Book Reviews

PROMOTING STROKE RECOVERY: A RESEARCH-BASED APPROACH FOR NURSES
Kathryn Schofield Bronstein, Judith M. Popovich, & Christina Stewart-Amidei, Mosby-Year Book, Inc., 11830 Westline Industrial Drive, St. Louis, MO 63146, 1991, $26.95, 325 pages, ISBN: 0-8016-6229-X

This book is an exploration of the research literature with a focus on transferring useful and needed knowledge into the clinical setting. It is written in a simple, easy-to-follow manner, achieving its purpose of providing advanced education in clinical content to nurses and caregivers who have a basic understanding of stroke along with helping nurses recognize and apply research findings in the clinical setting.

The book is divided into three major sections and features 85 illustrations. The first section provides a comprehensive, detailed description of stroke as both a disease process and an illness. Discussion focuses on the incidence and demographics of stroke, physiological mechanisms that cause stroke and stroke syndromes, and medical and surgical approaches to treatment. The second section addresses the issues that are paramount to living with the aftermath of a stroke: alterations in mobility, sensation, communication, and sexual activity. Each chapter concentrates on the normal anatomy and physiology of the function, how a stroke may alter the function, assessment techniques for identifying functional parameters, and nursing intervention strategies based on altered function. The chapters conclude with care plans developed from nursing diagnoses.

For nurses caring for stroke patients at all phases of the illness continuum, from acute to postacute to rehabilitation and community reentry, this book can assist with both planning and intervention strategies and will facilitate nurses’ identifying the unique aspects of care related to each stroke patient. This reference book is intended primarily for practicing nurses and student nurses who are providing care to stroke patients in both the hospital and rehabilitation settings. In addition, the information may assist family members in understanding the stroke process and provide insight and ideas for delivering care by significant others.

—Joan A. Panchal, PhD RN C, Assistant Professor of Nursing, Pennsylvania State University, University Park, PA

THE PSYCHOLOGY OF SHAME: THEORY AND TREATMENT OF SHAME-BASED SYNDROMES
Gershen Kaufman, Springer Publishing Company, Inc., 536 Broadway, New York, NY 10012, 1989, 299 pages, $34.95, ISBN: 0-8261-6670-9

The Psychology of Shame covers the theory and treatment of shame-based syndromes. Kaufman presents his own developmental theory of the self by integrating three theories: objects-relations theory, interpersonal theory, and affect theory. By combining these three, he presents a view of how shame plays a central role in cases of depression; paranoia; addiction; and sexual, abusive, and eating disorders.

Shame often has been overlooked in our society, the author explains, because it has been a taboo subject for discussion. It is surfacing now because of the many syndromes present today in which it plays a central role. Shame is critical to identity formation and is the source of low self-esteem, poor self-concept or body image, self-doubt, insecurity, diminished self-confidence, and feelings of inferiority. To feel shame, the author states, is to feel inherently bad and flawed as a person.

Experiences of shame in childhood (e.g., anger, abuse, humiliation, or low performance expectations) become imprinted in the memory as “scenes.” These scenes are relived in adulthood. For example, the person abused as a child relives the scene as an adult, casting the self as the parent. Or a woman can marry an abusive man because she feels compelled to recast her husband as the father who beat her. Kaufman describes his theory in Part I and provides intervention strategies in Part II. He provides case studies to illustrate how certain therapeutic approaches can be successful with each disorder.

While the writing style and content can be difficult to follow without a solid background in psychology, the theory itself is fascinating and helps provide explanations for many disorders. The book is well organized; it meets its intended purpose of presenting a new theory to explain common dysfunctions. The book’s applicability to rehabilitation nursing lies in helping nurses understand the psychology of some rehabilitation clients. While this book has direct applicability in rehabilitation units or hospitals that address eating disorders or chemical and drug abuse, it also has implications for all patients who experience shame because of a disability.

—Aloma Gender, MSN RN CRRN, Assistant Administrator of Patient Care Services, San Diego Rehabilitation Institute at Alvarado, San Diego, CA

CLIENT STUDIES IN HOME HEALTH CARE NURSING
Corinne Strandell (Ed.), Aspen Publishers, Inc., 1600 Research Boulevard, Rockville, MD 20850, 1989, 430 pages, $39.95, ISBN: 0-87189-796-2

The purpose of this book is to help nurses learn from others’ experiences how to apply the nursing process to home situations, how to solve problems creatively, and how to translate theoretical learning into pragmatic learning. Twenty-eight authors from a variety of specialties, including rehabilitation, present client studies representing many physical, mental, and psychosocial problems in all age groups.

The client studies are arranged in four sections based on age range. Each unit begins by reviewing developmental tasks of the age range and identifying objectives for the reader to achieve. The client studies are developed using each step of the nursing process: assessment (history, home environment, nursing assessment), nursing diagnoses, expected outcomes, long-term goals, interventions, and evaluation. Study questions are presented to promote creative thinking, identify trends, and generalize the nursing process to other situations. A bibliography concludes each
Resource Reviews

study. There is a table at the beginning of the book that outlines each study for quick reference and selection.

Each study provides enough information to convey the key issues involved with the client. There is consistent inclusion of the family or significant others and the environment as part of the treatment process. One study even identifies a family member as a “co-client,” clearly showing that treating the family unit is inherently part of caring for the individual. The problems and medical diagnoses used in the studies range from routine home care clients to unusual health problems complicated by family and environmental issues. The authors demonstrate various skill levels in tying together concepts, but this does not detract from the value of the studies. The critically thinking reader, cued by the study questions, should be able to analyze the cases and recognize how to apply the examples to other cases.

This book has value for orientation to and inservice education about home care and for helping home care nurses creatively manage complex cases. Most of the studies relate to long-term health issues of interest to rehabilitation nurses. The appendices include an outline to help readers develop their own case studies, advancing the ongoing analysis and problem solving that this book encourages. For the nurse manager or educator promoting independent critical thinking, this book is a worthwhile resource.

—Karen Preston, MS PHN RN CRRN, Director of Professional and Clinical Services, Kimberly Quality Care, Sacramento, CA

PEOPLE IN PAIN: GUIDELINES FOR PASTORAL CARE
Wayne E. Oates & Charles E. Oates, Westminster Press, 925 Chestnut Street, Philadelphia, PA, 1985, 152 pages, $8.95, ISBN: 0-664-24674-5

Written by brothers—one a practicing neurologist and the other a prolific author of religious and pastoral texts—People in Pain: Guidelines for Pastoral Care is an unusual blend of pain physiology, neurophysiology, medical treatment, and theology. The authors present an introduction to the problem of chronic pain and situations in which a pastor may work with or counsel an individual experiencing pain. A detailed and extensive review of pain neurophysiology, assessment, and medical management is included. Finally, the authors discuss perceptions, lifestyles, and spiritual concerns of individuals with chronic pain.

The text, written in a clear, concise fashion, provides an in-depth look at spiritual concerns of individuals experiencing chronic pain. The theological perspective on chronic pain is uncommon and provides new insights into the experience. An extensive review of pain neurophysiology is given. Although presented in a clear fashion with diagrams, it would be difficult to follow the discussion without experience and academic background in neuroanatomy. Medical and surgical interventions sometimes used in management of chronic pain are discussed. The descriptions of such interventions are presented in a clear, logical fashion, harking back to the neurophysiology presentation. A balanced review of nonpharmacological interventions for pain management, including a discussion of outpatient comprehensive multidisciplinary programs, is lacking. Many of the references are dated. Therefore, despite the wealth of current research in the area of chronic pain, advances in the field may have been overlooked. The authors define chronic pain as pain persisting longer than 2 weeks, in contrast with the commonly accepted definition of longer periods. Chronic pain of malignant origin is discussed briefly.

People in Pain: Guidelines for Pastoral Care is a significant work on the theological issues related to chronic pain, presented through a Christian, conservative perspective. The neurophysiological overview is most exhaustive and concisely written. Rehabilitation nurses will find the Oates’ text of assistance when working with individuals experiencing chronic pain, in particular in comprehending the spiritual significance that individuals place on pain.

—Pamela Duchene, DNsC, RN CRRN, Executive Vice President, Clinical Services, Mississippi Methodist Rehabilitation Center, Jackson, MS, with Jim Thobaben, MDiv, Chaplain, Mississippi Methodist Rehabilitation Center, Jackson, MS

THE STROKE FACT BOOK: EVERYTHING YOU WANT AND NEED TO KNOW ABOUT STROKE—FROM PREVENTION TO REHABILITATION
(C. Foley & H.F. Pizer, Courage Press, 3915 Golden Valley Road, Golden Valley, MN 55422, 1990, $12.95, 253 pages, ISBN: 0-96224455-1-8)

Written by a physician and a physician’s assistant, the book provides basic information about stroke, including facts about prevention, pathophysiology, and stroke rehabilitation. The first four chapters provide detailed information on warning signs, stroke etiologies and treatments, and differences between right and left brain injury. Five chapters discuss issues in rehabilitation, including the philosophy of rehabilitation, the team, gaining independence, communication, coping, and community.

In general, chapters are well organized, new terms are defined, and summaries at the end of each chapter emphasize the authors’ points. In particular, the chapters on medical aspects of stroke are well written and practical, with useful advice on prevention and treatment options. With the exception of some incorrect advice to “undress the affected side first” (p. 148), the section on gaining independence gives helpful ideas about equipment and how to help a person with stroke achieve safety and independence in many activities of daily living. A partial list of resources on stroke is identified in an appendix.

Despite these strengths, this book has some troubling aspects. First, the authors fail to integrate the role of the nurse in stroke rehabilitation throughout the text. Although the nurse’s role is briefly described in the discussion of the interdisciplinary team, the book fails short by not including case studies to illustrate nursing care and other team members’ contributions in stroke rehabilitation. Case studies are used effectively to stress the importance of physical, occupational, and speech therapy. An additional concern is that one complex aspect of the nurse’s role—patient and family education in all aspects of care—is not even mentioned.

A second problem involves the chapter on community services (Chapter 10). The organization and content of this chapter is...
surprisingly similar to a well-known manual for stroke caregivers and professionals entitled "The Road Ahead: A Stroke Recovery Guide" by the National Stroke Association (1989). Yet, the National Stroke Association is noticeably absent from the list of stroke resources. The exclusion of the National Stroke Association from the resource list is a significant oversight considering the value of the organization for persons with stroke, their families, and healthcare professionals.

Finally, this book is not a comprehensive approach to stroke care. Medical aspects and some therapeutic approaches are described in detail, while other dimensions of stroke care are not. For instance, the impact of incontinence on outcomes is stressed, but the specifics of bowel and bladder retraining and the physical and psychological consequences of incontinence are almost completely neglected. While the book's cover suggests it is a consumer guide, not enough attention is given to aspects of stroke care to make this a how-to manual for caregivers or persons with stroke. Rather, the book may be useful for certain high-school-educated clients who desire information about some aspects of stroke. The potential nurse reader should be aware that the book portrays only selected aspects of stroke care and that its integration of the role of the nurse in stroke rehabilitation is limited.

—Judith Popovich, DNSc RN CRRN, Assistant Professor, University of Kentucky, College of Nursing, Lexington, KY

RELAXATION & IMAGERY: TOOLS FOR THERAPEUTIC COMMUNICATION AND INTERVENTION
Robyn P. Zahourek (Ed.), W.B. Saunders Company, W. Washington Square, Philadelphia, PA 19105, 1988, 250 pages, $33.95, ISBN: 0-7216-2589-4

According to the author, the purpose of this book is to provide practitioners who have varied levels of experience and educational preparation with a theoretical base and a resource of numerous clinical case examples so that they are able to integrate relaxation and imagery into their practice. Part one of the book (chapters 1-5) presents the theoretical and conceptual basis behind relaxation and imagery. Part two deals with clinical applications of relaxation and imagery.

The book is effective in meeting both objectives. It must be noted, however, that the authors in section one frequently cite the importance of specialized training in relaxation and imagery techniques, and the reader often is referred to other texts. It is also clear that there are cases in which use of these techniques is not appropriate—for example, with clients with impaired attention, loss of memory, or other cognitive difficulties. Despite these frequent warnings, the chapters in part two often give instructions for implementing various relaxation and imagery techniques. Part two is enhanced by the use of case studies to describe clinical implications for relaxation and imagery. Clinical populations addressed include difficult patients, the dying, cancer patients, alcoholics in group treatment, weight loss clients, prison inmates, and staff.

In summary, many rehabilitation nurses will find this book beneficial. The literature reviews and focus on nursing research in the fields of relaxation and imagery provide a strong theoretical basis for those interested in advanced training in these techniques. The text will aid those wanting to better understand the techniques used by other healthcare professionals. In addition, references to other sources are plentiful.

—Lori M. Johnson, BS RN CRRN, Clinical Nurse Specialist, The Moses H. Cone Memorial Hospital, Greensboro, NC

NEUROSCIENCES: THE BASICS
Brian A. Curtis, Lea & Febiger, 200 Chester Field Parkway, Malvern, PA 19355-2725, 1990, 172 pages, $19.75, ISBN: 0-8121-1309-8

In summary, this is a basic text for neuroscience that is easily applicable to the clinical setting. There are weaknesses, however, that detract from the book's utility. The chapters, by and large, have a biochemical background and at times sacrifice some of the more essential information relevant to nursing. There are no references at the end of each chapter so that it is difficult to document and explore specific factors. The chapter on apsia does not use the current clinical terminology, and without references, it is difficult to appraise how the author substantiates his information.

—Margaret Kelly-Hayes, EdD RN, Associate Clinical Professor, Neurology (Neurological Nursing), Boston University, Boston, MA

RESOURCE LISTINGS

42/Jan-Feb 1992/Rehabilitation Nursing/Vol. 17, No. 1

42/Jan-Feb 1992/Rehabilitation Nursing/Vol. 17, No. 1

42/Jan-Feb 1992/Rehabilitation Nursing/Vol. 17, No. 1
them, but it neither precludes nor guarantees subsequent review. Selection for review is made according to our readers' interests and as space permits.

Books
AGING AND REHABILITATION II: THE STATE OF THE PRACTICE
Stanley J. Brody & L. Gregory Pawlson, Springer Publishing Company, 536 Broadway, New York, NY 10012, 1990, $41.95 hardcover, 348 pages, ISBN: 0-8261-7080-3

PRESSURE ULCERS: GUIDELINES FOR PREVENTION AND NURSING MANAGEMENT
JoAnn Maklebust & Mary Sieggreen, S-N Publications, Inc., 103 N. Second Street, West Dundee, IL 60118, 1991, $34.95 softcover, 212 pages, ISBN: 0-683-05408-2

TEXTBOOK OF MEDICAL PHYSIOLOGY (8th ed.)
Arthur C. Guyton, W.B. Saunders Company, Harcourt Brace Jovanovich, Inc., The Curtis Center, Independence Square West, Philadelphia, PA 19106, 1991, $57.95, 1,014 pages, ISBN: 0-7216-3087-1

Videos
CONTINENCE: EVERY NURSE'S RESPONSIBILITY—PART I: AN OVERVIEW; PART II: SPECIALIZED NURSING MANAGEMENT (basic and intermediate education for nurses and healthcare professionals in treating adult urinary incontinence)
Rehabilitation Nursing Foundation, 5700 Old Orchard Road, First Floor, Skokie, IL 60077-1057, 1991, $120 for one video or $200 for both with membership in Association of Rehabilitation Nurses, $150 for one video or $260 for both without membership in ARN, 30 minutes each, VHS or U-Matic

A FATE WORSE THAN DEATH? (coping with the decision of whether to discontinue treatment)
Fanlight Productions, 47 Halifax Street, Boston, MA 02130, 1991, $245 purchase, $50 rental, 60 minutes, VHS

As a Rehabilitation Nurse at New York University Medical Center's Rusk Institute for Rehabilitation Medicine, you not only have all the resources of one of the world's foremost rehabilitation centers to call on, you also have the world's most exciting city to work in.

NYU offers you the opportunity for primary nursing, patient/family teaching, multidisciplinary health planning and free tuition at NYU; all on a schedule and salary that will enable you to enjoy the theater; the restaurants; the fashions; the arts; the sights, sounds and the people that are New York.

If you want the most out of your career, look into the one opportunity where you can live your life to the fullest, at NYU's Rusk Institute Of Rehabilitation Medicine. Call for all the details at (212) 263-6658, toll-free 1-800-RN-CALLS. Or write to:
New York University Medical Center, 560 First Avenue, New York, NY 10016. EOE/MF.

Member of University Hospital Consortium