

In This Issue: February 9, 2021

Research

ORIGINAL INVESTIGATION

542 Effect of High-Intensity Interval Training, Moderate Continuous Training, or Guideline-Based Physical Activity Advice on Peak Oxygen Consumption in Patients With Heart Failure With Preserved Ejection Fraction: A Randomized Clinical Trial

S Mueller and Coauthors
for the OptimEx-Clin Study Group

This randomized trial compares the effects of high-intensity interval training, moderate continuous training, and guideline-based physical activity on change in peak oxygen consumption (Vo₂) in patients with heart failure with preserved ejection fraction (HFpEF).

Editorial **537**

+ Visual Abstract | CME

552 Effect of a Restrictive vs Liberal Blood Transfusion Strategy on Major Cardiovascular Events Among Patients With Acute Myocardial Infarction and Anemia: The REALITY Randomized Clinical Trial

G Ducrocq and Coauthors
for the REALITY Investigators

This noninferiority trial compares the effects of a restrictive (hemoglobin ≤ 8 g/dL) vs liberal (hemoglobin ≤ 10 g/dL) transfusion strategy on 30-day cardiovascular events among adults with acute myocardial infarction (AMI) and anemia (hemoglobin 7-10 g/dL).

+ Visual Abstract

561 Prevalence of Bicuspid Aortic Valve and Associated Aortopathy in Newborns in Copenhagen, Denmark

A-S Sillesen and Coauthors

This population epidemiology study describes the prevalence of bicuspid aortic valve (BAV) and BAV subtypes, and of accompanying enlarged aortic diameter or coarctation, in Danish newborns born in Copenhagen 2016-2018.

Editorial **540**

+ CME

Opinion

VIEWPOINT

525 The COVID-19 Pandemic as an Opportunity to Ensure a More Successful Future for Science and Public Health

KMV Narayan, JW Curran, and WH Foege

527 Cancer Care Under the Biden Administration

SB Dusetzina

529 Genetic Variants of SARS-CoV-2—What Do They Mean?

AS Luring and EB Hodcroft

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532 Mandating COVID-19 Vaccines

LO Gostin, DA Salmon, and HJ Larson

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534 Problems With Paying People to Be Vaccinated Against COVID-19

EA Largent and FG Miller

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A PIECE OF MY MIND

536 Donning and Doffing

MS Mourad

In this narrative medicine essay an internal medicine hospitalist explores what the new diagnosis of breast cancer means for her professional identity and considers how the COVID-19 pandemic facilitates the hiding of serious illness but also complicates disclosing the news to colleagues and friends.

EDITORIAL

537 Searching for the Optimal Exercise Training Regimen in Heart Failure With Preserved Ejection Fraction

A Pandey and DW Kitzman

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540 Bicuspid Aortic Valve—

A Common Form of Structural Heart Disease

G Curfman

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+ Online at JAMA.com

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Editor's Summary of This Issue

Mandating COVID-19 Vaccines

Managing Chronic Medical Conditions for Homeless Patients Presenting to the Emergency Department

Understanding SARS-CoV-2 Genetic Variants

Understanding the New SARS-CoV-2 Mutation Found in England

Osteoarthritis—
Diagnosis and Treatment

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+ INSTRUCTIONS FOR AUTHORS

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Editor in Chief
Howard Bauchner, MD

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Clinical Review & Education

REVIEW

568 Diagnosis and Treatment of Hip and Knee Osteoarthritis: A Review

JN Katz, KR Arant, and RF Loeser

This narrative review summarizes the pathophysiology, diagnosis, and treatment of osteoarthritis (OA) of the hip and knee, including use of structured exercise, acetaminophen and NSAIDs, corticosteroid injections, and surgery to manage symptoms.

Related Article [581](#)

[Audio](#) | [CME](#)

JAMA CLINICAL CHALLENGE

579 An 18-Month History of Dorsal Foot Lesions

GT Moffat, Z Ren, and AA Simone

A 32-year-old Nigerian woman with a childhood transfusion history developed scaly plaques with cobblestone surfaces on the dorsum of the forefoot and midfoot bilaterally; serologic testing was negative for HIV and positive for hepatitis C virus. What is the diagnosis and what would you do next?

FROM THE MEDICAL LETTER ON DRUGS AND THERAPEUTICS

581 Drugs for Osteoarthritis

This Medical Letter review reproduces a Table summarizing key information about drugs for osteoarthritis published as part of a comprehensive review on the topic.

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[Audio](#)

JAMA PATIENT PAGE

596 Treatment of Alcohol Use Disorder

AK Patel and AA Balasanova

This JAMA Patient Page explains the medications (naltrexone, acamprosate, disulfiram) and behavioral treatments (cognitive behavior therapy [CBT]) used to manage alcohol use disorder.

News & Analysis

MEDICAL NEWS & PERSPECTIVES

517 Helping People Who Are Homeless Stay Healthy During the Pandemic

R Rubin

This Medical News story profiles Harvard dermatologist Jennifer Tan, MD, who helps care for people experiencing homelessness.

[Audio](#) | [Audio](#)

THE JAMA FORUM

520 Social Isolation and Loneliness: Imperatives for Health Care in a Post-COVID World

E Escalante, RL Golden, and DJ Mason

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522 CRISPR-Based COVID-19 Smartphone Test in Development

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522 Predicting COVID-19 Outcomes in Emergency Department Patients

522 Phone Apps and Wearable Trackers Modestly Improve Activity

NEWS FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION

523 Updated Recommendations for Gonorrhea Treatment

523 Accelerated Overdose Deaths Linked With COVID-19

Humanities

THE ARTS AND MEDICINE

515 Death by Massive Hemorrhage in Robert Frost's "Out, Out-": A Plea to the Immediate Responder

R Buckland and MK Abernethy

This Arts and Medicine feature uses poet Robert Frost's poem "Out, Out-", about the tragic death of a boy in the premodern era from a work injury and hemorrhagic shock, to discuss the stakes of developing a more effective public health response to traumatic injury.

POETRY AND MEDICINE

590 To a Firstborn Son

SH Van Hoeven

JAMA REVISITED

591 Income Tax Credit for Charity Practice of Physicians

Letters

RESEARCH LETTER

584 Prevalence and Outcomes of SARS-CoV-2 Infection Among Migrant Workers in Singapore

IB Tan and Coauthors

This study examines the prevalence and outcomes of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection among migrant workers in Singapore.

COMMENT & RESPONSE

Financing of US Graduate Medical Education

585 TJ Royce

In Reply

586 JA Grischkan, AB Friedman, and A Chandra

Update on Blood Pressure Control Among US Adults With Hypertension

586 LC Kovell, CM Harrington, and ED Michos

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587 P Muntner and ST Hardy

Algorithmic Stewardship in Health Care

588 Y Li and J Wang

In Reply

588 S Eaneff, Z Obermeyer, and AJ Butte

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