDSURG Nursing* Editorial Board Member Kristi Campoe, PhD, RN, CMSRN®, CPHQ, speaks with the authors of a feature article published in the May/June issue: "Coloring Mandalas: A Promising Technique to Lower Anxiety among Medical-Surgical Nurses and Nursing Support Staff." Their discussion provides deeper insight into study findings and how mandala coloring could be used in nursing practice as an evidence-based intervention to decrease anxiety for medical-surgical staff.



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Publisher

Anthony J. Jannetti

Journal Office

Jannetti Publications, Inc.
East Holly Avenue Box 56
Pitman, NJ 08071-0056
(856) 256-2300
FAX (856) 589-7463
msjrn1@ajj.com
medsurnursing.net

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