

# Book Reviews

*Rehabilitation in Cancer Care* (2008) **Jane Rankin, Karen Robb, Nicola Murtagh, Jill Cooper, Sian Lewis** (eds). Wiley-Blackwell, Oxford. ISBN 13:978-1-4051-5997-5

Since Cash's *'Cancer Rehabilitation'* of some 40–50 years ago (Editor: Patricia A. Downie; Publisher: Faber and Faber), an up-to-date textbook specifically for allied health professionals has been missing from the cancer field. Given the skills, knowledge and expertise that physiotherapy in particular offers in the cancer setting, and with a growing emphasis by governments and health services on chronic disease management, this book arrives on the market at a timely point. Edited by a highly experienced multi-disciplinary team of clinicians/researchers, the book covers content for the allied health professions usually involved in the care of cancer survivors, from the treatment stage through to the palliative stage. Leading an impressive array of 44 contributing authors (from physiotherapists, dietitians, occupational therapists, and speech and language therapists, to psychologist and oncologists), the primary editor states the book is aimed at clinicians, managers, educators, students and patients – a very mixed audience presenting a challenge for focused writing.

The scope of the book is cancer rehabilitation thus it does not cover in any significant detail, cancer prevention nor the terminal (end of life) stage, or grief/bereavement stages. Initiated by the Association of Chartered Physiotherapists in Oncology and Palliative Care as a text for physiotherapists, the book's aim was rightfully broadened to include a multi-disciplinary focus due to the multi-dimensional needs of people undergoing cancer care. The change in emphasis has therefore enhanced the final product. It is encouraging to see palliative care included in the overall scope of cancer rehabilitation, as there has been a tendency previously to refer to palliative care as a stage on its own without reference to what may precede or follow.

The book understandably has a focus on the United Kingdom particularly epidemiology, cancer statistics and discussion of the existing and future policy (and political) frameworks in the UK. The information does not necessarily detract from the reading especially as such matters are internationally

relevant, and information/data is readily located elsewhere, particularly at numerous web sites for cancer organisations and government health departments in many developed countries.

The text is divided into three major sections, the first being an introduction to oncology and cancer palliative care. The first chapter briefly but effectively summarises the incidence, prevention, detection, diagnosis and treatment of cancer but readers expecting more detail of any of these topics are advised to look elsewhere. The division of cancer rehabilitation stages using Dietz's classification (of preventative, restorative, supportive and palliative) is appropriate within the context of the text. Subsequent editions of the book would benefit by more specifically placing cancer rehabilitation in to the broader context of the continuum of cancer care from screening through to longer-term survivorship, and grief and bereavement, such as proposed by Ahmedzai and Walsh (Palliative medicine and modern cancer care, *Semin Oncol*, 2000; 27: 1–6). It is important to recognise (as indeed the primary editor does) that seamlessness in cancer care and the role of those who are integral to optimising function, independence and quality of life is a vital part of the role of allied health professionals in cancer and supportive cancer care. This reviewer would go further in stating that effective cancer rehabilitation also includes healthy lifestyle interventions which are largely overlooked within this book, and which are integral as cancer survivorship improves.

The second section of the book is divided into chapters describing multi-professional management and treatment of patients with specific tumour types. As pointed out in Chapter 2, this is not entirely desirable from an allied health perspective but is expedient within the medical and nursing context of cancer care delivery in the UK. For the casual reader, the tumour-specific chapters permit a focused overview of cancer type (and its usual presentation and treatment), and the discipline-specific roles and contributions to the care of individuals with such disease. It becomes obvious in these chapters that 'cancer rehabilitation' is restricted in this text mainly to the acute and immediate post-acute (recovery)

setting. For example, there is only minimal reference to the role of aerobic exercise (as opposed to physical activity) or strength training in the rehabilitation of cancer survivors (either in the acute, post-acute or longer-term recovery and survivorship periods). Given the increasing amount of evidence for these interventions and the obvious role of physiotherapy, this text suffers somewhat by their omission.

Where appropriate, readers are referred to later chapters (in section 3) that describe symptom-specific management – a vital part of cancer and supportive cancer care. This strategy is well thought-out, as it prevents the likelihood of unnecessary repetition of information. However, only the major symptoms are transacted, and given the role that a number of allied health professions might play across the range of cancer-related and cancer treatment-related symptoms, one might expect more information in this section in hoped-for future editions of this text.

Each chapter in sections 2 and 3 is supplemented by at least one case study describing typical presenting complaints or complications, and the expected or advised multi-professional management. This is a useful strategy and buttresses the preceding information from the chapter. The cases would likely be useful for student learning in either an undergraduate or post-graduate setting and could easily be adapted for specific classroom-based discussions in preparation for clinical experience. The learning outcomes and key learning points at the beginning and end of each chapter are relevant and succinct, and aid in focusing the reader. Attempts have been made throughout to cite evidence regarding interventions, as well as important publications, thus guiding the reader to further reading and sources of information. As well as the references at the end of each chapter, addresses for useful (and presumably well-regarded) web sites or support groups are provided in some cases.

This is not a 'how to' text. It is assumed that the reader will have a basic knowledge of the treatments and techniques described within or has the capacity to attain such knowledge. As such, the text is written in a style that makes recommendations for how common situations could or should be appropriately approached and the reader is required to make their own judgements as to the possible utilisation of the information in a clinical setting. As noted above, whilst there are gaps in some areas (e.g. paediatric oncology broadly; laser phototherapy in lymphoedema and oral mucositis management, more specifically) equally, some very important aspects are referred to such as research and education, patient

sexuality in breast cancer, effective practitioner/patient communication, and practitioner self-care to name a few.

The expansive scope of the text, a result of the authors' multi-disciplinary approach, would no doubt have led to a challenge for the authors and editors. It is obvious that difficult decisions had to be made on what information to include and to what level of detail, and what should be omitted. As a former cancer care clinician and now researcher in the field, as I moved from chapter to chapter I could not help but feel less than sated. However, as an educator, this reviewer considers the textbook would be particularly useful for students, novice clinicians and other clinicians who are entering the field of cancer care for the first time, as it effectively distils, summarises and briefly discusses the major elements associated with cancer rehabilitation. To that aim, it is an excellent product. This reviewer is not convinced that managers would find the majority of the book of particular relevance, nor the average patient (unless used as a prompt for further discussion with the relevant health care practitioner).

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*Electrotherapy Evidence-Based Practice*. 12th edn (2008) **Tim Watson** (ed). Churchill Livingstone, Edinburgh. ISBN 978-0-443-10179-3

First published in 1948 as 'Clayton's Electrotherapy & Actinotherapy', this text has truly stood the test of time. An update of the 2002 edition is welcome because much research in electrotherapy has been published in the interim. Even with a new editor and updated literature the 11th and 12th editions are quite similar.

The introductory chapter sets out to justify selective inclusion of electrotherapy in rehabilitation. Chapters 2–8 are devoted to scientific concepts and knowledge that underpin electrotherapy usage. The biophysical background is presented clearly and with just the right amount of detail for physiotherapists. Students will find these chapters a boon; however, they can be set aside without loss of continuity because key concepts are briefly reviewed in the relevant clinical sections. In the chapter on bioelectricity, tissue electrical properties are discussed from a macro- rather than a microscopic perspective, as in the 11th edition, and

bioelectricity is advanced as an important phenomenon in transfer of electrotherapy effects. The chapter on tissue repair in the 12th edition addresses more fully the role of chemical factors and the expanded discussions of abnormal and specialised tissue repair (tendon, ligament and cartilage) are good additions. The chapter on pain includes important new content on Complex Regional Pain Syndrome and chronic pain as well as a helpful flow-chart illustrating the factors involved in chronic pain. The chapter on thermoregulation includes a very good illustration showing the complex interactions involved in thermoregulation.

Chapters 9–12 cover superficial heat and cold, short-wave, ultrasound and laser therapies; micro-wave and ultraviolet radiation have been omitted, and radiant heat no longer features as a separate chapter. I anticipated some discussion of a trend towards increased duration of ultrasound treatments in clinical research and the possibility of duration being a key factor in ultrasound effectiveness. However, the recommendation remains at 1 minute per transducer area, as per the 11th edition, and recent studies relevant to such a discussion are not mentioned.

The section on electrical stimulation (Chapters 13–19) begins with two introductory chapters that cover electrical currents and muscle properties, and response to electrical stimulation in healthy muscle and in various disease states. Chapters 14–16 cover clinical use of muscle stimulation, TENS and IFC. While the focus is on common usage, special applications are also discussed, including muscle stimulation in neurological disorders, adult and paediatric, and in incontinence. The motor point charts exclude muscles of the shoulder and upper arm – perhaps an unintended omission.

Chapter 18 gives a brief introduction to functional electrical stimulation. Chapter 19 is devoted to electrical stimulation for wound healing, with an update that includes the advent of wound dressings that incorporate a DC stimulator. Chapter 20 covers musculoskeletal ultrasound imaging using clear images and exceptionally instructive legends. The final chapter is a reproduction of a Chartered Society of Physiotherapy document related to ethical issues, safety standards, contraindications and precautions for the safe use of electrotherapy.

Content and arrangement of content is quite uniform across the book: biophysical principles, physiological effects, clinical efficacy (literature review), methods of application and hazards

and contraindications are covered for each technology.

There are a few weak spots: for instance mean power must be known rather than dial position to replicate dosage of pulsed short wave therapy. Pulsed ultrasound dosage may also be challenging to replicate because ultrasound intensity is at times defined in terms of spatial average temporal average (SATA) dose, at times spatial average temporal peak (SATP) dose, at times it is not defined, and in some instances it is erroneously defined as SATA when it should be SATP. There are also typing errors, which although common in textbooks, are unfortunate in the case where treatment parameters are involved and  $\mu\text{s}$  units are printed as ms (Chapter 15).

Overall the text excels in thoroughness and clarity of information. Diagrams are plentiful and generally well explained. Presentation is visually pleasing. This is a comprehensive, instructive and relevant text for students and clinicians.

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*A Practical Guide to Acu-points* (2008) **C. Jarney, I. Bouratinos**. Lotus Publishing, Chichester. 354 pages. ISBN 0-9780-9543-1884-0

This book is an excellent reference for a wide range of specialists utilising Traditional Chinese Medical (TCM) acu-points. The definitions of points are supported by friendly drawings which are professional, complete and detailed.

Following an introduction to some common techniques used in the traditional Chinese therapeutic system, and a general guide to using the book, the first nine chapters (1–9) cover various aspects of the application of acu-points:

Chapter 1 starts off with the precautions to be taken before needling, followed by some common needling techniques and contraindications, dangerous areas/points and how to deal with untoward reactions and accidents.

Chapter 2 presents a simple overview of the manual techniques adopted by most types of bodyworkers when dealing with acu-points.

As moxibustion and cupping are often used together with acupuncture as a treatment package by many acupuncture practitioners, Chapters 3 and 4 describe the main types of methods of moxibustion and cupping, putting great emphasis on their cautions and contraindications respectively.

Chapter 5 introduces an important concept in TCM, Deqi, thoroughly. Different characteristics of the specific therapeutic 'Deqi' have been clearly described, guiding the readers to differentiate it from other 'non-beneficial' sensations experienced during needling.

In Chapter 6, points are classified according to their location and function, etc., and Chapter 7 provides the guidelines of point selection for different diseases. However, these instructions should only be regarded as guidelines for new acu-point practitioners, not fixed rules for choosing points in clinical practice.

Chapter 8 introduces a Cun measurement system used specifically in TCM, which has been adopted frequently in the remaining 15 chapters, together with the anatomical system, to locate the points of different channels.

Chapter 9 provides general considerations, cautions and contraindications of applying the TCM techniques especially in acupuncture.

The remaining 15 chapters (10–24) occupy the main proportion of the book. Every traditional point of the 14 channels as well as the extra (miscellaneous) points has been presented step-by-step. Each chapter begins with a picture of the full channel and then

proceeds to discuss each point along that channel. For each point there is a regional body drawing. Their names in English, Chinese PinYi, and Chinese characters are provided, followed by location of the point (using both Cun measurement and modern anatomical terminology), best treatment position, depth and angle of needling, stimulation sensation guiding the practitioners to obtain Deqi therapeutic sensation easily, and actions and indications. However, the full channel pictures on the front page of each chapter are not clear, nor complete, e.g. the legend is not accurate, the name of each point has not been presented, and some branches of the channel have simply been omitted. Though the full channel may not be that useful in locating the individual point, it is still very important to help the readers to get a clear and overall idea of the full channel.

In conclusion, this new text is an excellent 'bedside' reference for various TCM therapeutic practitioners working with acu-points. Beginners could get started with the aid of this book, and experts can also get valuable hands-on tips to improve their practice.

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