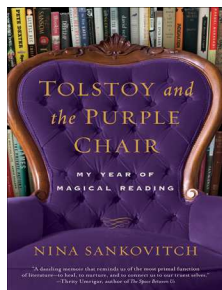


BOOKS

Tolstoy and the Purple Chair: My Year of Magical Reading. Nina Sankovitch. New York, NY: Harper Collins Publisher, 2011, hardcover, 240 pages, \$23.99.



Read a book a day for a year, write a review of each book, and publish it on a daily blog. Who could commit to such a task? Nina Sankovitch turned to reading to deal with her grief over the loss of her older sister, Ann-Marie, who had died several years before at the age of 46. Reading, it turns out, was the ultimate therapy for Sankovitch, a lifelong, avid reader.

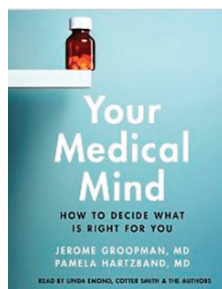
The rules for her were simple. The book-a-day project would begin on her 46th birthday, no author could be read more than once, no books could be read that she had already read, and a review had to be written about each book. She would publish her reviews on her Web site at www.readallday.org/blog.

Tolstoy and the Purple Chair is a memoir that skillfully weaves book reviews, many quotes from various authors, personal insights, family history stories, and grief lessons.

Although many memoirs are published, the sister's cancer illness makes this one significant for oncology nurses. More importantly, this particular memoir is a tribute to sisters and family. It refocuses the reader with the realization that our future is not infinite but, no matter our age, life holds endless possibilities. The feelings we experience are beyond our control, but our power to act is our choice. In the concluding paragraphs she writes, "There is no remedy for the sorrow of losing someone we love, nor should there be" (p. 221).

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.

Your Medical Mind: How to Decide What Is Right for You. Jerome Groopman, and Pamela Hartzband. New York, NY: Penguin Group (USA) Inc., 2011, hardcover, 320 pages, \$27.95.



How do your patients make decisions about their medical care? What do they consider when choosing a provider? When presented with more than one treatment option, how do they make their decisions? Subsequently, how do these choices affect patient outcomes, satisfaction, and quality of life? Those are just a few of the questions that physicians and Harvard Medical School Faculty Members, Groopman and Hartzband, discuss in *Your Medical Mind: How to Decide What Is Right for You*.

Using personal introspection and years of observations in a clinical setting, the authors dissect how medical decision-making behaviors are a product of innate personality traits and accumulated life experiences. They theorize that people fall along a continuum from believers, who believe in maximizing medical and naturalist treatments while using medical technology, to doubters, risk-adverse people who favor minimal treatment.

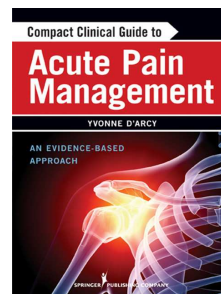
The authors argue that when healthcare providers recognize their own and their patients' decision-making styles or personal biases, they can better assist patients in optimizing outcomes and quality of life. "Sharing the decision with a doctor who understands your preferences means sharing the burden of choice, so you lessen your risk for regret" (p. 85).

The authors also describe factors influencing patient indecision using research on advance directives and end-of-life decisions as a framework. Ethical dilemmas presented by patient advocacy, patient autonomy, beneficence, and nonmaleficence are woven into the discussions. They conclude that, "A doctor who facilitates but also may challenge your decision-making process sometimes gives you more" (p. 217).

This work is a worthwhile read for oncology nurses, other healthcare providers, and patients. The vignette writing style and use of current research findings moves the narrative and holds the reader's attention. It also stimulates thoughtful reflection and questions for future research.

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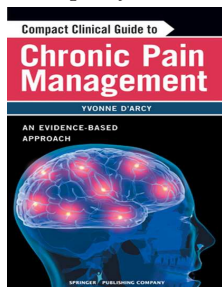
Compact Clinical Guide to Acute Pain Management: An Evidence-Based Approach for Nurses. Yvonne D'Arcy. New York, NY: Springer Publishing Company, 2011, softcover, 344 pages, \$45. **Compact Clinical Guide to Chronic Pain Management: An Evidence-Based Approach for Nurses.** Yvonne D'Arcy. New York, NY: Springer Publishing Company, 2011, softcover, 368 pages, \$45.



Acute Pain Management and Chronic Pain Management by Yvonne D'Arcy are comprehensive and thorough evidence-based guides to the assessment and management of pain. *Acute Pain Management* begins with a review of basic concepts about the nature of pain and summarizes current national standards and guidelines. The importance of comprehensive pain assessment is emphasized with a systematic review of pain scales and assessment tools. A special focus on assessment of pain in vulnerable populations such as the older adult, children, and patients with dementia is valuable. *Chronic Pain Management* reviews pain concepts, theories, and types of pain, and outlines the differences between acute and chronic pain.

The core of both books is the review and discussion of pain management. In *Acute Pain Management*, chapters are dedicated to specific areas of pain management, such as perioperative pain management, patient-controlled analgesia, and local and regional analgesia techniques. *Chronic Pain Management* reviews conditions such as lower back

pain, fibromyalgia, arthritis, and headaches, and includes a separate section on the assessment and management of neuropathic pain and associated pain syndromes. Although neither book discusses cancer pain as a separate entity, examples and guidance on the management of common cancer-associated pain (such as chemotherapy-induced neuropathy) are interwoven in the text.



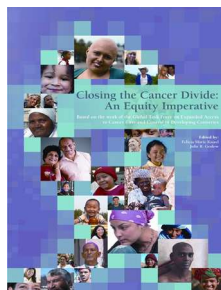
The volumes include an excellent review of medications used to treat pain, including the opioid and nonopioid analgesics, and “co-analgesics,” medications that are not considered analgesics by class but provide additional relief for specific types of pain. Antidepressants, anticonvulsants, topical agents, and muscle relaxants are some examples that D’Arcy includes in her evidence-based discussions. Complementary and integrative therapies as well as interventional or procedural options also are examined. In future editions, mention of bisphosphonates and use of radionuclides would be helpful inclusions for oncology nurses. Discussions of difficult-to-treat conditions, such as substance abuse and sickle cell disease and opioid polymorphism, and the differences in individual responses to medication contain new and clinically useful information. Case studies after each chapter are a valuable tool to stimulate classroom or group discussion. Designed to help busy practitioners,

Acute Pain Management and *Chronic Pain Management* will do just that. They are a valuable, comprehensive pain text for those new to nursing, as well as a compact review for the more experienced practitioner. Ideally, both volumes should be included as required text in advance practice and oncology nursing program curricula.

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NEW RELEASES

Closing the Cancer Divide: An Equity Imperative. Felicia Marie Knaul and Julie R. Gralow. *Global Health and Equity*, 2012, softcover, 250 pages, \$24.95.



Cancer has become a leading cause of death and disability and a serious, yet unforeseen, challenge to health systems in low and middle income countries.

A protracted and polarized cancer transition is underway and fuels a concentration of preventable risk, illness, suffering, and impoverishment from ill health and death among poor populations—the cancer divide.

Closing the cancer divide is an equity imperative. The world faces a huge, and largely unperceived, cost of failure to take

action, and an immediate and large-scale global response to cancer is required.

Closing the Cancer Divide presents strategies for innovation in delivery, pricing, procurement, finance, knowledge building, and stewardship that can be scaled-up by applying a diagonal approach to health system strengthening. The chapters provide a roadmap of evidence-based recommendations for developing programs, local and global policy-making, and prioritizing research. The case studies and frameworks are a guide for developing appropriate responses to the chronicity that characterizes all new challenging diseases, including cancer, communicable or noncommunicable in origin.

This book summarizes the results of the first two years of work of the Global Task Force on Expanded Access to Cancer Care and Control in Developing Countries, a broad collaboration among leaders from the global health and cancer care communities from around the world, convened by Harvard University. It includes contributions from civil society, global and national policy-makers, patients, and practitioners, as well as leading academics representing an array of fields and countries.

Featured descriptions of books and other media in New Releases are provided by publishers to alert readers to recent or forthcoming resources only and have not been reviewed independently for the *Oncology Nursing Forum*. Associate Editor Patricia Ringos Beach, MSN, RN, AOCN®, ACHPN, can be reached at pubONF@ons.org, with copy to editor at ONFEditor@ons.org.

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Do you enjoy reading and evaluating the work of your colleagues? Do you want to share your clinical knowledge with other nurses? If so, the *Oncology Nursing Forum* (ONF) needs reviewers for books, CDs, and Web sites in all

areas of oncology nursing. Experienced and novice reviewers as well as readers with specific expertise all should apply.

Reviews should be 500 words or less and discuss the media’s purpose, strengths, and relevance to their in-

tended audiences. Contributors may keep books and other media provided for review by ONF. If interested, contact Associate Editor Patricia Ringos Beach, MSN, RN, AOCN®, ACHPN, at pubONF@ons.org.