

# MEDSURG NURSING®

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**CNE** | CMSRN's Continuing Competence Methods and Perceived Value of Certification: A Descriptive Study

Room Assignments, Gender Identity, and Gender Expression: A Case Study on Caring for Transgender Patients

Implementation of a Standardized Protocol to Select a Surrogate Decision-Maker for Trauma Patients

**CNE** | A Systematic Review of Care Needs for Surgical Patients with Chronic Opioid Use

Decreasing Times to Compressions During In-Hospital Cardiac Arrest: An Evidence-Based Intervention for Non-Critical Care Areas

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Use of a Preoperative Screening Tool to Optimize Patients with Anemia Before Cardiac Valve Procedures

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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 2020 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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