

BOOK of the YEAR AWARDS 2010



The most valuable texts of 2010, as chosen by AJN's panel of judges.

ADVANCED PRACTICE NURSING

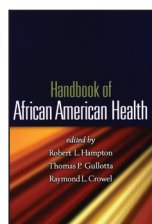
Susan Apold, PhD, RN, ANP-BC, dean, Division of Nursing, Concordia College—New York, Bronxville, the judge for this category, selected no winners this year.

COMMUNITY—PUBLIC HEALTH

Chosen by Stephanie Chalupka, EdD, RN, PHCNS-BC, FAAOHN, professor and director, Master of Science in Nursing Program, Worcester State University, Worcester, MA.

1. Handbook of African American Health

Edited by Robert L. Hampton, Thomas P. Gullotta, and Raymond L. Crowl. New York City, Guilford Press.



This useful and well-written handbook is an important contribution to the literature addressing the social determinants of health and health disparities. Scholars from a wide range of disciplines review risk factors as well as protective factors for specific health conditions.

In a user-friendly format, the authors describe what works, what doesn't work, and what *might* work (these are areas that require additional research). Synthesizing current research on both the physical and psychological health of African Americans, the text has a unique focus on *how* to improve clinical services and research.

The chapters are organized in a consistent format to facilitate the handbook's use as a reference. Clinicians, scholars, health policy advocates, and students will find this timely, evidence-based approach to important components of African American culture and the health conditions that affect the health of the African American community to be invaluable.

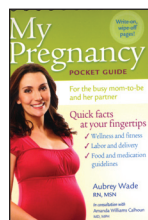
- Consistently connects current knowledge with practice and addresses diagnoses and treatments in the context of African Americans' physical, genetic, sociocultural, and historical circumstances
- Gives equal attention to physical and mental health issues, unlike many titles
- Presents evidence-based methods for tapping individual, family, and community strengths for prevention and treatment

CONSUMER HEALTH

Chosen by Patricia Agre, EdD, RN, director of patient education, Memorial Sloan-Kettering Cancer Center, New York City.

1. My Pregnancy Pocket Guide

By Aubrey Wade. Philadelphia, PA, Davis Company.

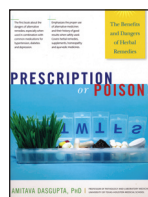


This charming and easy-to-use reference guide to pregnancy and the early postpartum period answers common and not-so-common questions in a practical and reassuring tone. For example, in the section on physical changes associated with pregnancy, the author suggests, "If you can experience these new feelings with lightness and humor, they may resolve faster or at least matter less." The seven tabs identify sections on basics, daily life, food and medications, risks, birth, new life and tools, and an index. Each section has basic explanations and advice and recommends Web sites to visit for more information. This is an ideal gift for a newly pregnant woman or her partner, whether a friend or yourself.

- Uses a reassuring and supportive tone that's ideal for quieting guilt about eating the hot fudge sundae or fear about delivery or breastfeeding
- Carries easily in a pocket or handbag for immediate consultation on new questions or feelings
- Likely addresses every question or concern

2. Prescription or Poison? The Benefits and Dangers of Herbal Remedies

By Amitava Dasgupta. Alameda, CA, Hunter House.



This book addresses a topic of great interest to the millions of people who use or are considering using herbal remedies and alternative medicines, or are even just wondering what they are. It's well organized and readable, whether you read it cover to cover or piecemeal by simply looking up specific topics. The author explains the terminology used, discusses the safety of essential fatty acids, covers toxic herbal remedies and the interaction of herbs with traditional medicines, and much more. It's well referenced and in each chapter, Dasgupta gives the bottom line—when the herbal remedies discussed are safe and whether they might work.

- Covers a wide range of topics likely to satisfy anyone's curiosity

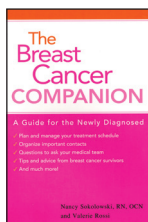
- Get the Facts You Need about Medication
- Use Proven Strategies to Manage Behavior
- Help Your Child Develop Social Skills and Make Friends
- Learn How to Reduce Family Stress

Mani Pavuluri, MD, PhD

- Has solid references for every statement made
- Warns of potential harms with specific remedies

3. The Breast Cancer Companion: A Guide for the Newly Diagnosed

By Nancy Sokolowski and Valerie Rossi. New York City, Demos Medical Publishing.



You've just gotten the diagnosis. How could this have happened? Where do you start? This book is the answer. Its soup-to-nuts approach sums up all the important information without being overwhelming. The authors offer lots of practical advice in each section ("include your partner in medical appointments when possible") and suggest lists and notes that will help

you put all of your treatment information in one place. I found the empowering tone just right to reassure a patient that "you can deal with this."

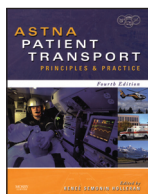
- Organizes information chronologically in the order that decisions need to be made and includes practical suggestions that will put the patient in charge
- Includes a medical bills and expenses tracker—something most cancer patients wouldn't think about until the bills were scattered or lost, and it's important to have them all
- Has an excellent resources section for patients who want more details than are in this quick-read guide

CRITICAL CARE—EMERGENCY NURSING

Chosen by Christine Cutugno, PhD, RN, CCRN, assistant professor, Hunter-Bellevue School of Nursing, New York City.

1. ASTNA Patient Transport: Principles and Practice

Edited by Renee Semonin Holleran. 4th edition. St. Louis, Mosby Elsevier.



While at first glance seemingly only for a niche audience of nurses who transport patients, the scope of this text from the Air and Surface Transport Nurses Association (ASTNA) is actually far broader. Ending with a Hopi prayer for survival printed on the back cover, this excellent resource is actually about how to safely evacuate and

transport the injured and medically unstable in whatever situation they're found in and to wherever they need to go. It provides a wealth of information on response, assessment, treatment, transport, and equipment.

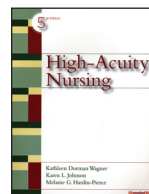
Although it doesn't have the bells and whistles of glossier texts, such as publisher Web sites and user CDs, this book stands out for its quality of presentation and sheer scope. Just a few of the topics included are principles of extrication and scene management, trauma and medical management across multiple diagnoses and age groups, environmental emergencies, disaster management, transport physiology, technology in transport, and quality and legal issues. Each

chapter includes clear illustrations and extensive references. This book provides broad and timely information for care providers who venture out to assist those of us who are accidentally or foolishly in need of their care.

- Presents material of an astounding scope, much of it not found in other types of critical care books
- Includes multiple illustrations in each chapter that explain topics clearly and understandably
- Describes different methods of transport, the supplies needed, and the equipment used

2. High-Acuity Nursing

By Kathleen Dorman Wagner, Karen L. Johnson, and Melanie G. Hardin-Pierce. 5th edition. Boston, Pearson Education.



This 936-page text provides in-depth clinical information on a wide range of systemic alterations, as many critical care books do. Where this book excels is in the variety of learning opportunities it offers. It gives readers access to an online site that offers research resources, Web links, chapter reviews, practice questions, and case studies.

An instructor Web site is also available.

The chapters are divided by physiologic function, such as tissue perfusion, tissue integrity, and fluid and electrolyte balance. Topics within each chapter are clearly presented and read, thankfully, more like someone explaining a topic than like a complicated physiologic review. The text includes clear, explanatory illustrations; chapter sections on related medications; and multiple review questions. Many chapters also offer a table summarizing emerging evidence on the topic under review.

- Features illustrations that explain the topic clearly
- Includes access to the companion Web site
- Has review questions and sections on emerging evidence

3. Critical Care Nursing of Older Adults: Best Practices

Edited by Marquis D. Foreman, Koen Milisen, and Terry T. Fulmer. 3rd edition. New York City, Springer Publishing Company.



This evidence-based book is an excellent reference for ensuring high-quality management of the elderly and of their particular needs in the critical care setting. The book is divided into four sections. The first section details standards of care and elements of patient safety, such as preventing iatrogenic complications. The second section explores social aspects such as ethical issues, end-of-life care, family responses, and optimizing patient outcomes. The third section presents evidence regarding the risks and complications associated with physiologic changes in the elderly; the pharmacodynamics of multiple medications and their interactions; and the challenges of maintaining adequate nutrition, preventing infection, and ensuring adequate sleep and pain management. The last section explores in-depth complex clinical issues such as pressure

ulcers, incontinence, wound healing, substance abuse, and delirium.

- Presents a wealth of evidence-based detail
- Is an excellent source on state-of-the-science care and management of the elderly
- Includes extensive references, including geriatric best practice resources

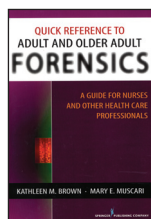
ELECTRONIC MEDIA

Mary Anne Rizzolo, EdD, RN, FAAN, consultant, National League for Nursing, New York City, the judge for this category, selected no winners this year.

GERONTOLOGIC NURSING

Chosen by Elaine J. Amella, PhD, GNP-BC, FAAN, professor, College of Nursing, Medical University of South Carolina, Charleston.

1. **Quick Reference to Adult and Older Adult Forensics: A Guide for Nurses and Other Health Care Professionals**
By Kathleen M. Brown and Mary E. Muscari. New York City, Springer Publishing Company.



It's about time this book was written! While excellent instructional texts exist, this book fills a niche for the nonspecialty health professional encountering victims of violence in the routine course of care. With violence toward adults and older adults escalating—whether as part of a lifelong pattern or the result of a significant life change or illness—it behooves all health profession-

als, especially nurses, to become familiar with the general principles of forensic assessment, diagnosis, and screening; therapeutic interventions; and prevention strategies. It's likely that all nurses will encounter victims and perpetrators during their careers, but most won't have any training beyond the basics of identifying a crime. This book should not only be on the shelf in every ED, but also in the armamentarium of providers working in the outpatient setting; public health clinics; residential facilities, especially those for the most vulnerable, the physically and cognitively impaired and the elderly; and student health clinics.

Beginning with general principles of forensics, the text systematically provides information to those who infrequently encounter victims of crime and the justice system. Using a standard format for discussing the approach to each type of victim, the book covers diverse populations that are at higher risk for violence and includes an entire section on the offenders themselves. Color plates of 11 types of injury are presented. The final section on unnatural deaths outlines the process of the medicolegal death investigation, which most health care providers probably won't know.

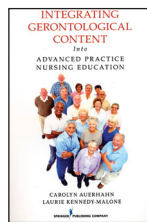
As the title suggests, this text covers forensic issues in both adults and older adults and also refers to issues relevant to children. However, for those of us who work with older adults daily, the information in this book is easily accessible and extremely useful, especially during times when we may be searching for clear guidelines on dealing with complex situations involving violence, abuse, or unusual death.

- Covers diverse groups of adults and older adults who may become victims of violence and provides a systematic way to assess, intervene, and prevent these tragedies
- Provides clear guidelines regarding evidence, testimony, competency, guardianship and commitment, and violence in health care settings, as well as information on confusing cultural issues such as cultural practices of healing and cultural practices that mimic abuse

- Includes a lengthy section on offenders that's extremely helpful in determining the causes of their actions and in developing a plan to integrate them into the community

2. Integrating Gerontological Content into Advanced Practice Nursing Education

By Carolyn Auerhahn and Laurie Kennedy-Malone. New York City, Springer Publishing Company.



This small book couldn't be more timely. As directors of advanced practice nursing (APN) programs struggle to find resources to convert their existing adult APN tracks into adult-gerontology programs, this book offers a clear path for integrating critical content throughout an entire program. For graduate clinical nursing directors who are challenged to quickly ramp up

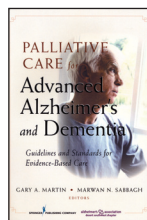
their gerontology content—often without having clinical geriatrics specialty experts among their own faculty—this book will definitely provide that expertise.

Written by two nationally recognized senior-level directors of successful gerontologic APN programs, this book offers essential and one-stop information on the key elements to include, the resources that are available, and the methods that can be used to integrate the new content.

Although the timing of this book is extremely opportune, some of its material may become outdated as print and Internet resources are updated and evidence changes. Nonetheless, if I were asked to develop this new integrated major in my school of nursing, I don't think I could find a more complete and useful resource to purchase within the next several years.

- Sets out a no-nonsense approach to integrating advanced practice gerontologic content into an existing APN program
- Shows how programs can meet the requirements of the licensure, accreditation, certification, and education guidelines developed by the American Psychiatric Nurses Association and the National Council of State Boards of Nursing, which are supported by all the major nursing groups
- Includes success stories that will inspire the reader as well as offer tangible guidance for accomplishing this process

3. **Palliative Care for Advanced Alzheimer's and Dementia: Guidelines and Standards for Evidence-Based Care**
Edited by Gary A. Martin and Marwan N. Sabbagh. New York City, Springer Publishing Company.



Understanding the needs of people with late-stage dementia and members of their support systems is critical for health care professionals working with the aging. As more people with dementia live longer with their disease, new strategies need to be adopted to promote quality of life, function, and dignity until death. The editors invited a host of interdisciplinary expert

contributors to address significant issues that arise in this complex situation as well as care in the home and residential settings.

Sections of the book are excellent—primarily the chapters on cultural diversity, activities programming, and decision making—and offer in-depth discussions, and the section on culture includes relevant case studies. Sections on management of health problems tend to be more general and offer strategies that are at times more appropriate for people in the middle stage of dementia; caregivers with little experience

with this population would be challenged to formulate a plan of care using the information in the chapters on behavior, nutrition and hydration, pain, continence, hygiene, and mobility and falls. Standards of care are provided for all of these and other health issues, but the evidence for these standards isn't directly referenced and existing established guidelines aren't incorporated. Since an established rating system isn't applied, it's not possible to determine the strength of the standards. This book will be a respectable addition to a library that contains more general texts on the care of older adults.

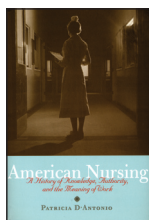
- Includes contributors from several health care fields to encompass a wider range of interdisciplinary issues
- Offers standards of care and guidelines that primarily focus on expectations within a health care facility and could be helpful to family members who use them to advocate for their loved ones
- Includes helpful sections on culturally appropriate care at the end of life, health care decision making, activities programming, and the maintenance of personhood as a guiding principle of care

HISTORY AND PUBLIC POLICY

Chosen by Joanne R. Warner, PhD, RN, dean, University of Portland School of Nursing, Portland, OR.

1. American Nursing: A History of Knowledge, Authority, and the Meaning of Work

By Patricia D'Antonio. Baltimore, MD, Johns Hopkins University Press.



This book is a rebuttal to anyone who thinks history is a dry topic. The author presents a fresh, compelling exploration of nursing using the broad frames of race, religion, class, gender, and place. Unlike earlier historical analyses that speak of constraint, this one places the constructs of identity and self-definition at the center of positive processes that nurses have used

to expand their position in life. The meaning and power of a nursing identity is a theme the author traces over time and locales. The worth of nursing, she concludes, has as much to do with the work as with the meaning of the work and the opportunities inherent in our deeply internalized identities as nurses.

- Uses a unique scholarly lens of analysis for a fresh look at our profession's history
- Provides a compelling reading experience with exquisite writing that draws on both stories and data
- Includes an illuminating Essay on Sources section that adds depth and additional context

2. Officer, Nurse, Woman: The Army Nurse Corps in the Vietnam War

By Kara Dixon Vuic. Baltimore, MD, Johns Hopkins University Press.



Picture America's racial and gender turbulence of the 1960s and '70s. Picture a military structure with rigid gender expectations and roles. Add a war with dubious public support and the urgent need for military nurses to serve in challenging circumstances. This delightful book tangles and untangles these intersecting factors and reveals the changes they brought for individual

people and society. The multifaceted gender definitions (and redefinitions) are a poignant aspect of that time in history,

and the war and military context provide a compelling backdrop for the analysis. The female nurses serving in Vietnam helped expand the role of nurses in the army, even while the army as an institution retained some of the stereotypical feminine images. The author concludes with a warning about continued limitations on the status and role of military nurses and women in general, who are serving in unprecedented numbers in expanded tasks. This book is fascinating if you're interested in the military, nursing history, gender socialization—or just a good read.

- Pulls together and analyzes divergent societal forces and explains their influence on one historical time
- Uses clear writing and strong research to make the story compelling
- Treats a divisive topic in a neutral, scholarly manner that allowed even this pacifist reviewer to find it a high-quality book

3. Evidence-Based Design for Healthcare Facilities

Edited by Cynthia McCullough. Indianapolis, IN, Sigma Theta Tau International.



Florence Nightingale touted the importance of the environment in healing. This book builds on that inspiration and brings to nursing leaders the latest evidence on environment design for safe, high-quality, efficient care. Nurses have life experience and intuition about the efficiency of a workplace and the influence of the setting, and

this book gives theory, language, and evidence to strengthen nursing's voice in design decisions. These authors stimulate readers' ideas on aesthetics, color, and textiles, and also challenge their thinking about ways to incorporate family and visual clinic traffic patterns to find the "sweet spot" for operational efficiency. This book fascinated me, because it makes important information that previously was the domain of architects and planners accessible to nurses who live and work in these environments and use them to promote optimal healing. Nurses, use this book to expand your influence in best practices for design.

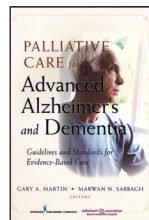
- Addresses an important topic that's not often written about
- Treats the topic comprehensively, from products to process to sustainability and future thinking
- Offers the two best features to be found in an edited book: a singular voice throughout and contributors who all have strong credentials and qualifications

HOSPICE AND PALLIATIVE CARE

Chosen by Lissi Hansen, PhD, RN, associate professor, School of Nursing, Oregon Health and Science University, Portland.

1. Palliative Care for Advanced Alzheimer's and Dementia: Guidelines and Standards for Evidence-Based Care

Edited by Gary A. Martin and Marwan N. Sabbagh. New York City, Springer Publishing Company.



This excellent book addresses palliative care for people with advanced disease who may not be at the end of life. It provides specific approaches to and tips for providing comfort care that are crucial for health care providers, caregivers, and family members who care for or come in contact with people who have Alzheimer's disease and dementia. It teaches a holistic approach to care and clearly outlines standards of care. The information is easy to grasp because it's presented clearly.

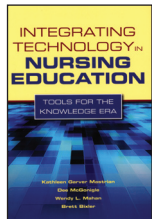
- Focuses on palliative care for patients with advanced disease who may not be at the end of life
- Describes specific standards of care
- Provides basic approaches to and tips for promoting comfort

INFORMATION TECHNOLOGY

Chosen by Joyce P. Griffin-Sobel, PhD, RN, CNE, ANEF, assistant dean for curriculum and technology, Hunter-Bellevue School of Nursing, New York City.

1. Integrating Technology in Nursing Education: Tools for the Knowledge Era

By Kathleen Garver Mastrian, Dee McGonigle, Wendy L. Mahan, and Brett Bixler. Sudbury, MA, Jones and Bartlett Publishers.



This book is a unique and welcome addition to the literature on teaching with technology. What makes it so outstanding is its comprehensive integration of the current state of knowledge about how people learn. Key to integrating technology in nursing education is being able to manage the changes that take place, and the authors

present an interesting discussion on working with faculty and systems. Most of the technologies that educators may be interested in using in their teaching repertoire are discussed in a practical way, citing the strengths and weaknesses of each. Constant attention is paid to evidence-based education. Chapters on selecting teaching tools, copyright, and Web 2.0 will help even the most technophobic nurse educators update their skills. I particularly loved the exemplars, which give the reader glimpses into the practical application of technological learning resources to teaching evidence-based practice, communication, safety, and other timely topics. I've recommended the book to all faculty members with whom I discuss technological teaching strategies.

- Paints a futuristic vision of nursing education
- Is informative without scaring the wits out of technophobes
- Emphasizes practical application and offers many resources

LEADERSHIP AND MANAGEMENT

Chosen by Jo Manion, PhD, RN, NEA-BC, FAAN, author, speaker, and consultant, Oviedo, FL.

1. Innovation Leadership: Creating the Landscape of Health Care

Edited by Tim Porter-O'Grady and Kathy Malloch. Sudbury, MA, Jones and Bartlett Publishers.



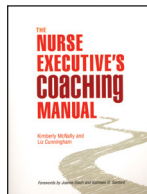
This book will take you into the future. It's provocative and will stimulate your thinking in new and different directions. The forward-thinking contributors not only provide a masterly examination of the current state of innovation in health care today but also address the incongruity of seeking innovation through the traditional, linear approaches that were commonly used in the past. The book focuses on and emphasizes nonlinear creative processes and leadership approaches that are attuned to the emergent nature of our organizations. It's a refreshing and challenging examination of approaches to creativity that will serve you well in the new age of technology and digital communication processes.

- Gives today's nurse leader crucial knowledge with its future-oriented content

- Discusses the concepts of chaos and complexity in science as well as their ramifications for innovation and creativity in today's health care organization
- Constitutes the best up-to-date review on today's innovation techniques

2. The Nurse Executive's Coaching Manual

By Kimberly A. McNally and Liz Cunningham. Indianapolis, IN, Sigma Theta Tau International.

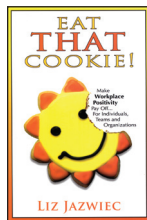


If the essence of leadership is the art of influencing others, this book, with its practical information, should be required reading for any leader or aspiring leader. It shares a wealth of current, practical information and offers a wonderful synthesis of knowledge from a wide variety of fields including, but not limited to, neurobiology, positive psychology, and organizational development. An eminently readable book with an enticing format, it uses quotes, stories, scenarios, and real-life examples to illustrate its points. It's full of practical tips and ideas and includes "try it yourself" activities that are relevant and will stimulate a reader's personal insights and learning.

- Has an appealing format, with short chapters, lots of white space, and text boxes that make it easy to read
- Synthesizes material from different fields and presents it clearly and concisely
- Targets a wider audience than just nurse executives and has a wider scope than just coaching

3. Eat That Cookie! Make Workplace Positivity Pay Off . . . for Individuals, Teams and Organizations

By Liz Jazwiec. Gulf Breeze, FL, Fire Starter Publishing.



This is a short, engaging book about principles for creating workplace positivity. It's written in a highly entertaining style. There are no references, and the evidence offered to support the principles is limited to stories and examples. However, each of the concepts presented has been extensively documented in other sources. Set against the backdrop of the author's personal story of leadership transformation, this is a powerful, concise source on how to create positivity in the workplace.

- Offers solid and important principles
- Presents information in a funny and entertaining way
- Is short and concise

MATERNAL AND CHILD HEALTH

Chosen by Margaret Comerford Freda, EdD, RN, CHES, FAAN, professor of clinical obstetrics, gynecology, and women's health, Albert Einstein College of Medicine, Bronx, NY.

1. Maternal and Child Nursing Care

By Marcia L. London, Patricia A. Wieland Ladewig, Jane W. Ball, Ruth C. Bindler, and Kay J. Cowen. 3rd edition. Upper Saddle River, NJ, Pearson Education.



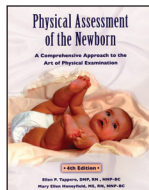
This is the book I want my students to own. At 1,872 pages it's huge and incredibly thorough. It contains all the standard information that's in other maternal and child health textbooks, but then adds more. It contains excellent women's health chapters, extending its usefulness into that category. It explains breast health and disease as well, a topic not often covered by

texts in this field. The extensive physiology sections are excellent. There are none of the silly cartoons seen in other books that trivialize the text, and the reader is given comprehensive evidence for practice.

- Offers the most comprehensive look at the topic
- Extensively covers the research evidence
- Enables “one-stop shopping” for information on maternity, pediatric, and women’s health nursing

2. Physical Assessment of the Newborn: A Comprehensive Approach to the Art of Physical Examination

Edited by Ellen P. Tappero and Mary Ellen Honeyfield. 4th edition. Santa Rosa, CA, NICU Ink Book Publishers.

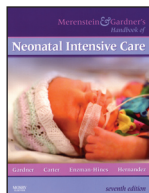


In this age of family-centered care, nurses’ physical assessment skills for both mothers and newborns must be expert. This text is an excellent resource for all nurses working with the mother–infant dyad, and it’s a welcome addition to the field. It should be standard on every maternal–newborn unit as a comprehensive reference for all nurses.

- Treats the topic comprehensively
- Organizes information in an easy-to-navigate format
- Is useful for practicing nurses, not just students

3. Merenstein and Gardner’s Handbook of Neonatal Intensive Care

Edited by Sandra L. Gardner, Brian S. Carter, Mary Enzman-Hines, and Jacinto A. Hernandez. 7th edition. St. Louis, Mosby Elsevier.



The seventh edition of this important book continues its long history and surpasses the previous editions. This book is a “must own” for neonatal ICU (NICU) nurses at all levels. There’s no more thorough, comprehensive, or important book in this narrow field of nursing. Its combination of intense physiology, physical assessment,

nursing management, and disease treatment chapters will enhance the practice of any nurse who uses it.

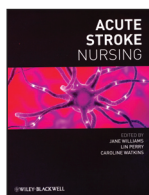
- Constitutes the most comprehensive book available for NICU nurses
- Offers a wealth of information for practicing nurses, not just students
- Is small enough not to overwhelm the user

MEDICAL–SURGICAL NURSING

Chosen by Julie Zerwic, PhD, RN, FAHA, FAAN, professor and interim executive associate dean, Department of Biobehavioral Health Science, University of Illinois at Chicago.

1. Acute Stroke Nursing

Edited by Jane Williams, Lin Perry, and Caroline Watkins. Chichester, UK, Wiley-Blackwell.



This book is an excellent and comprehensive source of information about stroke from the acute event through recovery. Prior to this text few resources have been available to support nurses who care for patients experiencing the devastating consequences of stroke. The chapter “What Is a Stroke?” includes detailed descriptions of brain anatomy and the physiology of stroke, and provides a context for the remainder of the book. Chapters are devoted to the complications of stroke, including

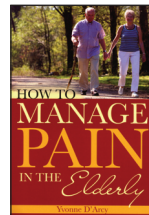
incontinence; physical impairments; and communication, mood, and nutritional deficits. Importantly, the book details the stages of rehabilitation, palliative care, and prevention. It concludes with a chapter on the consequences of stroke for the family. The effect this health crisis can have on both patient and family can extend for years beyond the initial event.

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- Focuses on the continuum of care from acute management to complications, secondary prevention, and recovery
- Presents key points at the beginning of each chapter and gives case examples throughout the text
- Includes a chapter devoted to international resources

2. How to Manage Pain in the Elderly

By Yvonne D’Arcy. Indianapolis, IN, Sigma Theta Tau International.



This book provides helpful, clinically relevant information to any health care provider who’s managing pain in an elderly population. In the first chapter the author provides an important context for the problem of pain in the aging. Myths associated with the experience of pain in older adults are outlined and dispelled. Strategies for assessing pain in the elderly are discussed, and

the advantages and disadvantages of the different methods and tools are identified and illustrated in figures and text boxes. Strategies that can be used for assessing pain in non-verbal patients are also described. The challenges of various pharmacologic approaches among the elderly, particularly in the contexts of the unique physiology of the elderly and the issues of multidrug therapy, are outlined. The book also includes a chapter on palliative care for managing symptoms of chronic illness. Each chapter ends with an interesting case study that illustrates the important content in the chapter and includes critical analysis questions.

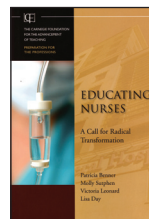
- Illustrates each chapter’s content with a case study
- Intersperses extremely informative figures, text boxes, and clinical tips with the text
- Outlines pain management strategies geared toward the elderly, including complementary approaches

NURSING AND CONTINUING EDUCATION

Chosen by Thomasine D. Guberski, PhD, CRNP, associate professor, University of Maryland School of Nursing, Baltimore.

1. Educating Nurses: A Call for Radical Transformation

By Patricia Benner, Molly Sutphen, Victoria Leonard, and Lisa Day. San Francisco, Jossey-Bass.



This idea-shattering, landmark book about how we need to educate nurses for the future is a must-read. Have you as an educator seen your students’ enthusiasm for clinical nursing decline during their time in nursing school? What about your own enthusiasm for teaching?

I must admit that I approached this book with the thought that it would be a dry research report. I was very wrong. In the first section, the authors question the adequacy of nursing education today to prepare nurses for the nursing of tomorrow. Sadly, they conclude that it’s not adequate, and they explore the reasons for that failure. Three major findings, both positive and negative, form the basis for a new approach to nursing education.

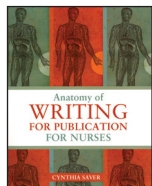
The remainder of the book sets out that approach in meaty, grounded-in-reality discussion on how to make nursing education relevant to patient care in the era of health care reform, nursing shortages, and decreasing resources. It's filled with practical examples for how to make nursing education more meaningful to students and faculty by integrating classroom and clinical teaching and learning to give students a firm grounding in the art, science, and technology of nursing and its application to real-life patient care. This is the basis for a commitment to lifelong professional learning. Three paradigm cases, each featuring an exceptional nurse educator, are used to illustrate potential visions for transforming nursing education by addressing each of the three major findings. Importantly, both faculty members and students can incorporate at least one of these teaching-learning strategies immediately.

The culmination of the book is the recommendations given for radically transforming nursing education. Although the recommendations will foster debate, criticism, and controversy, like the authors, I hope for action soon. We cannot afford the status quo. It's time to act, so the excitement for and commitment to nursing will increase from the first day of nursing school to the day of retirement. Let the transformation begin!

- Is a landmark work in nursing education and a wake-up call to action
- Doesn't just raise questions, but also recommends changes
- Presents data to support its recommendations

2. Anatomy of Writing for Publication for Nurses

By Cynthia Saver. Indianapolis, IN, Sigma Theta Tau International.



Nurses are being urged to share their best practices, but most will protest, "I can't write." This is the book for all those who say they can't put their thoughts on paper. I wish this book had been available when I began writing for publication. The best part of it is what may result from reading it: a publication.

The 15 contributing authors, all writers themselves, take you step by step through the writing and publication process and even include a submission checklist. The analogy to anatomy is very helpful. If you do the exercises in each chapter, you'll have a paper to submit for publication by the end of Part 1. One gem is a chapter on graphics—when and how to use them to communicate important information and to break up lengthy text.

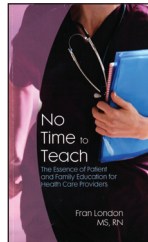
The second part helps you focus your writing for a particular type of publication and audience, including a general audience. Those of us who are less technologically adept will find the section on writing for blogs and social networking sites to be helpful and informative. Who knew there was a best way to do these things! I found the section on writing abstracts for podium and poster presentations helpful and will be using its tips myself soon. This section might be of special interest to nurses who are considering whether to share their expertise since it can easily be applied to an in-house continuing education presentation.

The questions and answers in each chapter subsection are very helpful, especially since we've all had these questions but haven't had a resource to consult for answers. This book will make the writing and publication process less painful. I highly recommend it for nursing students. It'll be a great help as they write papers in their academic programs and set the framework for writing after graduation.

- Speaks directly to the reader with clearly written content
- Yields a submission for publication if the assignments are completed
- Collates all of the vital information on publishing for a global audience to help the reader become part of the new global community of scholars

3. No Time to Teach: The Essence of Patient and Family Education for Health Care Providers

By Fran London. Atlanta, Pritchett and Hull Associates.



In my experience, nurses don't do enough patient education to cause a permanent behavior change. As an NP, I'm guilty too. My appointment times are limited, as is the time my inpatient nurse colleagues and some students tell me they can spend with individual patients. Too often, I've used a "one size fits all" approach to patient and family education because these time constraints make assessing a particular person's or family's need for education and then devising, implementing, and evaluating the effectiveness of a plan impossible.

But reading this pocket-sized handbook means that's no longer a valid excuse for giving inadequate attention to educating patients and families. Though small, the book packs a big punch. The author suggests, using concrete terms and examples, how to capitalize on the time that we have with patients and their families. For example, changing the question I ask myself from "What does the patient need to know?" to the more refined "What self-care skills does the patient need to survive?" shifts my focus from all the skills to know to those that are essential to know. And, rephrasing the question "do you know" as "tell me how" in discussions with patients lets me evaluate what they understand.

This book uses real-life examples we can identify with to reinforce critical teaching moments and the necessity of really understanding what information—correct and incorrect—the learners currently have. Almost every chapter has a quote to ponder and a frequently asked question or two that highlights the most important point presented.

For me, this book's most useful take-away message was how to teach using an interpreter. The information on those few pages was immediately applicable to my clinical situations and can also be used to enhance the clinical information I need to obtain from patients during primary care visits.

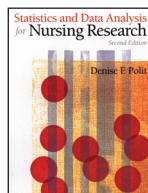
- Fits in a pocket, so it's always available
- Presents essential information clearly, concisely, and explicitly
- Provides invaluable information on using interpreters in health care settings

NURSING RESEARCH

Chosen by Yolanda R. Davila, PhD, RN, associate professor, School of Nursing, University of Texas Medical Branch, Galveston.

1. Statistics and Data Analysis for Nursing Research

By Denise F. Polit. 2nd edition. Upper Saddle River, NJ, Pearson Education.



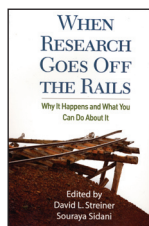
This book, although designed for nursing students, is a "must have" resource for any nurse who needs or wants to learn statistics and data analysis. Why? Because today's nurses, in their roles as clinicians, administrators, educators, and nurse researchers, are strategically positioned to

advance the science of nursing for positive outcomes in patients and health care systems and services. To do this, nurses need basic research, statistical, and data analysis knowledge and skills to critically evaluate research, integrate evidence-based care into their practices, and conduct research. But how many of us find ourselves intimidated by statistics and data analysis? The answer is probably more of us than is necessary—especially when the author of this book provides logically sequenced, clearly written, and comprehensive statistical and analytical information with exemplars to enhance our understanding.

- Uses nontechnical language, builds from simple to complex concepts, and emphasizes understanding rather than mere calculation
- Emphasizes, integrates, and provides practical guidelines for evidence-based nursing practice
- Includes access to an online resource containing three interactive SPSS-compatible data sets with exercises to reinforce the knowledge and skills learned

2. When Research Goes Off the Rails: Why It Happens and What You Can Do About It

Edited by David L. Streiner and Souraya Sidani. New York City, Guilford Press.



This book welcomes you to the real world of research with a novel and highly entertaining yet educationally informative lesson-learned approach to “research gone wrong.”

Research is taught and undertaken as a thoughtfully created, straightforward, smooth, and systematic process in which anticipated problems are identified and addressed *prior* to study implementation. And the majority of published research reports describe successfully completed studies that appear to have been flawlessly executed and completed. From this may come the impression that the research journey is a straight shot down the research highway from start (conceptualization) to finish (publication), without detours, mishaps, or pit stops. The authors of this book successfully challenge this idealistic perception by taking the reader down not one, but 42 back-road research journeys filled with unexpected real-world research roadblocks, detours, accidents, and “tangles” with enforcement officials and agencies. The 42 research vignettes were written by 63 contributors—ranging from graduate students to seasoned researchers—from six countries and a variety of backgrounds. Readers are encouraged to not only learn from the mistakes of others but also to anticipate challenges and respond with flexibility, creativity, and resourcefulness.

Key features that make this book essential include the wide variety of research in different disciplines it explores, the recounting of real-world examples of research blunders that show the problem solving that was done, and the book's organization into sections that follow the phases of research. Also valuable are the introductory chapter, which sets the stage for the need for a nontraditional perspective to research, and the final chapter that summarizes the need for “a healthy dose of realism” in research.

Also valuable are the introductory chapter, which sets the stage for the need for a nontraditional perspective to research, and the final chapter that summarizes the need for “a healthy dose of realism” in research.

- Presents a rich, widely ranging compilation of research topics from a variety of disciplines
- Includes detailed descriptions of unanticipated problems, critical thinking for solutions, and analyses of lessons learned
- Offers a positive message that flexibility, patience, and

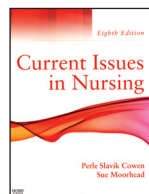
open communication go a long way in overcoming unforeseen events

PROFESSIONAL DEVELOPMENT

Chosen by Karen Cassidy, EdD, MSN, MBA, RN, adjunct professor, University of Louisville School of Nursing, Louisville, KY.

1. Current Issues in Nursing

Edited by Perle Slavik Cowen and Sue Moorhead. 8th edition. St. Louis, Mosby Elsevier.



Nurses face complex and challenging issues daily. As soon as we resolve the issues of the day, a new one comes along. There are never-ending issues related to roles, education, practice, technology, and genetics. This book examines some of these complex issues in an interesting and engaging format. It considers conflicting view-

points while encouraging the reader to develop her or his own thoughts and reactions.

The book is organized in a readable, usable way. Each issue is introduced with an overview, which is followed by a debate and several viewpoints. This is helpful in understanding all aspects of the issue in order to synthesize our personal thoughts and viewpoints.

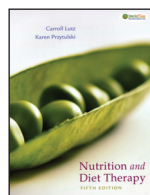
The viewpoints chapters can at times be controversial, but they are written by contributors who are knowledgeable about the issues and whose views are credible.

As I reviewed this book, I was struck by the diversity, richness, wisdom, and insight of the nursing profession. In our caring profession we have members who are true analysts and scholars, as well as people who understand the human condition. This book is a compilation of all the issues that make nursing a challenge and a joy.

- Offers stimulating reading for nurses of any educational level, in any role, and at any stage of their careers
- Compiles knowledge to come back to time and time again and from which there's always something new to learn
- Can be used in many different ways, including as a textbook for graduate or undergraduate students and for professional development

2. Nutrition and Diet Therapy

By Carroll A. Lutz and Karen Rutherford Przytulski. 5th edition. Philadelphia, F.A. Davis Company.



“What foods should I avoid if I have gout?” “What causes vitamin B₁₂ deficiency?” As a practitioner, I frequently struggle with advising patients about specific foods or diets related to their conditions or disease states. This book will help me answer these questions. It's organized in three sections. The first discusses the role of nutri-

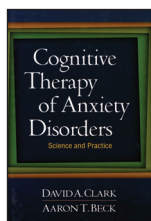
ents in the body, the second is about family and community nutrition, and the third concerns clinical nutrition. It is chock-full of boxes and tables and calculations and information on commonly used foods and supplements. Special attention is given to nutrition for chronic diseases, including diabetes, cardiovascular and renal disease, gastrointestinal disease, cancer, and HIV and AIDS, as well as to critical and terminal care. While nutrition is a science in its own right and can be complex, this book is a good reference for nurses in practice. For beginning nurses, it's easy to read and contains information that's easy to apply. It would be helpful in developing nursing care plans.

- Provides instructors with case studies that include care plans and analysis questions that keep students engaged and thinking
- Serves as a useful reference work for practitioners to take a quick look at the foods patients should avoid for specific diseases and information on how the body breaks down and uses various nutrients
- Covers nutrition over the life span in a straightforward manner and in extremely useful tables and tools

PSYCHIATRIC-MENTAL HEALTH NURSING

Chosen by V. Jude Forbes-De La Cruz, MSN, RN-BC, FNP-C, APRN, advanced practice nursing psychiatric provider, Correctional Managed Care, University of Texas Medical Branch, Austin.

1. Cognitive Therapy of Anxiety Disorders: Science and Practice By David A. Clark and Aaron T. Beck. New York City, Guilford Press.



Cognitive therapy is one of the cornerstones of effective, evidence-based non-pharmacologic treatment of numerous behavioral symptoms and disorders. The authors take the fundamentals devised during the first 20 years of cognitive therapy and integrate them with the most recent empirical scientific data to further enhance this important behavioral health intervention. This book is a must for psychiatric practitioners in this millennium.

- Has three main sections that first introduce current research and theory, next look at strategies, and then present details for specific anxiety disorders
- Addresses the top five anxiety disorders: panic disorder, social phobia, generalized anxiety disorder, posttraumatic stress disorder, and obsessive-compulsive disorder
- Includes numerous handouts and forms

2. Dementia Beyond Drugs: Changing the Culture of Care By G. Allen Power. Baltimore, MD, Health Professions Press.



Power cites a statistic from Alzheimer's Disease International that at least 5 million Americans have some form of dementia and 16 million are projected to have it by 2050. Everyone at least knows someone who's been intimately affected by this disease, if they haven't dealt with it themselves. It's a disease that robs one of not only memories—good and bad—but also personality and in

many cases of the dignity and wisdom that accompany aging. Nevertheless, this is a book of hope and humor, and most of all a call to challenge the traditional biomedical model that medicates first rather than seeking alternatives. Reading it should be especially exciting for nurses, because it harks back to core nursing concepts and diagnoses—alteration in comfort, alteration in mood, and more. It offers an array of empirical, guided nonpharmacologic strategies that nurses, aides, and family members can implement without the potential harms of psychoactive drugs. It empowers the entire team to come up with creative solutions that foster safety and comfort without mechanically resorting to the aggressive use of psychoactives.

- Sets out digestible concepts that readily translate to a broad audience
- Challenges all who are affected by dementia to forgo the

biomedical model and embrace an experiential model of care and action

- Uses great storytelling style in anecdotes that both health care providers and family members will be able to relate to

3. Manual of Psychiatric Nursing Care Planning: Assessment Guides, Diagnoses, and Psychopharmacology

By Elizabeth M. Varcarolis. 4th edition. St. Louis, Saunders Elsevier.



This is a comprehensive care planning guide for people presenting for psychiatric or mental health assessment and care. There's something for everyone, regardless of academic or professional experience. It's a great go-to guide. And though this book includes chapters on diagnostics and psychopharmacology, threaded throughout is the importance of the core of nursing—listening to our patients. In fact, the manual

opens with a chapter on communication.

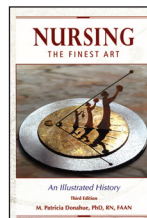
- Has a portable format that's helpful to both nursing students looking for quick explanations of difficult concepts and professional nurses needing quick answers
- Conveys information concisely
- Includes numerous tools, screening applications, and *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision*, nosology

PUBLIC INTEREST AND CREATIVE WORKS

Chosen by Charles Kaiman, MSN, RN, APRN-BC, clinical nurse specialist in adult psychiatric and mental health, Albuquerque, NM.

1. Nursing: The Finest Art

By M. Patricia Donahue. 3rd edition. Maryland Heights, MO, Mosby Elsevier.



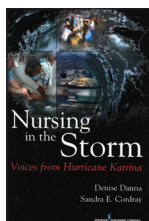
A picture is truly worth a thousand words. This magnificent history of nursing, illustrated with gorgeous works of art from prehistory to the present day, presents a vivid unfolding of the origins of nursing and human caring. It surveys nursing in prehistory and ancient civilizations; through the Dark and Middle Ages, the Renaissance, and the Enlightenment; and to the rise of modern

nursing and empirically based practice. It avoids ethnocentrism, drawing from nursing history throughout the world. The text alone is very descriptive and could serve as an overview of the history of nursing, as could the plates, which are creatively selected and of excellent graphic quality. Together, the plates and text create a truly outstanding, aesthetically pleasing, and comprehensive—indeed, panoramic—view of the caring profession. My only quarrel with this book is the relatively minor attention given to the history of mental health nursing, the improvements in mental health nursing over the years, and the cultural and historical differences that could enlighten the history of mental health nursing.

- Includes excellent plates
- Has descriptive text
- Provides a panoramic view of the history of nursing

2. Nursing in the Storm: Voices from Hurricane Katrina

By Denise Danna and Sandra E. Cordray. New York City, Springer Publishing Company.



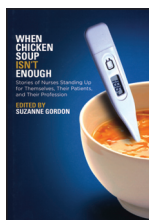
This is a compilation of first-person accounts of heroic nurses who struggled to safeguard and care for their patients during Hurricane Katrina. The accounts are vivid, colorful, descriptive, intense, and often horrific and give cross-sectional views of life in the trenches during this disaster. The issue of preparedness for future catastrophes is addressed by emphasizing the

importance of communication channels remaining open and resources being available and wisely distributed. This book is a rich primary source for both historians and disaster preparedness planners. It's not only a tribute to the courage of the nurses, but should also serve as a guide for policy planners hoping to avoid less than optimal responses to future crises.

- Offers vivid first-person accounts
- Serves as an excellent primary source for historians
- Includes valuable information for disaster preparedness planners

3. When Chicken Soup Isn't Enough: Stories of Nurses Standing Up for Themselves, Their Patients, and Their Profession

Edited by Suzanne Gordon. Ithaca, NY, Cornell University Press.



This book includes a series of powerful first-person vignettes in which nurses describe supporting their patients and their own professional interests in a variety of clinical, social, legislative, and union negotiator settings. The tales are often disturbing, as when a nurse was attacked by a patient but not supported by her hospital, or hilarious, as when a group of female

nurses simultaneously proposed marriage to a male hospital administrator who'd said that nurses need only marry well to be financially secure. There are vignettes illustrative of strong patient advocacy and extraordinary clinical expertise on the part of nurses, neither of which is surprising but it's still wonderful.

Unfortunately for the nursing profession, this book is reflective of the paradigm that nursing is a secondary profession (and often in conflict with male-dominated medicine) and that the occasional victory of nursing over more powerful professions is cause for celebration. In order for lasting change to occur, the paradigm needs to be redefined so that nursing (which is becoming increasingly evidence based and whose practitioners have the most clinical contact with patients) takes its rightful place as an equal player at the table of professionals. Money talks, and an obvious but eschewed solution is a national union (like teachers have) allowing pension portability and ensuring that nurses aren't held hostage to abusive work environments.

- Sets out clear examples of advocacy
- Highlights the need for increasing the influence of nursing
- Offers vignettes that are descriptive, sometimes sad, sometimes hilarious