Research

CARING FOR THE CRITICALLY ILL PATIENT
Preventing Extubation Failure

High-flow nasal oxygen with noninvasive ventilation can improve gas exchange and decrease the work of breathing. For the HIGH-WEAN Study Group and REVA Research Network, Thille and colleagues randomized 648 mechanically ventilated patients and found that the use of high-flow nasal oxygen with noninvasive ventilation immediately after extubation significantly decreased the risk of reintubation as compared with high-flow nasal oxygen alone. In an Editorial, Telias and Ferguson discuss how the findings of this trial can be applied in clinical practice.

Editorial 1455
Visual Abstract jama.com  CME jamanetwork.com/learning

CARING FOR THE CRITICALLY ILL PATIENT
Selepressin for Septic Shock

Selepressin is a noncatecholaminergic vasopressor that mitigates sepsis-induced vasodilatation, vascular leakage, and edema. Laterre and colleagues for the SEPSIS-ACT Investigators randomized 868 patients who were receiving norepinephrine for the treatment of septic shock and found that selepressin, compared with placebo, did not reduce vasopressor- and ventilator-free days.

Visual Abstract jama.com

Adherence to Diet and Physical Activity

A major challenge for studies of nutritional interventions is adherence of the participants to dietary goals. Sayón-Orea and colleagues conducted a preliminary analysis of a randomized trial with 6874 participants and found that encouragement to follow an energy-reduced Mediterranean diet plus physical activity, compared with advice to follow an energy-unrestricted Mediterranean diet, resulted in a significantly greater increase in diet adherence after 12 months.

Editor's Note 1500
Visual Abstract jama.com  CME jamanetwork.com/learning

Opinion

Viewpoint

1445 Can Physicians Work in US Immigration Detention Facilities While Upholding Their Hippocratic Oath?
P Spiegel, N Kass, and L Rubenstein

1447 Physicians Talking With Their Partners About Patients
NP Morris and N Eshel

1449 What Is the Value of Market-Wide Health Care Price Transparency?
AD Sinaiko

1451 Improving Value in Health Care Through Comprehensive Supply Optimization
C Thiel and LI Horwitz

A Piece of My Mind

1453 When You Can’t Find a Heartbeat
BJ Buelow and MW Buelow

Editorial

1455 Added Benefit of Noninvasive Ventilation to High-Flow Nasal Oxygen to Prevent Reintubation in Higher-Risk Patients
I Telias and ND Ferguson

1458 Elusive Waste: The Fermi Paradox in US Health Care
DM Berwick

1460 Toward Evidence-Based Policy Making to Reduce Wasteful Health Care Spending
KE Joynt Maddox and MB McClellan

1463 Waste in the US Health Care System
H Bauchner and PB Fontanarosa

LETTERS

Research Letter

1515 Association of Maternal Gastric Bypass Surgery With Offspring Birth Defects
M Neovius and Coauthors

Comment & Response

1517 Development Assistance for Health in Low-Income Countries
1518 Reasons for Increases in Complications of Diabetes
1519 Challenges of Dual-Physician Couples

Editor in Chief
Howard Bauchner, MD

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Clinical Review & Education

Waste in the US Health Care System 1501
The United States spends more on health care than any other country, and approximately 30% of this spending may be considered waste. Shrank and colleagues estimate the costs of health care waste in the domains of care delivery, care coordination, overtreatment or low-value care, pricing, fraud and abuse, and administrative complexity. In related Editorials by Joynt Maddox and McClellan, Berwick, and Bauchner and Fontanarosa, the authors discuss administrative and political barriers to reducing waste in the US health care system.

CLINICAL UPDATE
Control of Candida auris Colonization 1510
Candida auris is an emerging pathogen that can cause severe infection in patients with underlying comorbid illness. This JAMA Insights article by Bradley discusses recommendations for control of this widely disseminated, drug-resistant pathogen.

A Man With Joint Pain and Proteinuria 1512
This JAMA Clinical Challenge by Al Saleh and colleagues presents a 66-year-old man who had chronic joint pain associated with soft tissue masses, periorbital purpura, and albuminuria. What would you do next?