

MEDIA REVIEWS

Nancy Phelan Walsh, RN, MSN
Associate Editor

BOOKS

Evidence-Based Cancer Care and Prevention: Behavioral Interventions. Charles W. Given, Barbara Given*, Victoria L. Champion*, Sharon Kozachik*, Danielle Nicole DeVoss (Eds.). New York: Springer Publishing Company, 2003, 448 pages, \$62.95.

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Evidence-Based Cancer Care and Prevention: Behavioral Interventions is an excellent book that underscores the role of behavior across the entire cancer continuum from prevention to the end of life. Given the increasing recognition of behavioral oncology, oncology providers, researchers, and other healthcare stakeholders interested in using authoritative evidence to improve patient outcomes may benefit from reading this timely book. The authors provide a well-synthesized overview of the state of the science for a number of behavioral interventions in cancer care and highlight implications for strengthening future work in this area. The book consists of 13 chapters that describe the current information on a number of behavioral interventions with a focus on diet and physical activity, cancer screening, smoking cessation, decision making, psychological adjustment, self-care, fatigue management, pain management, the use of complementary and alternative therapies, family caregiving, and interventions at the end of life.

A major strength of the book is a well-synthesized review of the literature that explores the existing evidence as well as the gaps in behavioral interventions in cancer care. Also, research studies and theoretical

models are well depicted in tabular format, facilitating easy readability throughout the text. Another strong feature of this book is the discussion about the characteristics of a quality behavioral intervention. The authors used four key features throughout the text to evaluate the quality of a number of behavioral interventions in cancer care. Researchers and providers may wish to consider these four critical features (theoretical framework, research questions, bias, and precision) when conducting or evaluating behavioral interventions. The authors stress that careful consideration of these elements may help to facilitate consistency across studies, strengthen study conclusions, and advance the body of knowledge related to behavioral interventions in cancer care. Another positive feature is the collaborative nature of the book; the authors of *Evidence-Based Cancer Care* are members of the Behavioral Cooperative Oncology Group of the Mary Margaret Walther Program for Cancer Care in Indianapolis, IN, and are noted for their commitment to behavioral oncology and quality cancer care.

Finally, the authors conclude with a discussion on the future of behavioral interventions in cancer care and highlight issues that are relevant for strengthening future work in this area. For example, a discussion on recruitment issues will become increasingly important as we experience a shift in demographics and work with more diverse populations. The authors note that previous behavioral research in cancer care has focused on very homogenous populations and should be expanded to include other populations (e.g., age, gender). The authors are very accurate in their discussions, addressing additional issues such as precision, sampling, theoretical frameworks, and outcome measurements as critical pieces to improving future behavioral interventions.

As health care continues to evolve and cancer remains a leading cause of death in the

world, evidence-based interventions are needed to transform cancer care. The authors clearly achieved the goal of describing the state of the science of behavioral interventions in this easy-to-read, one-of-a-kind, comprehensive book. Although the challenge of integrating behavioral research into cancer care still remains, the contents of this text provide the foundation for conducting future research and ultimately improving cancer outcomes across the cancer trajectory.

Janice Phillips, PhD, RN, FAAN
Program Director
National Institute of Nursing Research
Bethesda, MD

Cancer and the Environment: Gene-Environment Interaction. Samuel Wilson, Lovell Jones, Christine Coussens, Kathi Hanna (Eds.). Washington, DC: National Academies Press, 2002, 140 pages, \$27. Free online at www.nap.edu.

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The Institute of Medicine (IOM), established in 1970 by the National Academy of Sciences, serves as advisor to the nation to improve health. IOM advises the government on issues such as vaccine safety, healthcare delivery and quality, nutrition standards, cancer prevention and management, and military and veterans' health. As an independent, scientific advisor, IOM strives to provide advice that is unbiased, based on evidence, and grounded in science. Organized into nine oversight boards, IOM has numerous projects in 16 categorical topics. *Cancer and the Environment: Gene-Environment Interaction* is the summary of a workshop convened in May 2001 by the roundtable on environmental health sciences, research, and medicine.

Roundtables and workshops provide a forum where individuals from industry, government, and academia can convene to examine new scientific findings and issues and their ramifications for health policy. Such activities provide a neutral ground for debate from a variety of perspectives and analysis that is meant to inform, shed light on, and advance mutual understanding of emerging issues.

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Ease of Reference and Usability	Content Level	Book Size
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🕒🕒 Moderate time requirement	✓✓ Intermediate	📖📖 Intermediate
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