Clinical Gerontological Nursing: A Guide to Advanced Practice
By Joyce Stone, Jean Wyman, and Sally Salisbury (Eds.); 1999; Philadelphia: W.B. Saunders; 702 pages; hard cover; second edition

This second edition of an important work in the specialty of gerontological nursing is updated and expanded by a group of well-known nursing and health professional experts in the field of aging. The text is scholarly and practical. The book is written for advanced practice nurses (APNs), students, and practitioners, but is a useful reference for all nurses working with older adults in any setting.

The book is divided into five sections. Section 1 describes advanced practice nursing and provides references on standards of gerontological nursing, practice models, and ethicolegal issues. Section 2 focuses on assessment of older adults from a holistic viewpoint. Section 3 discusses nursing management of common clinical problems. A chapter on iatrogenesis helps clarify the role and function of APNs as role models to help staff prevent and manage problems (e.g., incontinence, pressure sores, falls). Section 4 emphasizes nursing duties and interventions for selected illnesses (e.g., arthritis, depression, sensory disorders). Section 5 discusses special concerns (e.g., sexuality, restraint-free care, older adult mistreatment).

Throughout the book, easy-to-read Tables and Figures provide supplemental information.

This book includes much information not found or only mentioned in geriatric medical texts. The bibliographies provide a means for theory confirmation and details related to current evidence-based practice. This book is not just to be read, but studied and revisited. It is a book advanced nurse practitioners can use as a self-evaluation tool to determine if best practices of nursing care are being used by self and others.

Dolores M. Alford, PhD, RN, FAAN
Geriatric Nursing Consultant
Dallas, TX

Preservation of the Self in the Oldest Years: With Implications for Practice
By S.S. Tobin; 1999; New York: Springer Publishing; 260 pages; hard cover; $41.95

Preservation of the Self in the Oldest Years: With Implication for Practice threads together theoretical and clinical fabric pertaining to the preservation of the self in ordinary very old people in their everyday lives. An expert on psychosocial aspects of aging, Tobin provides a meticulous, academically sophisticated examination of the self in very old people, conducted over the course of 11 chapters and 5 parts.

An overview of preservation of the self and societal and normative changes related to very old age comprise the contents of the first part. Processes for preserving the self in advanced old age are the subject of a second part. A third part focuses on benefits of surviving to advanced old age. Another part studies family care at home; care in hospitals and nursing homes; and diagnosis, treatment, and loss of self in Alzheimer's disease. A conclusion briefly examines the future of the current cohort of very old people.

This book is an excellent resource for researchers. Tobin is a sophisticated, academically rigorous writer. He carefully and effectively incorporates research materials and references into the text. Tobin also adroitly weaves numerous informative vignettes into the adjoining textual discussion. Although I recommend the book for academics and students in the field of gerontology, the author's erudite, highly didactic style of writing is not tailored to lay readers.

Leo Uzych, JD, MPH
Healthcare Lawyer
Wallingford, PA

The Nursing Assistant's Survival Guide
By Dr. Karl Pillemer, Richard Hoffman, and Martin Schumacher; 1999; Cambridge, MA: Frontline Publishing; 87 pages; soft cover

Certified nursing assistants (CNAs) face many challenges. Staffing shortages, annual turnover rates well over 100%, and increasingly more frail and dependent residents makes their job one of the most difficult in the health care industry. Because there is often little assistance on how to thrive in their jobs, CNAs often experience burnout. Long-term care administrators should read this book to learn strategies to decrease turnover and enhance job satisfaction for CNAs.

This book provides tips and techniques for CNAs related to stress management, death of a resident, communication techniques with residents, families, and coworkers, strategies for working with angry or aggressive residents, and creating a balance at work and home. The book includes quotes from CNAs on how they handled particular issues.

The short, easy-to-read format provides a framework for administrators and staff development personnel to maximize the success and satisfaction of CNAs. The book reinforces the significance of the CNA's role in caring for older adults.

Cindy Nissen, RN, MSN, CETN
Clinical Education Manager
Smith & Nephew
La Grange, IL