2002: Palliative Practices from A to Z for the Bedside Clinician
Reviewed by Patricia K. Rosier, MS, RN, C

Palliative Practices from A to Z for the Bedside Clinician is written for healthcare professionals who care for patients at the end of life. The text describes the etiology and pathophysiology of conditions associated with the end of life. Management guidelines, including medication recommendations, are included. Relative expense of interventions is mentioned. Treatments are grouped into 2 categories—death and death is not imminent. Desired patient outcomes, professional competencies, and measurement instruments are included as appropriate.

The text is organized in a user-friendly alphabetical format. Each chapter includes a definition of the condition, pathophysiology, manifestations, management, outcomes, competencies, and references.

More than 50 chapters focus on topics such as agitation, depression, edema, fever, complementary therapies, bereavement, legal issues in pain management, cultural awareness, and insurance. The text thoroughly covers the field of palliative practices. In addition, appendices on management of neuropathic pain, advocacy competencies, and Internet resources are included.

Palliative Practices from A to Z for the Bedside Clinician will be useful to any healthcare professional who cares for patients at the end of life. It is appropriate for all settings, because patients at the end of life are encountered everywhere. The text may be most useful for those who do not deal with these issues on a routine basis. The advanced practice nurse will find this book to be helpful.

Your Career in Nursing: Managing Your Future in the Changing World of Healthcare
Reviewed by Kathy Wright, RNC, MS, CWOCN

As the nursing shortage grows and our Congress acts on funding the Nurse Reinvestment Act, professional opportunities for a rewarding healthcare career abound. Author Annette Vallano has created a book that can build personal confidence levels and inspire lifelong career satisfaction. Vallano is a clinical nurse specialist in private psychiatric mental-health practice, while also serving as an adjunct faculty member at Mercy College in New York. Her nursing career spans more than 25 years, during which she has worked as a direct care provider, nurse manager, and nurse educator; this extensive nursing experience provides an excellent frame of reference for a discussion of the rewards, challenges, and complexities of nursing practice. Contributing authors include Karen Ballard, Director of the Practice and Governmental Affairs Program of the New York Nurses Association, who writes on “The World of Nursing Practice”; Alayne Fitzpatrick, Associate Director of the Undergraduate Nursing Program at Mercy College, who provided the chapter entitled “The Nurse and Technology”; and Mary McGuiness, Director of the Undergraduate Nursing Program at Mercy College, who contributed to the chapter, “The State of Nursing Education.”

The text offers strategies for researching the needs of the healthcare marketplace, with advice on developing a personal marketing plan. Self-care techniques via personal development and stress management are discussed, along with real-life profiles of nurses who have adapted their careers. Specific chapters are dedicated to perspectives for the “older nurse,” the newly graduated nurse, the second career nurse, and male nurses. The discussions on the characteristics of the 21st century nurse and perspectives on magnet hospital status are particularly interesting. Nurses at all levels of practice—whether novice or advanced practitioner—will find this interesting reading, with valuable insights on shaping their nursing practice into a satisfying career.

Voice Massage: Scripts for Guided Imagery
Reviewed by Kathy Wright, RNC, MS, CWOCN

Both consumers and healthcare providers nationwide are becoming increasingly aware of the array of complementary and alternative treatment modalities available to manage health conditions in several patient populations. This text is designed to teach the creative use of therapeutic imagery to facilitate healing and coping with symptom management. Author and editor Denise Murray successfully weaves the work of numerous clinicians to provide interesting case studies and detailed scripts that can be used as guides for learning imagery. Based on the use of holistic awareness, techniques are explained to create visual, auditory, and/or kinesthetic images. Well-written scripts describe how to
combine these sensory modalities with relaxation, rhythmic breathing, reflection, cleansing, and energizing techniques. Specific scripts are included to displace nausea, insomnia, pain, and anxiety, along with centering techniques to implement before initiating healing work.

In addition to using these skills to support their patients in symptom management, practitioners are encouraged to incorporate these skills into their personal self-care toolbox for relaxation and stress relief. The audio CD included as a supplement to the book provides a soothing script and relaxing music to facilitate implementation of the discussed techniques. The advanced practice nurse will find this text a straightforward and easy-to-read resource on this subject area. The extensive reference lists and final chapter on guided imagery resources will be particularly helpful for exploring this treatment modality and other complementary techniques.

**The 5-Minute Pediatric Consult for PDA**
Reviewed by Deborah Chasco, MSN, CCRN, CNS

The 5-Minute Pediatric Consult for PDA, edited by William Schwartz, is highly recommended for residents, physicians, nurses, clinical nurse specialists and advanced practice nurses in pediatrics. The program is easy to install, navigate, and obtain information regarding cardiac conditions with basic information on differential diagnosis, data input, physical examination, laboratory findings, therapy, follow-up care, and interventions. Also included is a question-and-answer section on more than 450 neonatal, pediatric, and adult cardiac challenges in the clinical setting, providing an excellent database at the practitioner’s fingertips. Screen information is readily available, and each program is easily obtained in seconds. The program is geared toward individual preference in providing the user the ability to customize the information displayed.

The 5-Minute Pediatric Consult for PDA is an excellent reference for any critical care setting. It is highly recommended for the advanced practitioner and graduate student in nursing, as well as others in the medical field. It provides an excellent source of comprehensive data on patent ductus arteriosus, tricuspid atresia, aortic stenosis, pulmonary stenosis, osteogenesis imperfecta, mitral valve stenosis, eosinophilic heart disease, and numerous other cardiac conditions, along with treatment plans, pharmacology, and follow-up care for the neonatal, pediatric, and adult populations.

**Children and Disasters: A Practical Guide to Healing and Recovery**
Reviewed by Deborah Chasco, MSN, CCRN, CNS

Children and Disasters is a valuable reference manual for any healthcare provider who assists children with recovery from a traumatic experience. Disasters encompassing war, earthquakes, bombings, flooding, plane crashes, and fires are frightening experiences for children. Children and Disasters addresses how nurses, advanced practice providers, counselors, social workers, psychologists, and other professionals can support children through their encounters with disasters.

Zubenko and Capozzoli excellently outline children’s responses to crisis situations, encompassing developmental concerns during stress and crisis, differentiation between post-traumatic stress disorder and post-traumatic stress reaction, the use of role playing during the recovery phase, group interventions, and normalizing children’s lives after a major crisis.

Case studies are presented throughout the chapters. This reference manual provides practical guidelines for assisting in the emotional and developmental aspects of children’s care after traumatic experiences. In the wake of the September 11, this reference manual outlines coping strategies for children that may help them to develop a sense of safety during troubled times.

Children and Disasters is complete and organized and offers useful information in an area that is rarely taught in the professional setting. This reference manual can be used by all healthcare providers to provide emotional support for children during traumatic times. This is an excellent reference manual for the clinical nurse specialist/advanced practice nurse in any pediatric clinical setting. Children and Disasters is highly recommended for any professional who works with children.