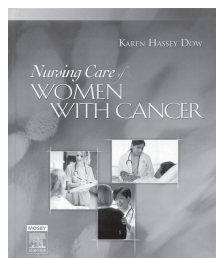


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B O O K S

Nursing Care of Women With Cancer.
Karen Hassey Dow. * St. Louis, MO: Elsevier, Inc., 2006, 608 pages, \$74.95.

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Nursing Care of Women With Cancer was created to expand nurses' awareness and understanding of a wide range of issues specific to women with cancer. Organized into six sections, the book

provides a comprehensive overview of the state of the knowledge about women's access to cancer care, disease risk factors, diagnosis and treatment options, symptom management, rehabilitation and health maintenance activities, coping strategies at home and work, employment and insurance issues, and the challenges of reaching culturally and ethnically diverse women.

Unit I describes international trends in women's health and the status of cancer control programs, advocacy efforts for women with cancer, and advances and challenges in attaining and applying genetic and genomic information across the cancer continuum. Unit II reviews the current knowledge about the nine most common cancers affecting women in the United States: lung, breast, cervical, ovarian, endometrial, vulvar, vaginal, and colorectal cancers and non-Hodgkin lymphoma. Incidence and risk factors, pathophysiology, diagnosis and staging, treatment and symptom management, and implications for practice, education, and research are among the topics included in each chapter. Unit III addresses the effects of cancer treatment on women and provides

* Oncology Nursing Society member

evidence-based management of side effects in chapters on osteoporosis, lymphedema, pain and neuropathy, chronic wounds, anxiety and depression, body image and sexuality, fatigue, and nutrition. Health maintenance strategies involving sleep and rest, physical activity, and complementary and alternative medicine therapies comprise Unit IV. Maintaining health after cancer is the focus of Unit V. The chapter on the impact of cancer on social and family life discusses the disease's effect on partner and family dynamics as well as coping methods across the cancer continuum, including issues impacting survivorship such as employment and health insurance. Unit VI focuses on ways to provide culturally competent care to "hidden" populations (i.e., lesbians and single and older women), women with ethnically diverse backgrounds (i.e., African Americans, Asians, Native Americans, Alaskan Natives, Latinos), and rural women. Each chapter incorporates lists, tables, and graphics to highlight concepts and is written by an expert contributing author.

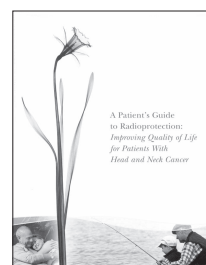
Three appendixes are among the unique and useful features of this book. Appendix A contains comprehensive information on commonly used medications for women with cancer, listed according to drug classification, with indications, mechanism of action, dosage, and side effects. Appendix B provides four patient assessment tools that can be used to evaluate cognitive mental status, obtain a spiritual history, determine psychosocial pain, and rate spiritual well-being. Appendix C lists contact information for multiple resources.

Nursing Care of Women With Cancer occupies a niche that has not been filled adequately and should be on the bookshelves of oncology or generalist nurses who care for women with a history of cancer.

Marcelle Kaplan, RN, MS, OCN®, AOCN®
Breast Oncology Clinical Nurse Specialist
NewYork-Presbyterian Hospital,
Weill Cornell Medical Center
New York, NY

A Patient's Guide to Radioprotection: Improving Quality of Life for Patients With Head and Neck Cancer. Carrie Daly,* Heather Vanderploeg,* and Deborah Yakoboski.* Locust Valley, NY: Support for People With Oral and Head and Neck Cancer, 2005, 32 pages, free.

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A Patient's Guide to Radioprotection: Improving Quality of Life for Patients With Head and Neck Cancer is an attractive publication provided free on request from Support for People With Oral and Head

and Neck Cancer (www.spohnc.org). The publication was supported by an educational grant from MedImmune Oncology, Inc., the manufacturer of the radioprotector Ethyol®. This three-ringed, loose-leaf manual is intended to be used as a resource for patients receiving amifostine, when the drug is given to reduce the side effects of radiation treatment for head and neck and lung cancers.

The manual is a very basic, comprehensive reference for patients. It includes information about the benefits and administration of radioprotection, managing side effects, and nutrition hints, as well as a glossary and list of resources. The guide also supplies some record-keeping forms. Because the text is focused on all aspects of amifostine and the manual includes record-keeping pages for medical appointments, support services contact information, and fluid intake notes, it could be useful in organizing the array of information that newly diagnosed patients receive.

The pages are not numbered, so the sections are separated by colorful dividers. The manual is 32 pages in length. Ten pages are devoted to record-keeping forms, and the remaining pages contain mostly bulleted lists of information, which are to the point and easily understood. Some of the section divisions are important phone numbers, types of treatment, managing side effects, radioprotection, and daily records. The section on daily records indicates that fluid intake is recommended with the use of amifostine; however, no space is given to record food intake, energy level, pain, or how the patient was feeling at a particular time.

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Ease of Reference and Usability

🕒 Quick, on-the-spot resource

✓ Basic

Media Size

📖 Pocket size

🕒🕒 Moderate time requirement

✓✓ Intermediate

📖📖 Intermediate

🕒🕒🕒 In-depth study

✓✓✓ Advanced and complex, prerequisite reading required

📖📖📖 Desk reference