

Assignment Sheet Chapter18 Assisting With Medications Academic PDF

assignment sheet chapter18 assisting with medications is a fundamental component of healthcare education, focusing on equipping caregivers, nursing assistants, and healthcare professionals with the knowledge and skills necessary to safely assist patients with their medications. Proper medication management is critical in ensuring patient safety, promoting effective treatment outcomes, and preventing medication errors. This chapter typically covers essential topics such as medication types, administration procedures, patient rights, safety protocols, and documentation practices. Understanding these elements is vital for anyone involved in patient care, especially in settings like hospitals, long-term care facilities, or home health environments.

Understanding Medications and Their Types

Common Types of Medications

Medications come in various forms and serve different purposes. Familiarity with these types helps caregivers administer them correctly and understand their effects. Common medication categories include:

- **Prescription Medications:** These are drugs prescribed by a healthcare provider and require specific instructions for use.
- **Over-the-Counter (OTC) Medications:** Available without a prescription, used for minor ailments like headaches or colds.
- **Topical Medications:** Applied directly to the skin or mucous membranes, such as creams or ointments.
- **Inhalers and Nebulizers:** Used to deliver medication directly into the respiratory system.
- **Injectable Medications:** Administered via injection, including vaccines and insulin.
- **Liquid Medications:** Often prescribed for children or those who have difficulty swallowing pills.

Understanding Medication Purposes and Effects

Medications are designed to treat, manage, or prevent health conditions. Recognizing their purposes helps caregivers anticipate potential side effects and monitor patient responses. Common purposes include:

- Treating infections (antibiotics)
- Relieving pain (analgesics)
- Controlling blood pressure (antihypertensives)
- Managing blood sugar levels (insulin, oral hypoglycemics)
- Reducing inflammation (steroids)
- Correcting hormonal imbalances (hormone therapy)

Understanding these basics is foundational in assisting with medication administration safely and effectively.

Patient Rights and Safety Protocols

The Right Medication

Ensuring the patient receives the correct medication is paramount. This involves verifying the medication label against the physician's order, checking expiration dates, and confirming the medication's identity.

The Right Dose

Accurate measurement is critical, especially with liquid medications or dosages requiring precise calculations. Use appropriate measuring devices and double-check calculations when necessary.

The Right Patient

Always verify the patient's identity using two identifiers, such as name and date of birth, to prevent medication errors.

The Right Time

Administer medications at the scheduled times to maintain therapeutic levels in the body and prevent complications.

The Right Route

Follow the prescribed method of administration, whether oral, topical, injection, or other routes.

The Right Documentation

Record all medication administrations accurately, including time, dose, and any reactions observed.

Assisting with Medication Administration

Preparation and Safety Measures

Before administering medications:

- Wash hands thoroughly to prevent contamination.
- Gather all necessary supplies and medications before approaching the patient.
- Verify the medication order and check for allergies or contraindications.
- Explain the procedure to the patient to promote cooperation and reduce anxiety.

Administering Medications

Depending on the route, the steps may vary:

- **Oral medications:** Use a cup or medication spoon, tilt the patient's head slightly back, and ensure the patient swallows completely.
- **Topical medications:** Wear gloves, apply the medication as prescribed, and avoid contamination.
- **Injections:** Follow aseptic technique, prepare the syringe and needle properly, and administer at the correct site and angle.
- **Inhalers:** Assist the patient in proper inhalation technique to ensure medication reaches the lungs.

Monitoring and Recording

Observe the patient for any adverse reactions or side effects after administration. Document the medication given, including time, dose, route, and patient response.

Handling Special Situations and Challenges

Dealing with refusals or resistance

Sometimes, patients may refuse medication. In such cases:

- Remain calm and respectful.
- Explain the importance of the medication.
- Assess the reason for refusal and communicate with the healthcare team if necessary.

Managing Side Effects and Adverse Reactions

Be vigilant for signs of allergic reactions, nausea, dizziness, or other side effects. Promptly report any adverse events to the supervising nurse or healthcare provider.

Handling Medications Safely

Proper storage is essential to maintain medication effectiveness. Store medications as per manufacturer instructions, away from children and pets, and ensure proper disposal of expired or unused drugs.

Documentation and Communication

Accurate Record-Keeping

Documentation should include:

- Medication name and dose
- Time and route of administration
- Patient's response or reactions
- Any missed doses or refusals

Effective Communication with the Healthcare Team

Report any concerns, side effects, or changes in the patient's condition promptly. Clear communication ensures coordinated care and patient safety.

Legal and Ethical Considerations

Maintaining Confidentiality

Patient medication information is confidential. Respect privacy and only share details with authorized personnel.

Following Policies and Procedures

Adhere strictly to facility protocols, state laws, and professional guidelines related to medication assistance.

Avoiding Medication Errors

Double-check all steps, consult with supervisors when uncertain, and never administer medications based on assumptions.

Training and Continuing Education

Healthcare providers must stay current with medication guidelines through ongoing training and education. This ensures best practices and enhances patient safety.

Conclusion

Assisting with medications is a vital responsibility that requires attention to detail, thorough knowledge, and a strong commitment to patient safety. By understanding medication types, adhering to safety protocols, and maintaining clear communication, caregivers can effectively support patients in their treatment plans. Proper education and adherence to best practices minimize risks and promote positive health outcomes, making medication assistance a cornerstone of quality healthcare.

This comprehensive overview of assignment sheet chapter18 assisting with medications provides essential information for anyone involved in medication management, emphasizing safety, accuracy, and professionalism in caregiving roles.

Assignment Sheet Chapter 18: Assisting with Medications ? A Comprehensive Review

In the realm of healthcare, particularly within nursing education, understanding the intricacies of medication administration is paramount. Chapter 18 of the assignment sheet, titled "Assisting with Medications," serves as a foundational guide for aspiring healthcare professionals to develop competence, safety awareness, and ethical practice in medication management. This article delves deeply into the core components of this chapter, examining its significance, key concepts, safety protocols, legal considerations, and practical applications.

The Significance of Medication Assistance in Healthcare

Proper medication administration is a cornerstone of effective patient care. In many healthcare settings, including hospitals, nursing homes, and community clinics, caregivers are responsible for assisting patients with their prescribed medications. This role requires a blend of technical knowledge, clinical judgment, and compassionate communication.

The purpose of Chapter 18 is to equip healthcare assistants, nursing students, and other allied health professionals with the skills necessary to support medication routines safely and effectively. This encompasses understanding different types of medications, recognizing potential side effects, and adhering to legal and ethical standards.

Core Concepts in Assisting with Medications

Understanding Medication Types and Routes

A fundamental aspect of assisting with medications involves knowledge of various drug classifications and administration routes. These include:

- Oral medications: tablets, capsules, liquids
- Topical medications: creams, patches
- Inhalers: respiratory medications
- Injections: subcutaneous, intramuscular, intravenous
- Suppositories: rectal or vaginal applications

Recognizing these categories helps caregivers prepare and administer medications appropriately, adhering to specific protocols for each.

The Medication Administration Process

The process typically involves a series of critical steps:

- Verification of the medication order: Ensuring correctness of drug, dose, route, and timing.
- Preparation: Gathering the correct medication, checking expiration dates, and preparing the dose.
- Patient identification: Confirming patient identity through at least two identifiers.
- Patient education and consent: Explaining the medication purpose and potential side effects.
- Administration: Using proper techniques to deliver the medication safely.
- Documentation: Recording the administration details accurately in the patient's record.
- Monitoring: Observing for adverse reactions or therapeutic effects post-administration.

Critical Safety Precautions

The chapter emphasizes the importance of safety through practices such as:

- The "Five Rights": Right patient, right medication, right dose, right route, right time
- Hand hygiene: To prevent infection
- Use of personal protective equipment (PPE): When necessary
- Avoiding distractions: To prevent errors
- Double-checking medications: Especially high-risk drugs

Legal and Ethical Considerations

Assisting with medications is bound by legal and ethical frameworks that protect patient rights and safety.

Legal Responsibilities

Healthcare assistants and students must understand that:

- Authorization: Only qualified personnel should administer medications.
- Documentation: Accurate and timely recording is a legal obligation.
- Patient confidentiality: Respecting privacy during medication administration.
- Reporting errors: Promptly notifying supervisors of any mistakes or adverse events.

Ethical Principles

Key ethical considerations include:

- Respect for autonomy: Ensuring patients consent to medication routines.
- Beneficence: Acting in the patient's best interest.
- Nonmaleficence: Avoiding harm through careful practice.
- Justice: Providing equitable care regardless of background.

Practical Skills and Techniques

Patient Identification Protocols

Accurate identification minimizes medication errors. Techniques include:

- Using two identifiers (e.g., name and date of birth)
- Checking wristbands
- Confirming with the patient when possible

Preparing and Administering Oral Medications

Steps involve:

- Washing hands and donning PPE
- Verifying medication against the order
- Opening containers carefully
- Positioning the patient appropriately
- Using techniques like "sip and swallow" for liquids
- Ensuring patient completes or understands the medication

Administering Topical and Inhaled Medications

- Topicals: Cleanse skin area, apply medication evenly, and record application.
- Inhalers: Demonstrate proper inhalation technique, verify device function, and monitor for side effects.

Handling Injections and Parenteral Medications

Administering injections demands:

- Knowledge of anatomy and injection sites
- Use of sterile techniques
- Proper disposal of sharps
- Monitoring for local reactions or systemic effects

Monitoring and Documentation

Post-administration, caregivers must observe the patient for signs of adverse reactions, effectiveness, or discomfort. Documentation should include:

- Medication name and dose
- Time of administration
- Patient's response
- Any observed side effects or complications

Accurate records are essential for ongoing care, legal accountability, and communication among the care team.

Common Challenges and How to Address Them

Managing Patient Resistance

Some patients may be hesitant or refuse medication. Strategies include:

- Providing clear explanations
- Addressing concerns empathetically
- Consulting with the healthcare team for alternative approaches

Preventing Medication Errors

Error prevention measures involve:

- Strict adherence to the "Five Rights"
- Using checklists
- Avoiding interruptions during preparation and administration
- Collaborating with pharmacists for complex medications

Handling Emergency Situations

In cases of adverse reactions, caregivers should:

- Stop medication immediately
- Assess and stabilize the patient
- Notify medical professionals promptly
- Document the incident thoroughly

Training and Continuing Education

Ongoing education is vital to stay updated on new medications, protocols, and safety standards. Many institutions require regular competency assessments, workshops, and refresher courses.

Conclusion

Chapter 18, "Assisting with Medications," serves as a comprehensive guide that underscores the importance of meticulous practice, legal awareness, and compassionate care. As healthcare continues to evolve, so does the complexity of medication management, demanding that caregivers remain vigilant, informed, and ethically grounded. Proper training, adherence to safety protocols, and effective communication are the pillars that uphold patient safety and therapeutic success.

By mastering the principles outlined in this chapter, healthcare assistants and students can

confidently support medication routines, contribute to positive patient outcomes, and uphold the highest standards of care.

Question What are the key responsibilities when assisting with medication administration according to Chapter 18? Key responsibilities include verifying the medication order, ensuring proper dosage, administering medications safely, monitoring for side effects, and documenting the administration accurately. How should you handle a medication error if it occurs during administration? If a medication error occurs, immediately notify the supervisor or nurse, assess the patient for adverse effects, document the error accurately, and follow facility protocols for reporting and managing the incident. What are common methods used to verify patient identity before administering medications? Common methods include checking the patient's wristband, asking the patient to state their name and date of birth, and cross-referencing with the medication order or MAR (Medication Administration Record). Why is it important to understand the side effects of medications when assisting with their administration? Understanding side effects helps in monitoring the patient effectively, providing appropriate care, and recognizing adverse reactions early to ensure patient safety. What precautions should be taken when administering medications via different routes (oral, injection, topical)? Precautions include following proper technique, checking for allergies, ensuring correct dosage, maintaining sterility for injections, and applying topical medications appropriately without contamination. How can you ensure proper documentation after assisting with medication administration? Documentation should include the medication name, dose, time of administration, route, and any observations or patient responses, entered promptly and accurately into the patient's record. What are signs that a medication may be causing an adverse reaction in a patient? Signs include rash, dizziness, nausea, difficulty breathing, swelling, unusual behavior, or any other unexpected physical or mental changes that warrant immediate attention. What are the legal and ethical considerations when assisting with medication administration? Legal and ethical considerations include maintaining patient confidentiality, verifying prescriptions, administering medications only when authorized, and reporting any errors or concerns promptly to ensure safe and ethical care.

Related keywords: assignment sheet, chapter 18, assisting with medications, medication administration, medication safety, drug administration procedures, medication rights, nursing assistance, medication documentation, medication guidelines, patient safety

Be with

be with is a phrase that resonates deeply across different aspects of life—whether in relationships, personal growth, or day-to-day interactions. It encapsulates the idea of presence, companionship, and emotional connection. Understanding the multifaceted meaning of "be with" can help individuals

foster stronger relationships, improve their mental well-being, and cultivate a more mindful approach to life. In this comprehensive guide, we will explore the various dimensions of "be with," including its significance in relationships, its role in self-awareness, and practical ways to embody this concept in everyday life.

Understanding the Meaning of "Be With"

The phrase "be with" is versatile and context-dependent. At its core, it signifies being present, sharing experiences, and forming bonds with others or oneself. It can imply:

- Emotional connection: Being emotionally available and attentive.
- Physical presence: Spending time together in person.
- Mindfulness: Being fully present in the moment.
- Supportiveness: Offering companionship during difficult times.
- Acceptance: Embracing oneself or others without judgment.

Recognizing these facets helps to appreciate the depth and importance of "be with" in fostering meaningful relationships.

The Significance of "Be With" in Relationships

Relationships are the foundation of human experience, and "being with" someone is central to creating trust, intimacy, and mutual understanding. Whether romantic, familial, or friendship-based, the act of simply being with another person can have profound effects.

Emotional Presence and Connection

Being with someone emotionally involves more than just physical proximity. It requires active listening, empathy, and genuine interest. When you "be with" someone emotionally, you:

- Validate their feelings.
- Offer a safe space for expression.
- Demonstrate understanding and compassion.

This emotional presence strengthens bonds and fosters a sense of security.

Physical Presence and Quality Time

Spending quality time together is essential in nurturing relationships. Being with someone physically

can involve:

- Sharing meals.
- Going for walks.
- Engaging in shared hobbies.
- Simply sitting in silence, appreciating each other's company.

These moments create memories and deepen connections.

The Role of "Be With" in Building Trust

Trust develops when individuals feel genuinely "with" each other. Consistency, attentiveness, and authenticity are key. When you show up for someone consistently and are present in their life, you cultivate a foundation of trust and reliability.

Practicing "Be With" in Your Daily Life

Integrating the concept of "be with" into daily routines can enhance your relationships and personal well-being. Here are practical ways to embody this idea:

Mindfulness and Presence

- Practice mindfulness meditation to increase your awareness of the present moment.
- During conversations, focus fully on the speaker without distractions.
- Limit multitasking when spending time with others.

Active Listening

- Listen attentively without planning your response.
- Nod or provide affirmations to show engagement.
- Reflect back what you've heard to ensure understanding.

Offering Support and Compassion

- Be available during others' challenging times.
- Show empathy through words and actions.
- Avoid judgment or unsolicited advice; sometimes, just being there is enough.

Self-Reflection and Self-Compassion

- Be with yourself by practicing self-awareness.
- Acknowledge your feelings without suppression.
- Engage in self-care routines that nourish your mind and body.

The Spiritual and Philosophical Aspects of "Be With"

Beyond relationships, "be with" also has spiritual and philosophical connotations. It emphasizes unity, presence, and acceptance of the flow of life.

Being Present in the Moment

Practicing presence aligns with mindfulness philosophies. It encourages individuals to:

- Let go of past regrets and future anxieties.
- Embrace the current experience fully.
- Cultivate gratitude for the present.

Acceptance and Non-Judgment

"Be with" entails accepting situations and people as they are, fostering a sense of peace and understanding.

Unity and Connection

Recognizing that we are interconnected encourages compassion and empathy, emphasizing that "being with" others is part of the human experience.

Common Challenges in Practicing "Be With"

While the concept is simple in theory, it can be challenging to embody consistently. Common obstacles include:

- Distractions and digital interruptions.
- Emotional barriers like fear, mistrust, or past hurt.
- Time constraints and busy schedules.
- Personal insecurities or self-doubt.

Overcoming these challenges requires intentional effort and practice.

Tips to Enhance Your Ability to "Be With" Others and Yourself

- Set boundaries to ensure quality interactions.
- Practice active mindfulness in daily activities.
- Engage in reflective journaling to understand your feelings.
- Prioritize quality over quantity in relationships.
- Learn to listen without judgment and offer genuine support.

Conclusion: Embracing the Power of "Be With"

"Be with" is more than just a phrase; it embodies a philosophy of presence, connection, and acceptance. Whether in nurturing intimate relationships, supporting friends and family, or fostering a healthier relationship with oneself, embodying "be with" can lead to more meaningful, fulfilling experiences. By cultivating mindfulness, compassion, and genuine engagement, you can enrich your life and the lives of those around you. Remember, at its heart, "be with" reminds us that true connection begins with being fully present—an act that has the power to transform relationships and inner peace alike.

Be With: An In-Depth Exploration of Connection, Presence, and Meaning

In an era defined by rapid technological change, social upheaval, and shifting cultural norms, the concept of "be with" has taken on profound significance. Far beyond its simple grammatical structure, "be with" encompasses themes of companionship, mindfulness, emotional intimacy, and existential presence. This long-form exploration aims to dissect the multifaceted nature of "be with", examining its psychological, philosophical, and cultural dimensions, and offering insights into how this phrase influences human experience.

Understanding the Phrase "Be With": Definitions and Variations

At its core, "be with" is a versatile phrase whose meaning shifts depending on context. It can denote:

- Presence and companionship: Being physically or emotionally alongside someone.
- Acceptance and mindfulness: Embracing the present moment or one's current state.
- Relationship commitment: The act of being in a romantic, familial, or platonic partnership.
- Alignment and harmony: Living in accordance with one's values or the natural flow of life.

These variations reveal that "be with" is less about a static state and more about a dynamic process

of engagement, connection, and authentic existence.

The Psychological Dimension of "Be With"

Presence and Mindfulness

One of the most profound interpretations of "be with" is rooted in mindfulness practices. To be with oneself or others in the present moment fosters emotional resilience, reduces stress, and enhances well-being. Mindfulness-based therapies encourage individuals to be with their thoughts, feelings, and sensations without judgment, cultivating a sense of inner peace.

Key aspects include:

- Acceptance: Allowing emotions to be present without suppression or avoidance.
- Non-attachment: Recognizing transient thoughts and feelings without clinging.
- Compassion: Extending kindness inwardly and outwardly.

Research indicates that practicing "being with" one's emotions can improve mental health, bolster emotional intelligence, and deepen interpersonal relationships.

Attachment and Connection in Relationships

In romantic and platonic contexts, "be with" signifies emotional availability and genuine connection. Healthy relationships often hinge on the ability to be with another person authentically?listening, empathizing, and sharing vulnerabilities.

Studies in attachment theory reveal that individuals who are comfortable being with their partner's emotions tend to report higher relationship satisfaction. Conversely, avoidance of being with difficult feelings or conflicts can erode intimacy.

Common themes include:

- Empathy: Truly listening and understanding the other.
- Presence: Giving undivided attention.
- Mutual vulnerability: Sharing fears, hopes, and insecurities.

Philosophical and Cultural Perspectives on "Be With"

Existential Philosophy and the Art of "Being"

Existential philosophers like Jean-Paul Sartre and Martin Heidegger emphasize the importance of authentic existence?being with oneself and the world in a genuine manner. Heidegger's concept of Dasein ("being there") underscores the necessity of authentic presence and awareness.

In this context, "be with" involves:

- Living intentionally.
- Facing mortality and the transient nature of life.
- Cultivating a sense of connectedness with existence itself.

This philosophical outlook encourages individuals to be with their authentic selves, embracing both their limitations and potentials.

Cross-Cultural Interpretations

Different cultures have unique perspectives on "be with":

- Japanese: The concept of "wa" emphasizes harmony and being with others in a way that fosters social cohesion.
- African: The idea of Ubuntu ? "I am because we are" ? highlights communal existence and interconnectedness.
- Indigenous Cultures: Often stress living in harmony with nature and the community, embodying the essence of being with the environment and others.

These cultural paradigms show that "be with" is integral to collective identity and societal functioning.

The Role of "Be With" in Modern Society

Digital Age and the Challenge of Connection

In a world saturated with social media, the act of being with has transformed dramatically. Virtual interactions can create a paradoxical sense of loneliness amid connectivity. The superficiality of online engagements can hinder genuine presence and authentic connection.

Challenges include:

- Superficial interactions: Likes and comments replacing meaningful conversations.

- Distraction: Constant notifications preventing mindfulness.
- Emotional disconnection: An inability to be with difficult feelings or conflicts.

However, the digital realm also offers opportunities for deeper being with others through virtual support groups, mindfulness apps, and online communities that encourage authentic sharing.

Therapeutic and Wellness Practices Centered on "Being With"

Contemporary therapeutic approaches increasingly emphasize "being with" as a foundational principle:

- Mindfulness-Based Stress Reduction (MBSR): Encourages participants to be with their sensations and thoughts.
- Compassion-Focused Therapy: Teaches clients to be with their emotional vulnerabilities.
- Somatic therapies: Focus on bodily awareness, fostering a sense of being with one's physical experience.

These practices aim to cultivate acceptance, resilience, and emotional depth.

Practical Applications and Exercises to Cultivate "Be With"

To integrate "be with" into daily life, consider the following exercises:

- Mindful Breathing

Focus on your breath for five minutes, observing sensations without judgment.

- Emotion Journaling

Write down feelings as they arise, allowing yourself to be with each emotion fully.

- Active Listening

When engaging with others, practice silent presence, resisting the urge to interrupt or judge.

- Nature Immersion

Spend time outdoors, consciously observing your surroundings to be with the natural world.

- Body Scan Meditation

Systematically bring awareness to different parts of your body, fostering physical and emotional presence.

Consistent practice of these exercises can deepen your capacity to be with yourself and others authentically.

Critiques and Limitations of "Be With"

While "be with" offers numerous benefits, it is not without challenges:

- Emotional Overwhelm: Fully being with difficult feelings can be distressing without adequate support.
- Cultural Variability: Not all cultures prioritize or interpret "be with" similarly, influencing its applicability.
- Misinterpretation: Overemphasis on being with can lead to avoidance of necessary action or change.

Balancing being with and proactive engagement is essential for healthy functioning.

Conclusion: Embracing the Power of "Be With"

The phrase "be with" encapsulates a profound approach to life—one rooted in presence, connection, acceptance, and authenticity. Whether viewed through psychological, philosophical, or cultural lenses, "be with" invites us to slow down, embrace the moment, and cultivate genuine relationships with ourselves, others, and the world.

In a society often driven by speed and superficiality, mastering the art of "being with" can serve as a pathway to deeper fulfillment, resilience, and meaningful existence. It challenges us to confront our inner landscapes and external realities with honesty and compassion, ultimately fostering a richer, more connected human experience.

References:

- Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday*

Life. Hyperion.

- Bowlby, J. (1988). A Secure Base: Parent-Child Attachment and Healthy Human Development. Basic Books.
- Heidegger, M. (1927). Being and Time. (J. Macquarrie & E. Robinson, Trans.).
- Tutu, D. (2008). Ubuntu: I Am Because We Are. (Various sources).

In embracing "be with", we open ourselves to a richer, more authentic existence?one that celebrates presence over perfection, connection over distraction, and being over doing.

QuestionAnswer What does it mean to be with someone in a relationship? Being with someone in a relationship typically means sharing a committed, mutual connection, often involving emotional intimacy, support, and companionship. How can I be with someone who lives far away? To be with someone long-distance, focus on regular communication, trust, setting shared goals, and planning visits to maintain your bond despite the physical distance. What are some ways to be with yourself and practice self-love? Being with yourself involves self-reflection, engaging in activities you enjoy, practicing mindfulness, and prioritizing your well-being to foster self-love and acceptance. How does being with family influence our mental health? Being with family provides emotional support, a sense of belonging, and stability, which can positively impact mental health, though unhealthy dynamics may have adverse effects. What does it mean to be with someone in a supportive way? Being with someone supportively involves listening, understanding their feelings, offering help when needed, and being present during both good and challenging times. How can I be with my friends more meaningfully? To be with friends meaningfully, prioritize quality time, active listening, sharing experiences, and showing genuine care and interest in their lives. What are some signs that someone truly wants to be with you? Signs include consistent communication, making time for you, showing interest in your life, supporting you, and demonstrating trust and respect in the relationship.

Related keywords: companionship, presence, together, accompany, stay, unite, connect, associate, link, join

Read the full article online: [Be with](#)