Taking Care of Caregivers
D.J. Roberts
San Mateo, CA: Bull Publishing
1991, 200 pp., $14.95

The focus for this concrete workbook is individual study and short-term education on stress management for caregivers of patients with Alzheimer's disease and other forms of dementia; however, many of the written exercises and general information would be applicable for all caregivers.

The first chapter discusses the needs of caregivers, delineates frequently identified needs, and provides a written exercise for self-identification of these needs. An overview of stress and the techniques that caregivers, families, and friends can use to deal with stress are presented. Specific strategies for stress management are given for caregivers of patients with early, middle, and late stages of dementia. Nine written exercises allow the caregiver to evaluate and develop strategies for personal stress levels.

Four chapters focus on communication, feelings, grief, and support. Information and strategies are provided with exercises to operationalize the concepts. This book is an excellent resource for individual caregivers and/or support group facilitators; however, it would be of limited value in CE.

Reviewed by
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Curriculum Revolution:
Community Building and Activism
National League for Nursing
New York: NLN

This book is a collection of nine papers adapted from presentations made at the NLN's seventh national conference on nursing education, and the fourth in a series with curriculum revolution as the theme.

The format weakened the publication to some degree. The papers are adaptations of material prepared for oral presentation to an audience immersed in the common threads of the presentations. Converted to a collection of essays, the readability is inconsistent and the theme is, at times, patchy and not apparent.

The format, however, also provides the value. A variety of concepts and ideas related to desired change in both practice and education are presented by a representation of well-qualified authors. References are included with each paper.

Highlights include Marilyn Krysl's examples of story telling as a meaningful teaching technique that can be applied to any setting. Julia Tiffany's retrospective critique of an interdisciplinary community project offers valuable insight for anyone involved in developing or implementing new approaches to practice and teaching. The final presentation is by Sister Simone Roach. She provides an overview on the concept of human care and the relationships between societal change and curriculum and practice change. This essay establishes motivation for further reading, research, and application of community building and activism in nursing.

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Essentials of Cardiovascular Nursing
L.S. Bass
Rockville MD: Aspen
1991, 322 pp., $39.95

Cardiovascular disease is a common health problem in the multiple settings where nurses practice. This book provides nurses, regardless of the practice setting, with a thorough review of the knowledge base needed.

Initially, the authors provide an in-depth discussion of the risk factors of ischemic heart disease and the nursing interventions useful in reducing these risk factors. The next several chapters discuss the clinical aspects involved in living with this chronic illness state and the vital role of nursing and other members of the health care team in rehabilitation. The final chapters cover the clinical problems such as ischemic heart disease, coronary artery bypass surgery, mitral valve prolapse, and congenital heart disease.

Essentials of Cardiovascular Nursing is an extremely helpful book in preparing CE events for nurses at the intermediate and advanced levels of knowledge. The book is well-written and extensively annotated. The tables, charts, and case studies are excellent illustrations of the content. The use of a nursing process format assists the nurse educator in integrating the content into the practice perspective of the learning.

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