

## B O O K S

**Cancer and HIV Clinical Nutrition Pocket Guide (2nd ed.).** Gail M. Wilkes\*. Boston: Jones and Bartlett, 1999, 255 pages, \$37.50 (softcover).

This nutritional guide provides a quick, thorough reference to assist nurses caring for patients with cancer or HIV/AIDS. The highly informative book is organized into two parts. The first section begins with a comprehensive discussion of the physiology of digestion and the importance of nutrients. The first chapter gives the reader a foundation to build upon for the next two chapters, which cover alterations in nutrition and the pathophysiological causes of malnutrition. The second chapter covers alterations in nutrition that result in cachexia, starvation, and an impaired immune system, as well as the role nutrition has as a predictor of disease progression in cancer or HIV infection. The final chapter of part one discusses the pathophysiology of malnutrition in cancer and HIV infection. The author divides the chapter into the primary direct causes of malnutrition, including altered metabolic processes and malabsorption, and primary indirect causes such as anorexia. Treatments for these diseases contribute to the problem of malnutrition. The author concludes the first part of the book with a brief summary of the first three chapters.

The second part of the book covers clinical application, including assessing nutritional status and setting nutritional goals, planning nutritional care for the client with cancer or HIV infection, pharmacologic agents used in symptom management to maximize nutritional status, and nutritional supplements. Nutritional assessment includes a discussion of the physical assessment, laboratory tests, and anthropometric measures. Nursing interventions for prob-

lems associated with cancer (e.g., stomatitis), HIV infection, or various treatments are provided to the reader. The chapter covering pharmacologic interventions is presented in an outline format that allows easy access to the information. The last chapter provides the reader with formulas to calculate nutritional needs and ends with a discussion of nutritional supplements.

Numerous appendices, including nutritional educational resources, round out the book. Overall, the book is neatly organized with readable chapters that provide a clear understanding of malnutrition in these patient populations and the interventions available to nurses. This book would be a welcome addition to the bedside practical library of those who care for patients with HIV or cancer.

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**HIV/AIDS: A Guide to Primary Care Management (4th ed.).** Peter J. Ungvarski, Jacquelyn Haak Flaskerud. Philadelphia: Saunders, 1999, 524 pages, \$45 (softcover).

A team of experts that consisted of nurses from all educational levels, attorneys, a physical therapist, nutritionists, and physicians, developed the current edition of this book, thereby ensuring a multidisciplinary approach to HIV management. Their goal was to provide a clinical reference tool for primary-care practitioners to increase their understanding of HIV and assist in the care of people infected with HIV. The contributors base the chapters on research when such data are available; otherwise, evidence-based practice is used.

This reference tool, in 14 chapters and 4 appendices, strives to cover every facet of

HIV—from disease prevention to health promotion to treatment guidelines to psychosocial, cultural, legal, and ethical issues—for all populations—infants to adolescents to the elderly, all sexual orientations, and special populations (e.g., transgender persons, commercial sex workers, ethnic groups). Although the medical knowledge and management of HIV are evolving rapidly, the extensive bibliographies at the end of each chapter offer current references. This edition provides practitioners with a broad base of knowledge but not the specifics to treat HIV disease itself. The principles of and indications for HIV therapy are presented, but the guidelines of combination antiretroviral therapy are not. The book focuses on issues and illnesses that primary-care practitioners may see. Chapters 9, 11, and 12 discuss ethnicity, legal issues, and ethical issues, respectively. Chapters 3 through 6 thoroughly cover what to do at each office visit, specific opportunistic infections (from epidemiology to diagnosis and treatment to case studies), and symptom management. The concise tables and algorithms are used judiciously.

The four appendices offer useful, concise information: client-education topics, such as sexual practices, nutrition and food safety, pet care, and traveling; pharmacologic treatment, such as antibiotics, antipressants, and antiretrovirals; diagnostic testing; and postexposure prophylaxis.

This manual for primary-care practitioners is easy to read and thorough in its multidisciplinary approach. If the practitioner sees only a few clients whose HIV is treated by a specialist and buys only one book about the management of the effects of HIV on the client's psychological and physical health, this is an excellent choice. However, general medicine practitioners who have more than a few clients with HIV and are very involved in their care may be frustrated by the lack of specific treatment information. This book does not provide sufficient antiretroviral information for a generalist to treat the virus appropri-

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ately. For example, specialists no longer use saquinavir mesylate because of its low bioavailability, but it is listed in the appendix without that notation. Interestingly, the authors included Preveon™ (adefovir, Gilead Sciences, Foster City, CA), a drug that is not yet approved by the U.S. Food and Drug Administration (FDA), but they did not include the newest FDA-approved protease inhibitor, Agenerase® (amprenavir, Glaxo Wellcome Inc., Research Triangle Park, NC). Some practitioners may not be aware of important distinctions such as these.

Although the editors address the issue of rapidly evolving treatment information for this disease and the need for practitioners to stay well-informed, the impression, as given by the title, is that this book provides sufficient, current information to allow primary-care practitioners to completely manage a person living with HIV. Perhaps the editors and the contributors are making the erroneous assumption that primary-care practitioners are not prescribing antiretroviral therapy. As a nurse practitioner specializing in HIV/AIDS but providing primary care to this population as well, this writer hopes the generalist would recognize this critical shortcoming but appreciate and use the wealth of information provided about issues and complications that people living with HIV face.

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## Self-Help Guides

**Be Prepared: The Complete Financial, Legal, and Practical Guide for Living With a Life-Challenging Condition.** David S. Landay. New York: St. Martin's Press, 1998, 447 pages, \$29.95 (hardcover).

This guide provides a comprehensive and accessible map for coping with the maze of financial, legal, tax, and practical issues confronted by people facing life-threatening conditions.

**The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers.** Maria M. Meyer with Paula Derr. Portland, OR: CareTrust Publications, 1998, 364 pages, \$23 (softcover).

This book covers all the essentials of home care, from "deciding if home care is for you" to preparing and equipping the home, providing proper nutrition, managing activities of daily living, dealing with emergencies, handling finances, and planning funeral arrangements.

**Non-Hodgkin's Lymphoma: Making Sense of Diagnosis, Treatment and Options.** Lorraine Johnston\*. Sebastopol, CA: O'Reilly & Associates, 1999, 584 pages, \$24.95 (softcover).

This is a comprehensive guide that describes in-depth current treatment options, clinical trials and promising future treat-

ments, treatment of side effects, and communicating with medical personnel. The book is designed to help those living with non-Hodgkin's lymphoma to participate in their own healthcare.

**Understanding and Assisting Low-Income Women With Cancer.** Emma Jean Tedder. Binghamton, NY: Haworth, 1998, 110 pages, \$24.95 (softcover).

The scope of this guide ranges from the personal experience of four low-income women with cancer to a more global view of poverty and cancer and offers the insight necessary to offer the best possible care.

## V I D E O

**Beyond Diagnosis: Our Journey With Breast Cancer.** Sherborn, MA: Aquarius Health Care Videos. 30-minute VHS videocassette, 1999, \$150.

This sensitive and powerful documentary chronicles a year in the life of a woman and her husband as they face her breast cancer diagnosis.

**Cancer: A Personal Voyage.** Sherborn, MA: Aquarius Health Care Videos. 60-minute VHS videocassette, 1997, \$195.

This video is an intimate documentary chronicling the last two years in the life of Peter J. Morgan, MD, who, at age 29, learned he had terminal cancer. □