

KNOWLEDGE CENTRAL

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B O O K S

Conversations in Palliative Care. Joan T. Panke and Patrick Coyne* (Eds.). Pensacola, FL: Pohl Publishing, Inc., 2004, 324 pages, \$36.

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Nursing school, work internships, and job orientations provide nurses with the scientific basis for nursing care as well as an introduction to potential patients and situations that may be encountered in the

future. However, these experiences usually do not discuss the art of nursing and cannot provide answers to all of the questions faced by nurses actually engaged in patient care. *Conversations in Palliative Care* addresses this gap. "Palliative care" cannot be categorized neatly; therefore, this book discusses situations encountered in emergency rooms, medical-surgical units, homecare settings, nursing homes, pediatric settings, and even obstetric units, to name a few. This is the book every new nurse needs, every experienced oncology or palliative care nurse wishes he or she had possessed years ago, and every patient care provider can profit from.

Prepared in a question-and-answer format, the book features realistic scenarios geared toward patients and families. The book's tone is friendly and nonthreatening (e.g., "Here are some suggestions we've found to be helpful"), and a model that nurses can incorporate into their own style of communication is included. Information is practical and stresses ongoing thorough assessment. A broad range of subjects is covered, and taboo topics (i.e., the effect of economic issues on symptom management, disenfranchised grief, perinatal hospice, providing less-than-ideal nursing care) are addressed without hesitation.

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A chapter on palliative care financing seems more complex than the others and moves the book from a basic to an intermediate or advanced level and from bedside to administrative aspects of patient care. Its inclusion, however, rounds out the picture of palliative care.

At first, the question-and-answer format seemed tedious and inconsistent with the title (i.e., no conversation seemed to be included). However, the tone seemed to create a comfortable, chatty atmosphere and made the book seem less like a text and more like an informal consultation with expert nurses. Each page also includes plenty of space for note taking.

Conversations in Palliative Care has an impressive list of contributors, all well credentialed and from a variety of clinical settings. Disciplines that closely interface with nursing, such as nutrition, physical therapy, and occupational therapy, are represented with chapters written by experts in those fields. The book also discusses topics after death; an entire chapter is devoted to postmortem care and another, written by a funeral home director, describes issues surrounding funerals.

Although scientifically based, this text shares the art of nursing with its readers, both novice nurses and experienced practitioners. It is a welcome addition to any healthcare provider's collection.

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The Cancer Lifeline Cookbook. Kimberly Mathai, with Ginny Smith. Seattle, WA: Sasquatch Books, 2004, 234 pages, \$19.95.

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The Cancer Lifeline Cookbook could be described as a combination cookbook and nutrition guide for patients with cancer, caregivers, and survivors who want to adopt a healthy lifestyle after treatments have been completed. This well-organized, informative, and up-to-date

nutrition and cancer book has wonderful recipes, each with a nutritional analysis.

The text is easy to read and divided into seven sections, including resources for cancer- and nutrition-related information and an index. Each section provides an overview of the cancer-fighting properties of foods, how to incorporate these foods into patients' diet, and tips on menu planning, preparing and storing foods, and recipes. Although few limitations can be found in this book, some of the recipes require ingredients that are not typical in certain regions of the United States (e.g., nori, a sea vegetable that is a rich source of protein). On the other hand, cooking is all about being adventurous and trying unusual ingredients.

The Cancer Lifeline Cookbook addresses nutritional management issues in cancer therapy that are well organized and easy to understand. The chef's and nutritional tips throughout the recipe section are a strong addition to the book. The authors did a great job in discussing cancer and nutritional benefits and implementing them into mouthwatering recipes. Illustrations are sparse; however, the cookbook does provide a glossary of terms.

The uniqueness of this publication lays in its upbeat approach to promoting healthy eating during cancer therapy without compromising flavors, variety, or good nutrition. The section on 10 super foods is very practical. This cookbook would be a great addition to patients' libraries.

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Midlife and Older Adults and HIV: Implications for Social Service Research, Practice, and Policy. Cynthia Cannon Poindexter and Sharon M. Keigher (Eds.). Binghamton, NY: Haworth Press, Inc., 2004, 130 pages, \$19.95.

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Midlife and Older Adults and HIV: Implications for Social Service Research, Practice, and Policy was published simultaneously by Haworth Press, Inc., and as a monograph of the *Journal of HIV/AIDS and Social Services* (Vol. 3, No. 1). Written by and for social service providers, this collection of

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