

# In This Issue of JAMA

## Research

### Weight Loss in Overweight Adults 667

Variation in genotype or differences in insulin secretion may explain why some individuals respond better than others to weight-loss diets. Gardner and colleagues randomized 609 overweight adults to receive a low-fat diet or a low-carbohydrate diet and found that neither genotype pattern nor baseline insulin secretion was associated with dietary effects on weight loss.

➤ CME [jamanetwork.com/learning](http://jamanetwork.com/learning)

### CARING FOR THE CRITICALLY ILL PATIENT Prophylaxis for Delirium in Critically Ill Adults 680

In patients with critical illness, delirium is associated with prolonged duration of mechanical ventilation and increased mortality. A randomized trial by van den Boogaard and colleagues for the REDUCE Study Investigators enrolled 1789 critically ill adults in 21 intensive care units and found that haloperidol prescribed as prophylaxis for delirium did not improve survival. In an Editorial, Delaney and colleagues note that nonpharmacological interventions to prevent delirium, such as avoiding excessive sedation, benzodiazepines, and nocturnal noise; mobilizing patients; and maintaining a day-night schedule, remain the standard of care.

Ⓜ Editorial 659

➤ CME [jamanetwork.com/learning](http://jamanetwork.com/learning)

### Costs of Billing and Insurance-Related Activities 691

Administrative costs account for a large proportion of health care expenditures in the United States. Tseng and colleagues conducted interviews with 27 health system administrators and 34 physicians for a time-driven activity-based costing study and estimated the costs of billing and insurance-related activities to range from \$20 for a primary care visit to \$215 for an inpatient surgical procedure. In an Editorial, Lee and Blanchfield suggest that alternative payment models and standardized transmission of clinical and financial data could improve the efficiency of electronic billing and payment systems.

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134 YEARS  
OF CONTINUOUS  
PUBLICATION

## Clinical Review & Education

### Acute Respiratory Distress Syndrome

698

Acute respiratory distress syndrome is an inflammatory lung injury that accounts for 10% of intensive care unit admissions. Fan and colleagues review the diagnosis and treatment of patients with this life-threatening condition. In an Editorial, Gattinoni and colleagues recommend enhancements in the design of clinical trials of therapeutic interventions for acute respiratory distress syndrome.

■ Editorial 664 Related Article 711 JAMA Patient Page 732

■ Author Audio Interview [jama.com](http://jama.com) CME [jamanetwork.com/learning](http://jamanetwork.com/learning)

### Mechanical Ventilation in Adults with ARDS

711

In this JAMA Clinical Guidelines Synopsis of a 2017 guideline developed by the American Thoracic Society, the European Society of Intensive Care Medicine, and the Society of Critical Care Medicine, Howell and Davis discuss the benefits and harms of mechanical ventilation in adult patients with acute respiratory distress syndrome (ARDS).

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### Ulcerated Nodule of the Fingernail

713



This JAMA Clinical Challenge by Lipner presents a woman in her 60s with an ulcerated nodule on her finger and near-complete loss of the nail. What would you do next?



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Derek Angus, MD, MPH summarizes and comments on this week's issue.

#### Medical News Interview

**AUDIO** JAMA Associate Editor Christopher Muth, MD, discusses antisense oligonucleotides with Stefan Pulst, MD, featured in "ASO Therapy: Hope for Genetic Neurological Diseases"

#### Author Interview

**AUDIO** JAMA Associate Editor Derek Angus, MD, MPH, talks with Eddy Fan, MD, PhD, author of "Acute Respiratory Distress Syndrome: A Review"

#### Online First Articles

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