ADVANCED PRACTICE NURSING

Chosen by Jane Jeffrie Seley, MPH, DNP, BC-ADM, CDE, diabetes NP, NewYork-Presbyterian/Weill Cornell Medical Center, New York City.

1. The Doctor of Nursing Practice: A Guidebook for Role Development and Professional Issues
   This book presents an overview of the doctor of nursing practice (DNP) degree, addressing professional issues, leadership, advocacy, and current and future opportunities.
   • Uses an easy-to-read format that includes bulleted lists, tables, case studies, interviews, and questions for reflection.
   • Covers current controversies—for example, the doctor–nurse title and the choice between a research doctorate and a practice-focused doctorate.
   • Has a thoughtful layout, conducive to reading on a need-to-know basis.

2. Comprehensive Systematic Review for Advanced Nursing Practice
   This book is a much-needed road map through the essential steps to evidence-based practice. It's full of tables, examples, and exercises and provides ideas that may be helpful even for experienced clinicians.
   • Provides easy, step-by-step instructions on performing a comprehensive literature search.
   • Includes helpful tools and resources to maximize success.
   • Presents descriptions of experimental, observational, and qualitative research and explains methods for analyzing and interpreting evidence.

3. The Advanced Practice Registered Nurse as a Prescriber
   At last, a handbook that helps advanced practice nurses partner with their patients to make fully informed prescribing decisions.
   It's a must-read for all new prescribers and advanced practice nursing students interested in strategies for improving rational prescribing.
   • Covers controversial topics such as pharmaceutical marketing and legal, regulatory, and ethical dilemmas.
   • Addresses cultural competency and its importance in prescribing practices.
   • Offers advice on handling difficult situations such as unreasonable prescription requests or drug-seeking behavior.

COMMUNITY–PUBLIC HEALTH

Chosen by Captain Lynn A. Slepski, PhD, RN, CCNS—Community Health, senior public health advisor, United States Public Health Service, Washington, DC.

1. School Nursing: A Comprehensive Text
   If you’re a school nurse or thinking about school nursing, this is the reference you want on your desk. Endorsed by the National Association of School Nurses (NASN), Selekan and her team of experts cover just about every situation you may encounter. It's organized and presented in a manner that’s easy to understand and includes important information that you probably didn't know where to find before.
   Need a graphic on hand hygiene with alcohol-based products—it’s here! Teaching a student to use a peak flow meter—there's an example that you can copy and pass on. Need a sample emergency action plan (for example, on seizures)—it’s here too. Also addressed are topics you generally won’t find in similar texts, such as gay, lesbian, bisexual, and transgender identities.
   This is the bible of school nursing. It provides a historical perspective on school nursing, explains standards of practice, and explores frameworks and models for practice. It addresses federal laws protecting children and youth with disabilities and provides information on student health and education plans. There is a new chapter on bullying. There is a chapter on emergency management, crisis response, and the role of the school nurse, including advice on writing a pandemic plan. This book has it all!
   • Comprehensive, well organized, and supported by evidence.
   • Includes access to the NASN Web site, with downloadable templates and documents (parent bulletins, health plans, graphics, and handouts) as well as links to Web sites.
   • Provides good examples of individualized health care plans for students with chronic illness.

2. Introduction to Community-Based Nursing
   This well-thought-out and organized text helps students learn and apply new skills through activities that target practical application and develop clinical reasoning. This edition includes a new chapter on mental health nursing in community-based settings and two new chapters on cultural competency.
   Novice practitioners are introduced to the basic concepts of community nursing and given opportunities to apply what they've learned. For example, when discussing community assessment, readers learn how to conduct a windshield survey, which—when combined with demographic, socioeconomic, and morbidity and mortality data—leads to the rapid
identification of trends, stability, and changes that may affect the health of an individual living in a community. In the unit on family assessments, readers learn documentation tools such as a genogram and culturagram.

A major strength of this text is its emphasis on health teaching, case management, and continuity of care, each approached with an across-the-lifespan perspective. Sprinkled throughout are examples of various nursing roles and practice settings, described in firsthand accounts titled, “The Nurse Speaks.” The text also highlights evidence-based practice by providing short descriptions of relevant community-based studies.

- Includes a comprehensive set of assessment tools designed to help novices capture the information necessary to develop a community-based, comprehensive plan of care, as well as practice guidelines and teaching materials that are easily identified by text boxes.
- Contains a section in every chapter titled, “What’s on the Web,” that provides pertinent Web site addresses and excellent descriptions of what each site contains—a real time saver.
- Provides amazing additional online resources for both students and faculty. For example, the instructor resources include lecture outlines, assignments, discussion topics, client care studies, and test questions.

### 3. Psych Notes: Clinical Pocket Guide

**By Darlene D. Pedersen. 3rd edition. Philadelphia, F.A. Davis Company.**

This pocket guide has been expanded to include updated drugs, labs, and tests and a preview to the 5th edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM)*. For the nurse who doesn’t routinely practice in this area, this is a gem to keep nearby. For smartphone users, there’s a QR code that gives you instant access to 78 complete psychotropic drug monographs.

This pocket guide has great features and it’s tabbed for easy navigation. In “basics,” there’s a concise review of anatomy and physiology, major foundational theories, and legal aspects including informed-consent types of commitment and when confidentiality must be breached. The diagrams are clear and can be used for patient education. The assessment section contains 12 screening tools and rating scales with grading criteria. Each major disorder and intervention is concisely reviewed. In the drugs and labs section, you can review major categories of drugs and quickly look up values. Every major psychotropic drug is comprehensively reviewed and includes dosage ranges, common adverse effects, geriatric and dose considerations, as well as assessment cautions. There are specific sections on crisis and geriatrics. The tools area contains abbreviations, assessment tools, *DSM* fourth edition axes I and II categories and codes, North American Nursing Diagnosis Association nursing diagnoses, pregnancy categories, and a glossary. Sprinkled throughout are clinical pearls—short statements and rationales—that provide quick guides. Alerts are displayed in red.

- Comprehensive, pocket-sized reference with waterproof and reusable wipe-free pages that allow users to take notes in ball point ink and then easily remove them.
- Includes an excellent assessment section that walks the user through taking a comprehensive history and physical and includes 12 assessment tools and rating scales.
- Easy to navigate with identified clinical pearls and alerts.

### CONSUMER HEALTH

Chosen by Michael C. Desjardins, MSN, APRN, PMHNP-BC, clinical director, Nexstep Medical Detox, Orem, UT.

1. **An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn**

   **By Sally J. Rogers, Geraldine Dawson, and Laurie A. Vismara. New York City, The Guilford Press.**

   Parents are often unprepared to care for a child with autism and forced to navigate complex health care, education, and social systems without guidance and support. This book provides the nuts-and-bolts information needed to set up an early intervention program. The authors use their years of research and clinical expertise to provide a virtual “how to” text on caring for a child with autism, helping readers to establish the home, school, and social settings necessary to maximize the development of a child with autism.

   - The authors are authorities on autism spectrum disorders.
   - Provides guidance on navigating the education and health care settings as well as advice on keeping the whole family healthy.
   - Easy to read, well organized, and concise, this valuable consumer health tool provides comprehensive resource lists and advice about practical application of its concepts.

2. **The Big Squeeze: A Social and Political History of the Controversial Mammogram**

   **By Handel Reynolds. Ithaca, NY, ILR Press, an Imprint of Cornell University Press.**

   *The Big Squeeze* provides a detailed account of the controversy surrounding mammography and mammograms for the detection of breast cancer. Handel Reynolds, MD, describes the science and technology behind the mammogram, enabling readers to make informed choices based on the benefits and risks of screening. This book suggests the need for newer technologies that have less risk and more benefit and provides an argument for reassessing the effect of disease-screening technologies across the medical establishment.

   - Provides an in-depth explanation of the politics driving the mammography debate.
   - Includes easy-to-understand examples surrounding the controversy.
   - Offers a concise summary of the key scientific issues driving the debate.
3. One Man’s Life-Changing Diagnosis: Navigating the Realities of Prostate Cancer
By Craig T. Pynn. New York City, Demos Medical Publishing.

This book should have been written years ago. The point is made that because of a plethora of social, political, and financial realities, prostate cancer is a disease that men everywhere are suffering with quietly and often alone. Pynn provides a thoughtful, straightforward commentary on the debilitating and disabling effects of prostate cancer. He provides an insider’s perspective of the struggles of living with this disease and delivers an easy-to-read guide to help readers navigate the realities of detection, diagnosis, and treatment.

- Provides readers with firsthand, essential information that’s often overlooked because of social factors and the stress of living with the disease.
- Helps prostate cancer patients reduce the burden of stress that accompanies the cancer diagnosis, as well the confusion that can befall those suffering with this disease.
- An exceptional resource to help patients and family members make better and more informed decisions; the information it contains can help patients through the treatment process, giving them a path to recovery and long and full lives.

CRITICAL CARE—EMERGENCY NURSING

Chosen by Rachel L. Zastrow, MSN, RN, CCRN, patient safety liaison manager, ICU staff nurse at Central DuPage Hospital, Winfield, IL.

1. First Aid, Survival, and CPR: Home and Field Pocket Guide

For the babysitter, new parent, lifeguard, or paramedic student—this is an excellent reference for the responsible or interested layperson. This quick-reference guide provides easy-to-understand, practical first aid and safety information. Some of the information might seem basic at first—such as handwashing and fall prevention—but that may be less intuitive for a member of the general public than for a nurse (or the family of a nurse!). However, even some of the basic information will be beneficial for health care professionals, such as the detailed checklists for building first aid and survival kits. Like these kit instructions, much of the content applies primarily to preparation, such as the CPR instructions and disaster preparedness material. The injury, poison, and wound sections seem most amenable to use in the heat of the moment. Depictions showing how to tie a sling and remove a fishhook provide the correct level of detail for a layperson, with frequent reminders to access formal health care when necessary. And our ED colleagues will be happy to know that the medical care recommended is commensurate with the nature of the injury. For example, a severe sunburn with fever and chills warrants a trip to the physician, not to the ED.

- Use of the “ABCDE” mnemonic for assessment of the situation: the introduction of this easy-to-understand, useful critical thinking tool to the general public might just be genius. Each section to which this applies begins with how to apply airway, breathing, circulation, disability, and environment/exposure assessment. An abbreviated secondary assessment, labeled “what to do next,” follows.
- Materials and pricing: waterproof, wipe-clean pages make perfect sense for this type of guide, and at around $20, this book is a steal. I would certainly recommend this as required reading for babysitters and lifeguards. The authors recommend storing a copy of this book in all first aid and survival kits, and I agree!
- Specific advice and instructions: what does a flood warning versus a watch mean? What is the significance of wind chill? How can I purify water when hiking? What’s the phone number for poison control? Find answers to all of these questions and more. The small type and less-than-perfect glossary may inhibit your search, but the layout makes finding the answers fairly easy. Overall, this tiny tome delivers tons of information for its miniscule weight.


Simulation training offers important, evidence-based benefits, and these manuals offer practical information for students and instructors and are geared toward hospital-based groups. These complementary texts provide solid, detailed case scenarios for new critical care nurses. In reality, some of the scenario work would likely benefit experienced nurses as well, particularly if administered with team building in mind.

The instructor material contains enough detail to provide direction about how the simulation should progress but isn’t overly prescriptive. One can easily see how institution-specific expectations could be added to the scenarios, and how other team members (physicians, advanced practice nurses) might also be incorporated. In addition, the learning objectives and competencies for students are concise, practical, and measurable. The student materials include access to Web-based video materials (with more to come, per the Web site) and enough preparatory questions to allow success during simulation.

- Provides clear learning outcomes for students and corresponding competencies for instructors: the learning objectives and competency statements are reasonable, specific, and applicable to real-world situations.
- Focuses on safety: in addition to critical thinking skills, materials consistently reinforce basic patient care measures, such as accurate and appropriate alarm settings, handoffs, line securement, and double checks.
- Focuses on evidence-based practice: the materials consistently refer to national and international standards, such as recommendations from the Surviving Sepsis Campaign and ventilator-acquired pneumonia prevention guidelines.
3. Sheehy’s Manual of Emergency Care

Sheehy’s Manual of Emergency Care attempts to provide a comprehensive guide to emergency nursing care. It largely succeeds. Wonderfully organized, the clinical content is subdivided by population and type of emergency, with additional sections that cover issues such as ethics, pain control, and safety. Tables enhance the clinical content, rendering it more useful to the reader, from lab values to procedure tips to assessment scales. In addition, especially important information appears in darkened boxes, such as a caution to verify integrity of a blood specimen before treatment for hyperkalemia. Although I personally would prefer color pictures and printing in this text, at a weighty 632 pages, I can certainly understand the editorial decision. In addition, this book retails for a little over $40, another benefit that would undoubtedly be affected by color print.

- Facilitates quick access to important information.
- Provides comprehensive, concise, relevant information describing an impressive array of medical and traumatic conditions in a variety of populations.
- The tables contain excellent information and deserve extra mention. Helpful mnemonics, symptom tables, and treatment modalities are only a few of the items in these concise boxes. Those studying for certifications and rushed clinicians alike will benefit from this presentation of information.

ELECTRONIC MEDIA

Chosen by Julie McAfooes, MS, RN-BC, CNE, ANEF, Web development manager, Chamberlain College of Nursing, Downers Grove, IL.

1. Interpersonal Skills for Healthcare Providers: Instructor Version

This CD-ROM illustrates interpersonal skills through well-written and well-acted scenarios, demonstrating basic communication skills such as active listening and providing examples of how to deal with clients who are angry, depressed, or anxious. The instructor's manual offers teaching strategies, exercises, and activities for in-class and laboratory settings. The package includes a student version on CD-ROM (also sold separately).

- Production values are high and include excellent script writing and acting.
- Subject matter pertains to a wide range of health care providers.
- The instructor’s manual is an exceptional resource that provides many strategies for integrating media into the teaching and learning environment.


This interactive CD-ROM presents 13 modules covering subjects from basic math review to titration of IV medications. Calculation, measurement systems, administration routes, and equipment are described with text, images, illustrations, animations, and video. Results of National Council Licensure Examination-style module tests can be printed or e-mailed. Resources include a calculator, a pronouncing glossary, and a 154-page print manual full of questions and exercises.

- Provides a comprehensive and in-depth approach to teaching the topic.
- Integrates a wealth of media resources into the modules.
- Accompanying manual extends learning opportunities by providing additional questions and exercises with answer keys.

3. Interpersonal Skills for Healthcare Providers: Student Version

This CD-ROM allows students to practice interacting with clients undergoing different experiences or emotional states, including anger, depression, dying, nonadherence, or obsessive-compulsive behavior. Students watch video segments of a provider-client interaction and then choose a response they believe will facilitate the conversation; the program provides feedback indicating if the choice was poor, acceptable, or the best response. Talking points for each scenario encourage deeper understanding. An easy-to-use closed-caption option makes this media-rich title even more accessible, and a manual, which can be printed from a PDF file, suggests additional exercises.

- Production values are high and include excellent script writing and acting.
- Subject matter pertains to a wide range of health care providers.
- Interactivity gives students the opportunity to obtain feedback on various approaches to interpersonal communication.
• Extremely well organized.
• Beautifully written.
• Comprehensive and touches on all geriatric issues that face our aging patients.

2. The Nurse’s Role in Promoting Optimal Health of Older Adults: Thriving in the Wisdom Years

This beautifully written book addresses aging using an unusual approach—by focusing on maximizing the health of geriatric patients. No topic is off limits in this book, which covers a wide scope of subjects, from cultural differences to transgender issues. Each chapter begins with objectives and ends with a pertinent case study. There are no omissions here and the content is both interesting and easy to read.
• Nice focus on health, rather than illness, of our elderly patients.
• Gives real “how to” advice on maintaining independence in the elderly patient.
• A great teaching tool and a wonderful read.

3. Case Studies in Gerontological Nursing for the Advanced Practice Nurse

This is a wonderful collection of case studies for both educators and students. Many difficult issues facing the geriatric patient are raised and worked through: objectives are established, then the appropriate assessments, diagnostic workups, and critical thinking issues are addressed. Each case is complete with a discussion of its resolution. This is a wonderful guide for educating all providers in geriatrics, especially NPs and geriatricians.
• Well written and easy to read.
• Extremely practical and a great teaching tool for the advanced practice nurse.
• Extremely diverse in its coverage of topics facing our geriatric population.

HOSPICE AND PALLIATIVE CARE

Chosen by Alma Yearwood Dixon, EdD, MPH, RN, associate provost, Civic Engagement and Health Equity Office of Provost, Bethune-Cookman University, Daytona Beach, FL.

1. Religious Understandings of a Good Death in Hospice Palliative Care

The book begins with an excellent review of the thinking and experience that lead Cicely Saunders to develop hospice care, a new way of treating the terminally ill. The book provides fascinating and informative detail on the placement of hospice care within a religious context.

The book also provides—in beautiful language—the traditions, rituals, and practices that constitute a good death in Christianity, Islam, Hinduism, Judaism, Buddhism, Chinese religion, and Aboriginal spirituality.

Throughout the book, and in each case study, the basic tenets of hospice care are presented: to be free of pain, in a caring environment, and surrounded by caring people.
• Each of the major religious traditions are presented in detail and placed within the historical context of the hospice care movement.
• The case studies are beautifully written and illustrate the material covered in the chapter.
• The in-depth review of the major religious traditions is an excellent resource for institutions caring for diverse patient populations at the end of life.

2. Palliative and End of Life Care for Children and Young People: Home, Hospice and Hospital

Children who have life-limiting conditions that will end in death upset the normal order of life. This is a highly emotional and difficult topic, even for health care professionals. This well-written book incorporates references and case studies to illustrate the point.

The book documents many of the problems in the current system of palliative care for children and young adults. It also suggests changes in policy that will improve service delivery. I especially appreciated the focus on the need for bereavement care after the death of a child.
• Includes extensive references that are a valuable tool for policymakers who need to address the continuum of care for children with life-limiting illnesses.
• The vignettes illustrate the material covered in the chapters.
• Includes poignant case studies of families struggling to honor the wishes of their dying child while coping with their own impending loss.

INFORMATION TECHNOLOGY AND INFORMATICS

Chosen by Megan Duffy, BA, BSN, RN, CEN, ED staff nurse at Lawrence Memorial Hospital, Lawrence, KS.

1. Informatics and Nursing: Opportunities and Challenges

Informatics and Nursing is broad enough to serve as a technological bible for nurses with any level of knowledge on this topic. Its scope is sweeping, ranging from basic hardware concepts and elementary Internet terminology to technical database and data-mining concepts; the authors describe how these benefit nurses in everyday practice. Moreover, the book is organized so that nurses who are adept at using computers but interested in nursing informatics can easily find what they need to know, whereas those who want a primer will find it. The information is current in both technology and health care considerations.
• Scope: this book goes from the ground up and contains both basic and advanced concepts.
• Timeliness: the information is not outdated, as is the case with many technology-related books, and contains useful data for upcoming health care changes.
• Organization: the book is arranged in such a manner that nurses can easily skip through it and read only the parts they need.

**MATERNAL AND CHILD HEALTH**

Chosen by Jessica L. Deeb, MS, RN, CLC, LCCE, WHNP-BC, perinatal nurse specialist, NYU Langone Medical Center, New York City.

1. **Nursing Care of Children: Principles and Practice**  

As a nurse who practices outside of this area, I found this book to be especially useful. Each section begins with clear learning objectives, which were easily met by chapter’s end. It includes excellent tables, diagrams, and pictures throughout. The nursing care plans could be used in both the nursing school and hospital settings. Overall, this is an excellent resource—a “go-to” book for anyone who wants to learn more about caring for the pediatric patient.

• Organization with colors, sections, and pictures added to the ease of learning. Each section of any chapter was easily identifiable.
• Nursing care plans provide a necessary resource for anyone involved in the management of patient care. They were both thorough and to the point.
• Addresses the medical aspects of pediatric nursing as well as a holistic approach. For example, there is a chapter that focuses on communication with children and their families.

2. **Obstetric Triage and Emergency Care Protocols**  

This book goes beyond the basics of obstetric care, providing an excellent reference for anyone who needs to implement or improve obstetric triage in the hospital setting. Covering a variety of issues that occur throughout pregnancy, it seems that nothing is excluded. Chapters are organized using a similar format, allowing for quick reference, and tables are helpful and concise. For example, a table on selected causes of chest pain may help eliminate some unnecessary differential diagnoses and wasted time in triage. This is a must-read for any hospital with an obstetric triage, and I will certainly be sharing it with our labor and delivery unit.

• Covers a wide range of topics, addressing all complaints common to obstetric triage.
• Each chapter uses a similar format, which makes this both a great reference for implementing protocols and one that can be useful in real-time patient care.
• Includes tables that highlight useful information.

3. **Genetics and Genomics in Nursing and Health Care**  

Genetics and genomics are important in all areas of nursing, but especially so in maternal–child nursing. The ability to understand this science is vital in educating and caring for our patients. The text was easy to read yet detailed enough to provide a deep understanding of the topic. This book is an excellent resource for all nurses who want to increase their knowledge of genetics and genomics.

• This text is easy to understand, enabling complex information to be digested on first-read.
• The information is applicable; genetics is becoming increasingly important and this text provides the basic information needed for everyday nursing.
• Each chapter ends with a review, providing the opportunity to revisit and test your knowledge.

**MEDICAL–SURGICAL NURSING**

Chosen by Monica G. Staples, MSN, RN-BC, clinical nurse specialist, Massachusetts General Hospital, Boston.

1. **Mastering Precepting: A Nurse’s Handbook for Success**  
*By Beth Ulrich. Indianapolis, IN, Sigma Theta Tau International.*

Precepting is a challenging task, yet those who are chosen to act as preceptors often lack formal training or consistent support. While few formal resources are available, studies repeatedly show the profound effect the orientation experience has on new graduate nurses. This is an excellent resource for both novice and experienced preceptors. It offers a step-by-step framework to use during the orientation period. It also provides strategies and techniques addressing a variety of topics, including technology and generational learning styles. These concepts are practical and transcend many different care settings.

In addition, it’s a valuable resource for those at the leadership level who must select and support preceptors. It provides careful planning guidelines, motivational techniques, as well as suggestions for structured meetings and follow-up. These concepts are intended to support the preceptor as well as the new graduate.

• Based on practical, timely, and adaptable concepts, this is an excellent resource for those involved in the development of new graduate nurse education.
• Concise and based on an evidence-based framework.
• Valuable shared resource for both staff nurses and nursing leadership.
• Up-to-date with today’s evolving workforce.
NURSING EDUCATION

Chosen by Thomasine D. Guberski, PhD, CRNP, director, health program–nursing, Institute of Human Virology, University of Maryland School of Medicine, and adjunct associate professor, University of Maryland School of Nursing, Baltimore.

1. Legal Issues Confronting Today’s Nursing Faculty: A Case Study Approach

When a student fails, when there are conflicts over intellectual property or in myriad other stressful situations, none of us want to hear the dreaded words, “My lawyer will contact you.” But it has been my experience that books discussing legal issues are often difficult for nonlawyers to understand. No so with this book. The authors’ goal is to give faculty and academic nursing administrators a framework for dealing with situations in accordance with existing laws and institutional policy before a lawyer is involved. The writing is clear and the content is relevant. They address the critical elements that ensure policies and procedures are in line with existing laws.

The primer introducing the reader to the legal process is clear, informative, and practical, setting the tone for the rest of the book. The section on how to read a judicial decision is extremely helpful and can be used for any legal decision. Each chapter consists of one or more cases and includes the relevant legal principles and a review of the literature. The case discussions are especially valuable, as they address the findings and disposition of each case study. For me, however, the most helpful chapter sections are the recommendations about when to contact the university counsel and the preventive guidelines for actions that may reduce the chance that a faculty or student issue will become litigious.

Every faculty member should have access to the information in this book.

• Offers practical recommendations about reducing the incidence of legal confrontations.
• Presents realistic cases that are relevant to the challenges faculty face every day.
• Provides informative critical-elements text boxes.

By Beth Ulrich. Indianapolis, IN, Sigma Theta Tau International.

Faculty, nurse managers, and orientees are all looking for great preceptors. Many nurses would like to be preceptors but aren’t sure what the role entails or how they can implement it. Since “nurse preceptors have the power to make or break a career,” helping them achieve excellence in the role is critical to the success of our profession. This book is a great resource for novice and experienced preceptors and can provide an introduction to those interested in the role.

This practical book helps preceptors guide their preceptees to success. The knowledge and skills necessary to implement the multifaceted preceptor role are discussed in an informative, clear, nonprescriptive manner. Pragmatic information on evaluating and resolving challenges (such as using instructional technology or resolving a preceptor–preceptee mismatch) reassure preceptors that they are not alone in certain challenges and that there are win–win solutions. Realistic problem-solving suggestions are provided as an excellent self-development plan for preceptors, emphasizing individual strengths and needs. Templates encourage readers to put their plans in writing to help with self-reflection and implementation.

The preceptor development plan would also make an excellent framework for an orientation workshop in the academic setting. Readers will find a wealth of knowledge, skills, and tools to help preceptors learn to teach and ensure a positive experience.

• Includes a preceptor self-development plan to help identify personal strengths.
• Focuses on the “how to” of precepting (not on the development of a preceptor program).
• Provides practical information, grounded in reality.

3. Learning IOM: Implications of the Institute of Medicine Reports for Nursing Education
By Anita Finkelman and Carole Kenner. Silver Spring, MD, Nursesbooks.org.

There are, at present, 39 Institute of Medicine (IOM) reports that affect nursing. It’s critical for nursing students to understand the clinical implications of improving patient care from a policy, systems, and individual care perspective. However, students often say that they don’t know how to locate IOM reports, that they don’t understand the purpose of these reports or how they affect practice. Those statements are no longer valid. The authors of this book, specifically written for students, provide this essential information.

Nursing is a practice profession. This book will enable students to immediately connect the IOM reports to their education and clinical practice. It will reinforce graduate students’ ideas of how to use IOM recommendations to affect policy and organizational changes for patient care improvements. I think the most critical section for students, however, is the concise, relevant connection of the IOM reports to nursing practice. It provides a framework to understand how and why standards of care change. This framework helps students understand the basis for translating evidence-based practice into patient care.

This excellent resource, organized around the five IOM health professions core competencies, works in synergy with Teaching IOM to provide students and faculty with a real-world approach. Readers will be active participants in discussions about nursing and health care reform rather than passive recipients of decisions.

• Offers a concise analysis of how relevant IOM reports affect nursing.
• Provides a clear framework to analyze IOM reports.
• Presents an approach to implementing IOM reports into nursing practice.
1. Quality and Safety in Nursing: A Competency Approach to Improving Outcomes

With the ambitious, self-described goal of meeting the needs of nursing academics, students, and practicing clinicians alike, this book compiles an impressive collection of contributions from thought leaders in quality and safety, including the editors themselves. The book is a comprehensive, yet tightly focused, overview of quality and safety, including sections dedicated to Institute of Medicine report findings, Quality and Safety Education for Nurses competencies, patient-centered care, informatics, and quality improvement. The final section of the book offers strategies for stimulating transformative changes in teaching, organizational culture, and execution. Throughout, the editors take a straightforward approach to presenting a wide panorama of quality and safety principles and strategies, all within a positive, enthusiastic framework of improvement in health care outcomes. The book is a valuable compendium for—as designed—any nurse, academic, or student interested in advancing safe, high-quality health care.

- Offers thorough coverage of the important topic of quality and safety.
- Bridges academia and practice.
- Uses a competency approach for organizing the content, which works well.

1. Intervention Research: Designing, Conducting, Analyzing, and Funding

As Virginia Moyer notes in this book’s foreword, for more than 50% of the nearly 3,000 common treatments included in Clinical Evidence, a British publication, there isn’t enough evidence to assess effectiveness. And, for nursing interventions, those supported by evidence would probably be even less than 50%. Those of us in clinical practice are usually left with clinical expertise to base our practice on.

This book focuses on conducting intervention research that is desperately needed for clinical practice! It provides a concise, practical, methodical approach to conducting intervention research—from design to dissemination and translation into the real-world practice setting. This is one of the most inclusive research books I’ve ever read. For example, it has a chapter on budgets that includes considerations of how much should be allocated to key personnel. It talks about the institutional review board, about how to recruit subjects, and how to avoid the pitfalls of other researchers. It presents complex concepts with understandable definitions and includes examples that enable readers to understand how a concept was operationalized. Each chapter ends with key points to highlight the important ideas presented. Researchers and graduate students would benefit from this book.

- Provides a concise, readable guide to conducting intervention research, from inception to dissemination. It includes all or most of what you should need to conduct research. Readers will gain a strong understanding of what’s required to conduct research. It really is a “one-stop shop” for research.
- Focuses on intervention! I understand the trajectory of research and that we need to start with assessment. However, in clinical practice, nursing interventions are still occurring and we are left with clinical expertise on which to make our decisions. This book is about the real world.
- Written by reputable scholars in the field.

1. The Wisdom of the Whole: Coaching for Joy, Health, and Success
By Linda Bark. San Francisco, Create Space Press.

Though not a traditional nursing role (not yet anyway) the coach role is increasingly pertinent to nurses and other health care professionals. Coaching is about effecting change—a process that is congruent with nursing—and can be integrated in strategies to promote health, change health behaviors, promote adherence, and enhance relationships, a sense of purpose, and career fulfillment. Author Linda Bark, a master certified coach, suggests this book as a companion to her coaching course or as a primary resource for readers who wish to learn about coaching. Bark, with the contributions of 38 colleagues from a variety of disciplines, merges scholarly, theoretical, and practical information to devise a tool kit for customizing use of coaching in one’s practice and personal life. This book is creative and innovative, covers a topic that is relatively new, and is quite fun to read (the illustrations are great). Nurses in any aspect of the discipline can use coaching skills to enhance practice and promote improved patient outcomes, cultivate leadership skills, and offer realistic models for finding career fulfillment.

2. Self-Healing Through Reflection: A Workbook for Nurses
By Nancy Jo Bush and Deborah A. Boyle. Pittsburg, PA, Hygeia Media, an imprint of the Oncology Nursing Society.

The premise for this book arises from the authors’ realization that nurses are admired for their altruism, selflessness, and competence and that the work of nursing is stressful and that stress is generally considered a cost of doing that work. The authors question the ability of nurses to nurture themselves, which results in a multitude of problems affecting the nursing profession, health care delivery systems, patient outcomes, and even recruitment of the next generation of nurses. To respond to this need, Bush...
and Boyle offer self-healing as the counter to burnout, compassion fatigue, vicarious traumatization, and grief. Crafted in a workbook format, this book integrates evidence-based self-care strategies and other resources that readers can use to restore personal balance of mind, body, and spirit, and thereby to strengthen, maintain, or restore the joy that the nursing profession offers. These self-healing strategies could be proactively introduced to students entering the profession, allowing the next generation of nurses to assimilate self-care from the very start of their professional careers.

3. The Essential Guide to Nursing Practice: Applying ANA's Scope and Standards in Practice and Education

This publication is new, unique, and a substantial resource intended to support the American Nurses Association's two foundational texts. White, O'Sullivan, and 15 highly regarded nurse leaders provide tangible and specific explanation and guidance for applying foundational standards of the nursing profession, nursing diagnoses, determination of outcomes, and evaluation. Case studies and suggested discussion topics turn concepts that may have been perceived as esoteric into real-life, applicable scenarios that support and advance nurses’ critical thinking and problem-solving skills.

PSYCHIATIC–MENTAL HEALTH NURSING

Chosen by Donna Sabella, MEd, MSN, PhD, RN, assistant dean of health sciences, Arcadia University College of Global Studies, Glenside, PA.

1. Nurses' Clinical Consult to Psychopharmacology

What a welcome addition to the arsenal of books on medications used to treat mental health disorders. Many current books provide alphabetical listings of the drugs used for various psychiatric disorders. Although such references are useful, such presentation is disconnected from the bigger picture. The approach employed here moves away from “business as usual,” instead presenting medications within the context of the major psychiatric disorders as per the Diagnostic and Statistical Manual of Mental Disorders, fourth edition, text revision, and does so across the life span as well.

Each chapter focuses on a specific group of disorders and provides information about the psychotropics used to treat them. Drug tables prioritize medications according to their clinical efficacy, in order to help prescribers make the best choices. In addition to addressing psychopharmacologic approaches to treatment, the text also offers a basic overview of neurotransmitters, clinical neuroanatomy, and the principles of pharmacokinetics and pharmacodynamics.

It is well organized, is written in a style that can be understood by both novice and seasoned practitioners, and provides a wealth of information that prescribers and advanced practice nurses will find interesting and useful. This is a must-have for all primary care providers and psychiatric-mental health specialists. I’m glad I own a copy.

• Includes management guidelines for special populations and precaution considerations for patients with various medical conditions.
• Presents an overview for each chapter of the respective disorders.
• Offers information on more than 110 drugs in an easily portable format.

2. Inpatient Psychiatric Nursing: Clinical Strategies and Practical Interventions

There is a saying that good things come in small packages—in this case, that saying is true! This little text is filled with practical interventions and valuable clinical strategies aimed at helping nurses manage various patient behaviors in inpatient psychiatric settings. The authors have moved away from the typical approach of looking at patient behavior through the lens of a given psychiatric diagnosis. Instead, they focus solely on behaviors, regardless of the diagnosis. As such, although written for mental health nurses, this little gem provides excellent guidance for any nurse who has ever worked with an angry, anxious, withdrawn, or paranoid patient.

The book is divided into two main sections: managing specific patient behaviors (chapters 1-10) and types of interventions (chapters 11-16). Among the specific behaviors it addresses are disorganized, nonsuicidal self-injurious, suicidal, and manic behaviors. Among the kinds of interventions presented are family, relaxation, sensory, and psychopharmacologic interventions.

This book evolved from an interdisciplinary collaboration of nurses, psychiatrists, social workers, and others who spent two years identifying and describing their own management strategies and intervention experiences working with patients in inpatient psychiatric settings. It offers sound, practical advice for working with patients in acute inpatient psychiatric care settings as well as beyond.

• Chapters are organized in a consistent format.
• Addresses four key aspects of acute psychiatric nursing practice for each behavior: patient safety, stabilizing patient symptoms, engaging patients in treatment, and discharge planning.
• Behavior chapters offer a baseline overview regarding background, behavior, cognition, and affect.

3. A Nurse's Guide to Women's Mental Health

Several years ago, I taught a course on women's mental health across the life span and had a difficult time finding an adequate textbook. I ended up having to select several books to do the job. Had this work been available then it would have easily been my first and only choice. The author, although not a mental health nurse, does a fine job covering various mental health issues and disorders that are unique to women across the life span.
The work consists of 24 chapters divided into four main sections. In the first, the introduction, the reader is given statistical information related to women’s mental health and information about stressors affecting women, the role of culture in mental illness, and violence against women. Section two focuses on such special populations as female veterans, incarcerated women, disabled women, young girls, aging women, and lesbian and transgender women. Section three highlights childbirth and women’s health issues related to pregnancy, menstruation, and infertility. The last section leads the reader through the common psychiatric disorders experienced by women.

Considering that the majority of people treated for mental health disorders are women, a book such as this is a welcome read for all women and for all who work with women regardless of their area of nursing. The text provides useful information in a clear and concise manner and goes beyond presenting things “as usual.”

• Provides case studies and questions to consider in each chapter.
• Goes beyond describing a given disorder: each chapter in section four includes discussions on etiology, assessment, screening, and pharmacologic treatment.
• Table and charts provide useful information in an easy-to-read manner.

PUBLIC INTEREST AND CREATIVE WORKS

Chosen by Anne Katz, PhD, RN, clinical nurse specialist, CancerCare Manitoba, Winnipeg, Manitoba, Canada.

1. Rooted in the Mountains, Reaching to the World: Stories of Nursing and Midwifery at Kentucky’s Frontier School, 1939-1989
By Anne Z. Cockerham and Arlene W. Keeling. Louisville, KY, Butler Books.

This book reminded me of how I felt when I read the Cherry Ames books about nursing. The adventure! The challenges! The fun! The bravery! A perfect book for the coffee table, it describes the history of the famous Frontier School in vivid detail and illustrates this story with photographs. From its start in 1925, when Mary Breckinridge had a vision for nursing and midwifery in rural America, the Frontier Nursing Service provided nursing care for the poorest families in rural Kentucky. An innovator and visionary, Breckinridge changed with the times and the needs of the community, starting a school in 1939.

The book traces the adventures of the students who provided care traveling by horseback or jeep, in boots and britches, their sturdy leather bags always at the ready. Because the Frontier School changed with the times, its history mirrors that of women’s health in the United States and was influenced by events such as the approval of the birth control pill in the 1960s as well as the introduction of the family NP. In the 1980s, the Frontier School moved into distance education, thus increasing its reach as well as the number of its graduates.

• Tells a story of challenge and adventure that many of us dreamed of before becoming nurses.
• Quotes and callouts from graduates make the story come alive.

2. Smoke: Poems
By Jeanne Bryner. Huron, OH, Bottom Dog Press.

This small volume of poetry, written by a nurse, reveals commonly seen and experienced aspects of nursing with a laser perspective. From the discomfort of a nurse contemplating strike action, to the explanation of death to a grieving son, Bryner softens the reality of bedside nursing. Her words draw our attention to the essence of what we do, see, and feel. Some of the poems are almost haiku in form (“There is nothing stronger than a child and a needle in the same room”) while others look almost like short stories, until the cadence of the words takes over. In Bryner’s work, we see what we have known and believed all along.

• The poems speak to experiences we have all had as nurses, but uses the language of poetry, which enhances and uplifts.
• Many of the poems seem personal to the poet, yet they speak to the experience of all of us.
• The language is accessible and inspiring.