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B O O K S

The Guide to Community Preventive Services: What Works to Promote Health? *Task Force on Community Preventive Services. New York: Oxford University Press, 2005, 542 pages, \$35 (softcover), \$65 (hardcover).*

✓ ✓ Y Y Softcover



The purpose of this well-written guide is to offer healthcare providers a resource to aid in selecting interventions to improve health and prevent disease at community, local, and state levels or within an organization or agency. Although the intended audience is healthcare providers working in the community, *The Guide to Community Preventive Services: What Works to Promote Health?* is useful for any provider, researcher, or educator involved in program planning, intervention research, or community outreach. This text is designed as a companion to the *Guide to Clinical Preventive Services*, which focuses on interventions for the individual patient or client. In tandem, the two guides provide information on a range of services for individuals and populations.

The interventions are divided into two sections: (a) changing risk behaviors and addressing environmental challenges and (b) reducing disease, injury, and impairment. Interventions are categorized further according to those that are recommended based on a systematic review of existing research studying the particular problem and those that have been studied but lack sufficient evidence to support their use. The table of contents is organized according to individual diseases or risk behaviors, and each chapter is presented in a similar format. Although one

chapter is devoted to cancer interventions, the discussion is limited to preventing skin cancer by reducing exposure to ultraviolet radiation and promoting informed decision making for cancer screening. This may be a limitation for oncology nurses working in other cancer-related areas.

Other chapters may be beneficial to oncology nurses, particularly those working in the areas of disease prevention and health promotion. For example, a chapter about tobacco focuses on reducing initiation, increasing cessation, and decreasing exposure to environmental tobacco smoke. A chapter dedicated to the social environment includes an examination of culturally competent health care, which is relevant for all oncology nurses regardless of practice setting.

In addition to the text itself, several other products provide a systematic review of findings, recommendations, and various types of information in different formats. For example, the Web site www.thecommunityguide.org presents the most up-to-date and comprehensive collection of the guide's information. *The Guide to Community Preventive Services* is a unique contribution to the field of evidence-based practice, providing oncology nurses with the most current community interventions that can be coordinated with individual interventions in the clinical guide. These additional resources are especially valuable for oncology nurses planning intervention research, evaluating programs, or individualizing patient care based on the most current evidence-based research.

Along with the clinical guide, *The Guide to Community Preventive Services* is a worthwhile investment for nurses, healthcare organizations, and academic institutions.

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Making a Difference: Stories From the Point of Care, Volume II. *Sharon Hudacek. Indianapolis, IN: Sigma Theta Tau International, 2004, 325 pages, \$29.95.*

✓ Y Y Softcover



Through storytelling, nursing comes alive in this second volume in the series by Sharon Hudacek, RN, EdD. *Making a Difference: Stories From the Point of Care* has more than 100 new stories by and about nurses from around the world. Published by Sigma Theta Tau International, *Making a Difference* defines the art and science of nursing within exemplars. The book's eight chapters are delineated by different aspects of nursing care. Each story reveals fantastic accounts of nursing skill, devotion, and respect. For example, in the chapter titled "Caring: The Essence of Nursing," stories reflect the authentic relationships between nurses, patients, and families.

The author provides an introduction for each chapter and a summary after many stories. This collection of stories gives nurses a voice and documents their often undervalued and overlooked work. The book is appropriate for several audiences, including graduate nurses and those who are thinking of pursuing nursing. In addition, *Making a Difference* is ideal for seasoned nurses and the general public. The text can be used in nursing curriculum for analysis of nursing within the context of ethics, a nurse's role, and critical thinking. Although the book is easy to read, some formatting issues may be distracting to readers.

Hudacek has written other books, such as *A Daybook for Nurses: Making a Difference Each Day* and *Making a Difference: Stories From the Point of Care, Volume I*. All profits from the sale of this series go to the Making a Difference Foundation, which funds nursing scholarships for licensed practical nursing students returning for a baccalaureate degree in nursing at the University of Pennsylvania in Scranton.

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Ease of Reference and Usability	Content Level	Media Size
Quick, on-the-spot resource	Basic	Pocket size
Moderate time requirement	Intermediate	Intermediate
In-depth study	Advanced and complex, prerequisite reading required	Desk reference

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Natural Standard Herb and Supplement Reference: Evidence-Based Clinical Reviews. Catherine Ulbricht and Eihan Basch (Eds.). St. Louis, MO: Elsevier Mosby, 2005, 1,012 pages, \$129 (annual online subscription available for \$99 at www.naturalstandard.com).



Hardcover



The Natural Standard Research Collaboration was established in 1999 to maintain an online database of evidence-based reviews of complementary and alternative medicines. *Natural Standard Herb*

and Supplement Reference is a collection of reviews for 98 selected herbs and supplements chosen based on utilization data, sales trends, frequency of information requests by institutional and individual users of Natural Standard, and safety concerns. The text is intended primarily for an audience of general medicine clinicians and researchers.

The reviews are authored by multiple contributors from a variety of disciplines and countries. Each review is compiled from literature searches of 10 databases, 20 additional journals, and 50 bibliographies from secondary references. A blinded review process is conducted by multidisciplinary research and clinical faculty at major academic centers. Most reviews include background information, treatment indications that lack sufficient evidence, historic precedent, a safety summary, dosing, toxicology, adverse effects, precautions, contraindications, interactions, a mechanism of action, and a review of the evidence for historic and current uses. Brand names used in clinical trials also are provided. The text's main limitation is that not every review adheres to this template, which may be because of the large number of reviewers and/or the differences in available clinical trial information for each herb or supplement. Most reviews conclude with extensive references, although several include only selected references.

The primary strength of this book is its inclusion of detailed evidence-based discussions and clinical trial summaries not found in most current texts or articles. The Natural Standard Evidence-Based Validated Grading Rationale is used to rate the scientific evidence for common or studied uses (e.g., diabetes, cancer prevention). Evidence tables summarize information about available clinical trials, including the author, year, study design, sample size, statistical significance, quality of the trial, magnitude of benefit, absolute risk reduction, and number needed to treat.

The *Natural Standard Herb and Supplement Reference* is a useful tool for evaluating the safety of herbs and supplements and

is an excellent reference for any healthcare professional working with patients who are using herbs or supplements incidentally or as a component of therapy.

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V I D E O

Living and Laughing With Cancer: A Comedian's Journey. Darren laCroix (Producer). Aquarius Health Care Videos, 1998, 40 minutes, \$99.



Video



Weaving portions of his comedy routine with personal reflection and interviews, Dave Fitzgerald shares his experience of diagnosis, treatment, and recovery from bladder cancer. After participating in the Wellness Community program, he was approached by a couple that expressed their appreciation for sharing his experience with them. As a result of that encounter, Fitzgerald realized that he could impact a wider audience by making a video, one that would share what he had learned about how to sort through treatment options and how he became a fully participating team member in his treatment and recovery.

Fitzgerald admits up front that prior to his diagnosis, he was very independent. When he was diagnosed, he discovered two things: His life would never be the same, and he would have to ask other people for help. However, he learned that once he asked, not only were people willing to help but, much to his amazement, they were thrilled to help, which made asking easier as time went on. From this comes his first helpful suggestions for those dealing with cancer: Ask other people for help, and get involved in your own recovery. Schedule a family meeting with your healthcare team, write down all of your questions, and commit to asking each one to strengthen emotional coping ability. Educate yourself and then choose your best possible treatment. Maintain the least stressful environment possible and get a second and even third opinion.

According to Fitzgerald, patients need to find a special retreat and "remember to feel the breeze" (i.e., have moment-to-moment awareness and gratitude). Patients should force themselves to be involved in other aspects of life by spending at least one to two hours a day focusing on something other than the disease and its treatment. In this way, patients do not become the disease.

This video is intended for patients newly diagnosed with cancer, as well as their fami-

lies and friends. However, given Fitzgerald's comedic style and thoughtful advice, professionals working in oncology may find this video useful. The strength of the video is in Fitzgerald himself and his willingness to answer questions directly and honestly, acknowledging the trauma and humor of his experience. His helpful advice stems from his own life and has the ring of authenticity and good common sense. However, this video may be more useful if it also was available as a DVD. In addition, the interviewer sometimes appears to be self-conscious and the questions somewhat stilted, but useful information is elicited.

Much of what is offered in *Living and Laughing With Cancer* is available in a variety of other formats, but Fitzgerald's unique and refreshing approach would appeal to a wide audience. This video is a valuable contribution to those who are willing and able to participate in their treatment and recovery planning. He successfully addresses a very difficult and painful topic with respect, integrity, and humor.

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Worth a Look

Elisabeth Kübler-Ross: Facing Death. A film by Stefan Haupt. Brooklyn, NY: First Run/Icarus Films, 2002, 57 minutes, \$248 (video or DVD).

Elisabeth Kübler-Ross devoted her life to the study of death and dying and, as a result, achieved world fame. Because of her strong commitment to the subject, she helped to destigmatize dying and draw attention to the treatment of the terminally ill. *Facing Death* was produced in 2002 when Kübler-Ross was living in seclusion in Arizona's desert and awaiting her own death.

Born in Zurich in 1926 as a two-pound triplet, Kübler-Ross studied medicine against her parents' wishes and struggled for recognition as a psychiatrist in the United States. She went on to achieve international prominence because of her work with terminally ill patients and her book titled *On Death and Dying*. This initial success was followed by workshops and lecture tours throughout the world and the establishment of a healing center in Virginia. In the late 1990s, Kübler-Ross suffered a series of strokes and died on August 24, 2004.

Conversations with Kübler-Ross form the core of the film. She looks back on her life, describes her childhood and her work, and explains how she faced aging and impending death. Interviews with her sisters, friends, and colleagues, as well as extensive archival material, provide a comprehensive look into the life and work of this extraordinary woman.

