

# KNOWLEDGE CENTRAL

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## B O O K S

**Nutritional Oncology (2nd ed.).** David Heber, George L. Blackburn, Vay Liang W. Go, and John Milner (Eds.). Burlington, MA: Academic Press, 2006, 848 pages, \$183.95.

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This lengthy reference book is designed to be used by researchers and graduate students in nutrition and oncology. The book covers the currently available knowledge in the growing field of nutritional oncology, including the relationship of nutrition and oncology and the impact of nutrition in cancer prevention and therapeutics. The book provides not only the theoretical and research basis for nutritional oncology but also offers practical information on nutrition assessment and nutritional regimens, including micronutrient and phytochemical supplementation. In addition to an overall discussion of nutrition and cancer, the book discusses specific nutrients and their classes. It also covers various clinical trials in nutritional care.

The reference is organized into seven sections: biology of nutrition and cancer, epidemiology of nutrition and cancer, biologic approaches to investigating nutrition and cancer, gene-nutrient interaction and cancer prevention, bioactive food components and botanical approaches to cancer, nutritional assessment and support of patients with cancer, and nutritional implementation guidelines and practice. Tables enhance the text by providing a summary of various research studies described in the individual chapters. Also, each chapter includes an extensive reference list.

Given its length, the book is not meant to be a quick reference. Clinicians in acute care, medical-surgical, and ambulatory medicine will find it to be an in-depth resource to turn to when answering patients' questions related to nutrition research and oncology. The editors

assume that the reader has basic nutritional knowledge prior to reading the book.

The chapter on obesity and cancer risk was easy to read. It provided an explanation of the etiology of obesity and discusses cancer sites that are suspected to be associated with obesity. It contains an extensive review of research studies related to obesity and cancer. However, it does not provide clinicians with suggestions on how to counsel patients related to obesity. General counseling suggestions are provided in a subsequent chapter.

If the reader is looking for background information on cancer anorexia and cachexia, the chapter in the nutritional assessment and support of patients with cancer section provides a great overview of the topic. It contains information about the relative roles of anorexia and metabolic abnormalities, approaches to the treatment of anorexia and cachexia, and clinical recommendations for prevention and treatment of anorexia and cachexia.

Overall, this is an exhaustive reference that is useful to clinicians, educators, students, and researchers. Although much of the content is based in research rather than clinical application, the chapters are divided in such a way that readers need to review only the topics that interest them.

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**Cancer Therapies.** Margaret Barton-Burke\* and Gail M. Wilkes\*. Sudbury, MA: Jones and Bartlett, 2006, 364 pages, \$62.95.

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The numerous developments in science and caring for individuals dealing with cancer since the 1990s has challenged healthcare professionals to become perpetual students to stay abreast of new technology, targeted

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therapies, cancer vaccines, monoclonal antibodies, and biologics, as well as the extended use of medications in arenas outside of the hematology and oncology field. *Cancer Therapies* is a new book to the oncology mar-

ket intended for use by professional nurses to enhance and support high-quality cancer care for patients and their families. The reference can be used for accessing drug information and interactions quickly, developing care plans, or, more generally, expanding the reader's knowledge regarding updated therapies and recent changes in the management of patients with and without cancer.

*Cancer Therapies* is an expansion of the authors' past works: *Cancer Chemotherapy: A Nursing Process Approach* (3rd ed.), *Cancer Chemotherapy Care Plans Handbook* (3rd ed.), and the *2006 Oncology Nursing Drug Handbook*. It includes in-depth information on the biologic basis for cancer, biologic therapy for cancer treatment, molecular targeted therapy, hematopoietic stem cell transplantation, use of cancer therapies in nonmalignant conditions, and drug interactions with anti-neoplastics. The book provides the user with a more complete reference to deal with the complexities of today's patients being treated with cancer therapies. The content can be used as a core curriculum for nursing and allied healthcare members entering the cancer care arena. The content of each chapter contains didactic information along with flow sheets and outlines for setting up treatment plans for patients. The information can be transformed easily into teaching tools for patients, families, and significant others. The terminology used is comprehensible for novice and experienced nursing professionals.

The pharmacologic discussion provides the reader with historical background for drug development, information on specific cancer chemotherapeutic and molecular targeted therapy, and concise tools and care plans to evaluate patients. The importance of holistic care for patients with cancer supports high-quality, safe best practice, the ultimate patient care goal for all healthcare providers. Also, the hematopoietic stem cell transplant chapter covers this complex topic with depth and yet is understandable for novice or experienced nurses.

Of specific interest are the discussion and guidelines about hazardous drugs—the

Ease of Reference and Usability	Content Level	Media Size
🕒 Quick, on-the-spot resource	✓ Basic	📖 Pocket size
🕒🕒 Moderate time requirement	✓ ✓ Intermediate	📖📖 Intermediate
🕒🕒🕒 In-depth study	✓ ✓ ✓ Advanced and complex, prerequisite reading required	📖📖📖 Desk reference

National Institute for Occupational Safety and Health (NIOSH) up-to-date term for cancer chemotherapeutic drugs and molecular targeted therapy. This chapter gives the reader substantial references and guidelines for working with and strong rationale for safely handling such medications. NIOSH, the Oncology Nursing Society, the Joint Commission on Accreditation of Healthcare Organizations, and the Occupational Safety and Health Administration have worked since the 1980s to identify maximum safety standards for medical professionals handling hazardous drugs. The dedication on the part of those organizations and the constancy of their work have provided the authors with the most up-to-date information, which is clearly outlined in Chapter 7.

In conclusion, the book offers comprehensive road maps for the care of patients with cancer. The tools in the chapters can be implemented in the clinical education setting and offer a segue for nurses coming into the hematology and oncology setting in conjunction with a peer-to-peer preceptor model. The text could be incorporated easily as part of the standard reference texts in the outpatient and inpatient setting. The care plans provided at the back of the book are excellent tools for teaching not only professional nurses but also patients, families, and caregivers. The information in the book will enhance nursing knowledge and the knowledge of other members of the multidisciplinary team.

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**From Silence to Voice: What Nurses Know and Must Communicate to the Public (2nd ed.).** Bernice Buresh and Suzanne Gordon. Ithaca, NY: Cornell University Press, 2006, 296 pages, \$19.95.

✓✓ Softcover



The focus of this unique and informative book is to determine why women in general and nurses in particular are underrepresented as “newsmakers” and as expert sources in the media.

In addition, the authors offer specific and practical suggestions for nurses sharing their stories with a wide variety of media. The second edition has an international scope, with contributions from nurses and media not only in the United States but also in Canada, Australia, New Zealand, the United Kingdom, Europe, and Japan.

As described by Buresh and Gordon, the challenges facing the nursing profession with regard to the media, which they address

throughout the book, are (a) not enough nurses are willing to talk about their work; (b) when they do talk, they unintentionally project an inaccurate picture of their work—virtue as opposed to knowledge; and (c) nurses often bypass, downplay, or even devalue basic nursing work in direct care of the sick. The authors emphasize the importance of public communication skills and the even more important need for nurses to be willing to develop and use such skills.

The book is written for all nurses and would be of value to students, faculty, direct care providers, advanced practice nurses, and administrators. All nurses have a professional responsibility to share their stories with the public so that they can better understand the roles that nurses play in health care. Nurses tend to have a victim mentality; Buresh and Gordon give nurses the tools with which to rise above their perceived helplessness and to position themselves as newsmakers and as expert sources to the media. The book is well organized and interesting to read; anecdotes and stories presented for critique engage the reader as an active learner. For those who understand the issues and want to address them, Part II is an excellent how-to guide with specific suggestions on how to write a press release; work with public relations professionals; develop letters to the editor, opinion-editorial essays, and blogs; and be interviewed on radio and television.

Although other authors have written extensively about the image of nursing and the “poor press” that the profession receives, Buresh and Gordon have gone to the next level by addressing ways to enhance nurses’ image and increase the public understanding of what they do. They have empowered nurses with their work; now nurses must use the techniques the authors described to enhance their image in a proactive manner.

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**V I D E O**

**A Nurse I Am.** Chatsworth, CA: Cherokee Uniforms, a division of Strategic Distribution, L.P., 2006, two DVDs, 32 minutes and 62 minutes, \$10.

✓ DVD

Alarmed at the disturbing number of nurses leaving the profession in their first few years of practice, Cherokee Uniforms provided a grant to Emmy Award-winning director David Hoffman to produce a film for nurses and nursing students that would encourage nurse retention. *A Nurse I Am* is one of two videos produced by Hoffman.



The purpose of the video is to offer guidance and encouragement to new and experienced nurses and to provide suggestions on how to be successful as a nurse. The DVD video focuses on four nurses, all recipients of the Cherokee

Inspired Comfort Awards. The peer-nominated awards are given annually to nurses who demonstrate exceptional service, sacrifice, and innovation. The nurses in this video are Bob, a pediatric oncology nurse; Ardis, a nurse manager; Angela, a nurse care coordinator; and Mona, a family nurse practitioner. The video provides actual footage of the nurses in their clinical settings, interacting with peers, patients, and other professional colleagues.

The video is broken down in several segments that discuss specific suggestions on ways to provide high-quality patient care while learning to care for the self. Each nurse provides his or her own suggestions on how to cope with the demands of nursing while focusing on the joys that he or she receives from the profession. Included with the DVD is a discussion guide with suggestions for use with students, new nurses, and seasoned nurses, and it provides several good questions to provoke further discussion on the issue of nurse retention. Although the DVD is not specific to oncology nursing, Bob provides a wonderful glimpse at the role of the pediatric oncology nurse and offers some interesting perspectives on being male in a female-dominated specialty.

The technical quality of the DVD is excellent, and the content is quite good overall. Because it is a short video, it could be used easily in the classroom or during an in-service with plenty of time for discussion. Some of the suggested coping strategies provided seem somewhat simplistic but are a good reminder of ways that nurses can take care of themselves. All in all, the DVD provides a very positive view of nursing, and although not necessarily unique in its message, it may help remind nurses why they are in the profession and can demonstrate to those who watch it what nursing care is all about.

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