

Consumer Connections

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Message from the Chair

Happy 2016!

With a new year, there are many opportunities for all CAPHIS members to actively participate in section activities. As the transition to the Socius platform is near completion, please be sure to review your membership information, share in discussions, and volunteer to take part in archiving the history of CAPHIS or development of documentation detailing the relevance and importance of the services medical librarians provide to their institutions.

Programming for the Medical Library Association's MLA'16 Annual Meeting in Toronto, Ontario, Canada continues. Recently, Judy Carol Stribling, CAPHIS Chair-Elect, received confirmation of acceptance for the special session program proposal in which CAPHIS will be collaborating with the Hospital Librarians Section (HLS), Leadership and Management Section (LMS), and Clinical Librarians. Entitled ***Our Role and Impact on Increasing Patient Safety and Reducing Readmissions in the Hospital Setting***, this session will initiate conversation regarding ways in which health science librarians can

actively contribute to their institutions. This session is scheduled for **Monday, May 16th** from **1:00pm** to **2:25pm**. Please be sure to attend!

Additionally, as part of the CAPHIS Business Meeting, please plan to stay for the meet & greet event with the Consumer Health Information Providers Group (CHIPIG), an Interest Group of the Canadian Health Libraries Association (CHLA/ABSC). This will be an exceptional opportunity to share experiences and collaborate with our fellow medical librarians. Details regarding the meeting date, time, and location will be posted as soon as available.

If you would like additional information, please email me.

We look forward to visiting with you in Toronto!

[Mary Katherine Haver](#), 2015-2016 Chair

Book Reviews

Kingsley, Linda K., **Blue Skies for Lupe**. Woodbine House, 2015, 32p. ISBN 978-1606132715, \$14.52.

Kingsley has written, and illustrated, both fiction and non-fiction books including another children's story book. She has taught the hearing impaired and has a particular sensitivity towards multiple handicaps, which is reflected in all her work. The author takes a whimsical, watercolor style to her illustrations that paint both the picture on the paper as well as the imagination of the reader.

Lupe is a charming character who is born without the ability to walk. Her Mom takes her across the border from Mexico to the U.S., after walking 3 days in the desert, to seek good medical care. Lupe's task, with Mom's loving support, is to learn confidence and make her dreams come true as she faces her challenges.

This book has the potential of being a great teaching tool for all children as it normalizes the presence of youngsters living with a physical limitation, and inspires those experiencing a handicap. The not-so-hidden subtext, however, is immigration. No matter what the reader thinks about how people south of the border come to live here, the main motive for Lupe and her Mom immigrating is the desire to find good health care in the U.S. Nonetheless, by conflating the two issues – children and health

concerns with children and citizenship issues— there is a dissonance in the story. At some point, readers understand that they are wrestling with two huge subjects which then loses the focus on both of them.

I cautiously recommend this book for libraries in children's hospitals and public libraries because Lupe is a lovely little girl. I also encourage keeping an eye out for other stories about children who successfully overcome limitations and can reach their dreams.

Reviewed by: Jackie Davis, Sharp HealthCare, San Diego, CA

Lewis, Marc, **The Biology of Desire: Why Addiction is Not a Disease.** PublicAffairs, 2015, 238p, index. ISBN: 978-61039-437-6, \$26.00.

Addiction is not a disease! That's what neuroscientist Marc Lewis claims in his new book, *The Biology of Desire: Why Addiction is Not a Disease*. His theory has mixed reactions especially amongst the medical community, researchers, and for many in the rehab world where recovery is an industry and banks on the belief that addiction is a disease. The established consensus has been that the brain changes with addiction therefore it is a disease. But Lewis, a previous drug addict himself and the author of *Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs*, claims that it is some sort of wounded experience in a person's life that can trigger the road to addiction through repeated attractive behavior patterns. This is where desire comes into play. Through the use of five case studies of previous addicts Lewis illustrates his theory and he does so quite convincingly not only to convince the reader that addiction is not a disease but that it also creates obstacles to recovery (another term Lewis objects to).

So, the reader will need to consider why Lewis says addiction is not a disease as well as his argument for why it is part of normal development that somehow goes wrong. He is not alone in his thinking and it will be interesting to see what research will reveal as we learn more about the brain.

Reviewed by: Carolyn Martin, National Network of Libraries of Medicine Pacific Northwest Region (NN/LM PNR), Seattle, WA.

Weiner, Susan and Ford-Martin, Paula. **Diabetes 365: Tips for living well.** demosHealth, 2015, 139 p., index. ISBN 978-1-936303-91-5, \$16.95.

Many books are marketed to diabetics and their families as tools and guides to help them cope or live well with their disease. This tip book, however, stands apart from all the others. Instead of using the humdrum format by topic or Q & A, the authors take a fresh approach and provide a tip a day, for each day of the year. Weiner, an award winning diabetes educator, and Ford-Martin, a health writer and editor, team up to share simple, bite-sized tidbits of wisdom that both diabetics and non-diabetics will find interesting. As the title implies, 365 tips, each 10 lines or less, make it quick, easy and fun to read. Who knew, for example, that April 19th is Garlic Day! While some entries provide basic, practical reminders, others inform about healthy snacking, seasonal fruits and vegetables, exercising, travel and much more. The theme of each month sets the tone. This book is not intended to be a complete reference for the newly diagnosed, but will be a welcome addition in consumer health collections.

Reference notes included.

Reviewed by: Nancy O'Brien, UnityPoint Health – Des Moines, Des Moines, Iowa

Marshak, Laura E., **Going Solo While Raising Children with Disabilities**. Woodbine House, 2015, 373 p, index. ISBN 978-1-60613-180-0, \$24.95.

Dr. Marshak is a professor of rehabilitation and a licensed psychologist who has specialized in adjusting to disabilities. *Going Solo* provides practical information and advice on a number of issues that confront single parents of children with disabilities. Some topics covered are: guilt, coping skills, handling loneliness, finding support/asking for help, work and financial issues, and dating. Marshak also discusses single parenting from different parenting viewpoints; divorce, death, single adoption, single by choice, and military deployment. The book's focus on the life stories and decisions of real people creates an interesting narrative and produces insight into the complex issues faced when parenting a special needs child alone. While the issues faced are difficult, Marshak's appreciation for the wisdom and resilience of the featured parents keeps the tone optimistic. Woven throughout are strategies and professional advice. Although the scope of the book is fairly comprehensive, it is uncomplicated and easy to read. Many of the topics discussed and the strategies/solutions suggested are useful for all parents of special needs children. This book is an important addition to any library serving parents of children with disabilities. Finally, all parents of special needs children will appreciate that Marshak recognizes and celebrates the unique gifts a child with disabilities brings to his/her family. These children are not just a series of challenges to be handled.

Reviewed by: Bonnie Doepker, MLS, Family Resource Center at Dayton Children's Hospital, Dayton, OH

Madigan, Robert, PhD. **How Memory Works- and How to Make it Work for You: Discover How Scientific Strategies Can Sharpen Your Mental Skills.** The Guilford Press, 2015, 277 p. ISBN 978-1-4625-2037-4.

Robert Madigan, PhD, is Professor Emeritus of Psychology at the University of Alaska Anchorage and has taught memory classes in college and community settings for more than thirty years.

How Memory Works is well-written and well-organized text with comprehensive coverage of the latest knowledge and research on human memory. With numerous case and research studies, charts and graphics the reading level is quite high, making the book best suited for a college or university collection.

Most remembering today is done electronically so there are few opportunities to use or practice memory techniques. This makes it especially important to learn the memory arts which are "strategies based on science but applied creatively to handle situations where forgetting is likely". Madigan explains how to apply learned techniques to specific situations and repeatedly stresses that the only way to master memory applications is to practice, practice, practice!

The first part of the book covers the basics of memory including the four ways of remembering, working memory, attention and how memories are recalled. The second part of the book explains specific memory applications. At the end of each chapter is a Memory Lab which is a place for the reader to use the specific memory strategies covered in each chapter. Madigan even includes memory aids to help remember important information from the book.

Being older and experiencing more lapses in memory, this book was of special interest to me. I learned numerous new techniques to improve my memory and was pleased to learn that some of my own memory tricks were ones Madigan recommends.

Reviewed by: Janette Ransom, MLS, Munson Community Health Library, Traverse City, MI

Port, Elisa. **The New Generation Breast Cancer Book**. Ballantine Books, 2015, 298p, glossary, index. ISBN-13: 978-1101883150, \$20.00.

Dr. Elisa Port is Chief of Breast Surgery and Director of the Dubin Breast Center at Mount Sinai. Prior to her 2010 appointment at Mount Sinai, she worked for over a decade as a breast surgeon at Memorial Sloan Kettering Cancer Center. She is a grantee of the Breast Cancer Research Foundation, and her research explores treatment of triple negative breast cancer (TNBC). She publishes widely in various journals including Journal of the American College of Surgeons, Annals of Surgery, and Cancer Research.

In *The New Generation Breast Cancer Book* Dr. Port provides an overview for what newly diagnosed breast cancer patients can expect on their cancer journey. She begins with what to expect at a screening for breast cancer all the way through expectations following treatment. Each section is broken down by topic, and the book does not have to be read in order. The book is written accessibly for the healthcare consumer, with example cases from Dr. Port's own practice scrubbed of HIPPA information, and technical terms or concepts are concretely explained. Dr. Port provides background and structure to aid with decision making throughout a breast cancer patient's journey. Using evidence from the literature, and her professional experience she addresses controversial issues, such as when to begin getting mammograms. She addresses many common myths with diplomacy, helping the reader understand why a misconception came to be and why it is false. The book contains a robust glossary of terms, two appendices of further breast cancer myths (and the truth) and frequently asked questions for readers who are family or friends.

Reviewed by: Clare Rauch, Upstate Medical University, Syracuse, NY

Brown, Theresa, **The Shift: One Nurse, Twelve Hours, Four Patients' Lives**. Algonquin Books of Chapel Hill, 2015. 256p. ISBN: 978-1-61620-320-7, \$24.95.

Theresa Brown, practicing nurse, *New York Times* columnist, commentator in print and broadcast national media, and former English professor at Tufts University offers a riveting and evocative "day in the life" of a practicing nurse in one 12-hour shift in a hospital's cancer ward.

With the eyes, ears, and skills of a writer, Brown takes us through not only her day's routine from the time she wakes up until she returns home, but also offers in-depth portraits of four of the patients whose lives are quite literally in her capable hands.

Brown takes us on the daily rollercoaster ride experienced by the busy cancer ward nurse who must multitask while coping with the wide range of emotions she feels as she interacts with the personalities of her fellow nurses on the unit, a parade of attendings, residents, and medical students, and especially with her patients and their families, all of whom are on physical and emotional rollercoaster rides themselves.

On this recorded day, Brown has four patients. Brown paints vivid portraits of these four giving us an honest yet empathetic view of each. There's Mr. Hampton, a languishing lymphoma patient to whom Brown must administer a potent drug that could, quite literally, cure him or kill him. Sheila has a history of a blood clotting disorder, but her severe stomach pains are a puzzle and may have been seriously misdiagnosed. Motherly Dorothy with her ever-present candy dish is finally able to go home after six weeks in the hospital, and there's Candace, a returning patient who can be demanding and who arrives with her own disinfectant wipes and cleansing routines.

The push and pull of her duties combined with ever-changing priorities make it a stressful yet rewarding shift for Brown. And when the work day is over, she goes home to her husband and children who wait dinner for her. At home Brown must decompress and face a different set of conflicting duties, demands, and priorities.

This is an intensive and rewarding read and is highly recommended.

Reviewed by: Claire B. Joseph, South Nassau Communities Hospital, Oceanside, NY

Delmolino, Lara (Editor). **Solve Common Teaching Challenges in Children with Autism: 8 Essential Strategies for Professionals & Parents.** Woodbine House, 2015, 165 p., index. ISBN 978-1-60613-253-1. \$21.95.

The eight essential strategies mentioned in the subtitle correspond to the eight chapters that make up the substance of this book. Each chapter deals with a different problem/challenge in teaching autistic children. The chapters begin with a case study, followed by an explanation of the problem or problems involved. Then the strategies or solutions that help solve the problem. Each chapter also includes a "self-assessment guide" for teachers. A quick reference guide appended at the end of the book lists each "problem" with its context and solutions. The eight authors associated with the book are all professional educators working in the field of education for autistic children. Seven of

the chapters are written by professional educators associated with the Douglass Developmental Disabilities Center (DDDC) at Rutgers University.

Although the subtitle indicates that the book is intended for both professionals and parents, the language and discussion in some chapters may be intimidating for parents not familiar with educator's terminology and jargon. For example, there is an explanation and discussion of "mand training" in chapter two that would be confusing for the average parent. Teachers, however, will find this book a very useful guide. It presents successful teaching strategies for children with autism, based on clinical work and research, in a format that is accessible and logical. It emphasizes the need to analyze the methods used in educating the autistic child, and adapt the method for each individual child.

Reviewed by: Bonnie Doepker, MLS, Family Resource Center at Dayton Children's Hospital, Dayton, OH

Publication Information

Statement

Consumer Connections (ISSN 1535-7821) is the newsletter of the Consumer and Patient Information Section of the Medical Library Association. It is published on the CAPHIS website quarterly. Notification of publication is sent via the CAPHIS listserv. CAPHIS is the largest section of the Medical Library Association. Newsletter articles and book reviews are copyrighted; please contact the editor for reprint permission.

Submissions

Please submit items for Consumer Connections during the third quarter for publication in the following quarter.

Submit by this newsletter	For publication newsletter issue
March	April-June
June	July-September
September	October-December

December	January-March
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Please send submissions in electronic format to the editor: [Darell Schmick](#)