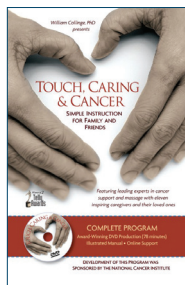


## BOOKS

**Touch, Caring, and Cancer: Simple Instruction for Family and Friends.** William Collinge (Ed.). Kittery, ME: Collinge and Associates, 2009, hardcover, 66 pages, \$39.95, includes 78-minute DVD.



The most important message of this multimedia program is *touch!* Although a healthy person may take touch for granted, this sense can be painfully lacking in a patient with cancer. *Touch, Caring, and*

*Cancer* enriches caregiving by dispelling fears and concerns about using touch in cancer care. The text states, "There is always a safe and helpful way you can use touch to support a loved one with cancer" (p. 2).

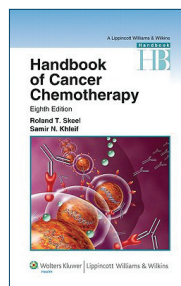
The text features contributions from recognized oncology experts, including William Collinge, PhD, MPH, Janet Kahn, PhD, NCTMB, Tracy Walton, MS, LMT, David Rosenthal, MD, and Susan Bauer-Wu, PhD, RN. The instruction is well organized and easy to follow. Testimony from patients and caregivers is strong without being sentimental. The program is multicultural and multilingual, available in English, Spanish, and Chinese.

Realistic demonstrations occur during a workshop. Chapters are parallel in the DVD and manual and include safety for the patient and caregiver, with warnings not to massage the legs; preparation of the setting, positioning, attitude, and centering; and specific techniques to be used with the head and face, neck, back, shoulders, hands, and feet. In addition, simple acupressure for oneself and others is demonstrated for anxiety, pain, and nausea.

This program is instructive and enlightening. Although produced in 2009, *Touch, Caring, and Cancer* remains current. Attention to empowering the caregiver can help make this often difficult experience more satisfying.

Patricia Ringos Beach, MSN, RN, AOCN®, ACHPN, is a clinical nurse specialist in oncology and palliative care and a nurse navigator at the Mercy Cancer Center in Toledo, OH.

**Handbook of Cancer Chemotherapy (8th ed.).** Roland T. Skeel and Samir N. Khleif (Eds.). Philadelphia, PA: Lippincott Williams and Wilkins, 2011, softcover, 832 pages, \$77.95.



This pocket or desk reference reviews the purpose, dosages, and expected side effects of chemotherapy and molecular targeted agents. The eighth edition has been revised to reflect current best medical practice,

with a new chapter on the biologic basics of molecular targeted therapies. The book is intended for oncology specialists, non-oncology physicians, oncology nurses, pharmacists, and medical and pharmaceutical students, as well as patients and their families.

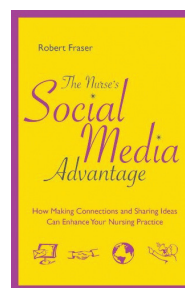
This handbook should not be read cover to cover, but used as a practical resource when a question arises. The strength of this reference text is that it is well organized and comprehensive. Section 1 reviews the basic principles and rationale for chemotherapy and molecular targeted therapy. Next, section 2 focuses on particular cancers, diagnostic tests, staging, and potential treatment modalities. Finally, section 3 concentrates on the supportive care of patients, management of side effects, infections, cytopenias, and oncologic emergencies.

Readers should note that although the information is comprehensive, the treatments described continue to evolve. Written reference materials are important, but online information is more current. In addition, despite being targeted toward patients and their families, the depth of this text may be difficult for those outside of the healthcare field to understand.

Sonja Bartolomei, BSN, RN, is a clinical research nurse at the National Institutes of Health in Bethesda, MD.

**The Nurse's Social Media Advantage: How Making Connections and Sharing Ideas Can Enhance Your Nursing Practice.** Robert Fraser. Indianapolis, IN: Sigma Theta Tau International, 2011, softcover, 256 pages, \$24.95, available as Kindle edition.

*The Nurse's Social Media Advantage: How Making Connections and Sharing Ideas*



*Can Enhance Your Nursing Practice* provides a comprehensive and easy-to-use guide of social media, related benefits, and key issues. The publication is particularly timely given the increased use of

social media in today's society. Nurses, regardless of work setting, specialty, or position, will find this book helpful as they develop skill and confidence in embracing the ongoing advancements in communication technology.

Robert Fraser, a Junior Fellow at Massey College in Toronto, Ontario, Canada, ably provides a comprehensive overview on social media and highlights how nurses can make important connections by using this new form of communication technology. The book's 10 chapters have numerous strengths, including a user-friendly format with detailed discussions on such key issues as security and quality concerns, protecting one's online reputation, and building online networks. In addition, the book includes examples of how nurses can enhance their careers, improve nursing practice, share information worldwide, and conduct and disseminate nursing research through social media. Figures are nicely detailed, providing a clear depiction of key concepts and how-to illustrations. The inclusion of key questions and quizzes to assess the reader's grasp of essential concepts is another positive feature. The social media directory includes a number of resources and applications designed to enhance the social media experience.

Beyond highlighting the benefits of social media, Fraser is mindful to acknowledge real-life concerns such as dealing with information overload, legal issues, and patient confidentiality. This unique book serves as an excellent foundation for those becoming acquainted with social media. *The Nurse's Social Media Advantage* is an excellent, one-of-a-kind reference and, in many instances, a must-have resource for today's nurse. Of course, in this fast-paced field, what is timely may soon be dated with new advances.

Janice Phillips, PhD, RN, FAAN, was a 2010–2011 Robert Wood Johnson Foundation Health Policy Fellow in Washington, DC.