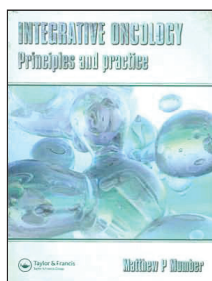


## BOOKS

**Integrative Oncology: Principles and Practice.** Matthew P. Mumber (Ed.), London: Taylor and Francis, 2006, 517 pages, hardcover, \$269.95.



*Integrative Oncology: Principles and Practice* is one of the first comprehensive textbooks in this emerging multidisciplinary field. The text is written primarily for medical stu-

dents and physicians, with ready application to other health professions, including nursing. The book succeeds as a useful theoretical and practical foundation for evidence-based integrative oncology practice. The book likely will be particularly helpful for advanced practice nurses who already work in an environment that supports integrative oncology or those seeking to advocate for, plan, or develop advanced nursing practices incorporating integrative oncology services.

Section I, Principles, includes chapters that cover the principles of integrative oncology, evidence-based medicine, training in integrative medicine, self-care for oncology care providers, models of care, legal issues, and business assessment. Section II, Practice, has chapters focusing on clinical decision making, patient motivation and stages of change, integrative oncology treatment modalities, substance abuse and integrative oncology, and therapeutic approaches for specific malignancies. Experienced oncology nurses seeking in-depth knowledge of integrative oncology theory and practice who are accustomed to reading widely within and beyond nursing likely will find the entire book of interest. However, because the narrative consistently addresses medical students and physicians as readers, the book may not be the best match for undergraduate nursing students who lack the experience to sort out the content that is most applicable to nursing.

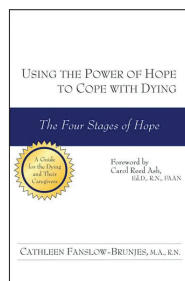
Specific malignancies for which integrative modalities are discussed in some depth include breast, prostate, lung, colorectal, and skin cancer. Treatment

modalities in integrative oncology are consistently defined and discussed in terms of physical activity, nutrition, mind-body interventions, botanicals, manual therapy, energy medicine, spirituality, and alternative medical systems. The book's consistent use of terms across chapters is an important feature in a diverse field still struggling to define its vocabulary. The terms conventional medicine, complementary medicine, alternative medicine, and integrative oncology also are defined clearly.

Mumber's book presents a systematic critique of the limitations of traditional medical approaches to oncology as well as detailed guidelines for transforming the cancer care system to actively incorporate integrative approaches. In chapter 1, Mumber presents a compelling case in support of the claim that the healthcare system in the early 21st century is experiencing a "push away from conventional medicine" and a "pull toward complementary and alternative medicine." For example, conventional medicine increasingly involves "frightening technology," whereas complementary and alternative medicine has a reassuring "hands-on approach." Mumber is convincing in his argument that integrative oncology should retain the best aspects of conventional medicine while "going beyond its limitations." In addition, the text provides clear guidelines for achieving that goal.

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**Using the Power of Hope to Cope With Dying: The Four Stages of Hope.** Cathleen Fanslow-Brunjes. Sanger, CA: Quill Driver, 2008, 119 pages, hardcover, \$25.



Fanslow-Brunjes, an expert in the fields of death, dying, grief, and hospice care, presents and discusses her Hope System, a framework supported by many case studies. The Hope System consists of four stages:

hope for cure, hope for treatment, hope for prolongation of life, and hope for a peaceful death. The Hope System is holistic in addressing physical, emotional,

psychological, and spiritual aspects of a dying person's experience. The book seeks to offer practical guidelines for promoting hope in the dying and their caregivers. Fanslow-Brunjes's experience and achievements lend much credibility to her perspectives and guidance; she developed standards of nursing practice for the care of the dying that are implemented in hospitals throughout the United States. In addition, she has received many awards for exceptional contributions to the hospice movement in the United States and internationally.

The book provides an interesting look at the evolution of Fanslow-Brunjes's career. Her work with the dying began in the late 1950s when she joined the convent of the Nursing Sisters of the Sick Poor at age 17. She graduated from a diploma school of nursing in 1964 and became a student of Kubler-Ross. Through her involvement in Krieger and Kunz's early work in therapeutic touch, Fanslow-Brunjes developed an "energy work" technique used with the dying called the "Hand Heart Connection," which is discussed in chapter 9.

"The Power of Hope in Living and Dying" prepares readers with exploratory techniques that help people uncover their thoughts and feelings about death and loss. Hope, defined as "the belief that potentials may be fulfilled," is described "as an energy manifestation of the human essence" with enormous therapeutic value. "The Four Stages of Hope" introduces the Hope System. Based on a holistic approach, the Hope System goes beyond psychological and medical models of the dying experience and emphasizes the hopes of dying people and their caregivers for cure, treatment, prolongation of life, and a peaceful death.

The book is strengthened by the author's ability to observe, record, and analyze the behaviors of the dying and her experience and commitment in caring for them. However, the evidence from which Fanslow-Brunjes draws her conclusions is limited to case studies. Given that limitation, the book provides a plausible and insightful framework for holistic care of the dying.

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