

Egan's Fundamentals of Respiratory Care, 8th edition. Robert L Wilkins PhD RRT FAARC, James K Stoller MD MSc FAARC, Craig L Scanlan EdD RRT FAARC. St Louis: Mosby. 2003. Hard cover, illustrated, 1,375 pages, \$79.95.

The eighth edition of **Egan's Fundamentals of Respiratory Care** presents not only the fundamentals of respiratory care but also advanced constructs of pulmonary medicine, making it a valuable addition to the ongoing Egan's series of textbooks on respiratory care. The book has 49 chapters in 7 sections: Foundations of Respiratory Care; Applied Anatomy and Physiology; Assessment of Respiratory Disorders; Synopsis of Cardiopulmonary Disease; Basic Therapeutics; Acute and Critical Care; and Preventative and Long-Term Care.

In addition to chapter updates the text includes 2 new chapters: one on neonatal and pediatric respiratory disorders, the other on noninvasive positive-pressure ventilation. Each chapter includes learning objectives, key terms, a chapter outline, "mini clinics" (short, critical-thinking vignettes), rules of thumb (which are highlighted), references, and a summary of key points. The text also includes a link to online course materials and links to respiratory care Web sites, content updates, frequently asked questions, and related products. The book includes 639 illustrations, a glossary, a comprehensive index, and 4 appendices. Excerpts from the appropriate American Association for Respiratory Care (AARC) Clinical Practice Guidelines are incorporated in the chapters. As is appropriate for a text of this magnitude, which covers all aspects of respiratory care, 45 expert authors contributed.

The target audience is primarily students of respiratory care. However, the editors indicate that the text would also be useful to student nurses, practicing respiratory therapists, and physicians and nurses who care for cardiopulmonary patients. Throughout its evolution the Egan's text has grown in scope and depth in each subject and has become increasingly sophisticated in its presentation of the material. The text's reading level has increased as well, and one may, on initial review, think that the text is written at

too high a level for a high school graduate; however, I think the reading level is appropriate to the profession and should be tolerable to a high school graduate, particularly since the student is guided to utilize the resources included in the chapters (learning objectives, key terms, etc) and the glossary. One cannot review the text without considering its intended context and use. The field of respiratory care has increased in sophistication, so its texts and faculty have as well. Good faculty guidance and the resources in this text should provide a fruitful learning experience, enhancing the student's understanding of the concepts of modern respiratory care and providing an understanding of appropriate methods of presenting complex information. The text is also written at an appropriate level to serve as a reference and guide for practicing respiratory therapists, nurses, and physicians, with the exception that the first section is more foundational and more appropriate for the student of respiratory care. Considering all of the resources included in this text, it would serve as an excellent bedside or hospital unit reference as well as a classroom tool.

The material is comprehensive in its scope and satisfying in its depth. The section on cardiopulmonary diseases has adequate depth to give a working clinical knowledge of the disorders presented but leaves to other texts the explanation of certain pathophysiologies. For example, Chapter 20 presents excellent information regarding the clinical diagnosis, etiologies, and treatment of chronic obstructive pulmonary disease but nothing about its pathophysiology. This is not a weakness of the text, as it was the editors' intention to present practical, clinically pertinent information.

The sections and chapters are logically organized, each building on material in earlier chapters. The text is comprehensive and includes a vast array of respiratory care topics and support material, though I noticed the absence of discussion about patient transportation (intra-hospital, inter-hospital, and air transport). There is no extraneous information in this text, and each chapter provides valuable information for the target readers.

Each chapter is complete with ample references supporting the statements and material presented. The chapter structure,

including the chapter resources sections, is clear and presented in a fashion that enhances understanding. The information presented is accurate and based on referenced research and standard practice, such as seen in the use of the AARC Clinical Practice Guidelines within most chapters. The editors are to be commended for scrutinizing the information and demonstrating the importance of evidence-based practice in respiratory care. The editors additionally took care to assure that each chapter is consistent in style (a challenging task when there are many contributors) and thereby made the book comfortably readable.

The material is presented in a user-friendly format. Each chapter uses clear tools to help draw the reader's attention to key points. This is specifically evident in the use of learning objectives, chapter outlines, and key terms at the onset of each chapter as well as the appropriate use of boxes, rules of thumb, algorithms, tables, figures, photographs, and other illustrations. The presentation and style of these chapter features is such that the reader can easily find support for constructs presented in the written text. The illustrations are very well done, attractive, and accurate, and I think they will help the reader grasp the physiologic and technical points. I found no typographical errors; the references cited are up to date and accurate. The index is comprehensive and a valuable tool for the reader.

Though each chapter's learning objectives are clearly stated in the beginning of the chapter, the 7 sections are simply titled and I think readers would benefit from a brief explanation of the grouping of the material within each section and why the information is key to the respiratory therapist; that would "set the stage" for the reader. The text does include a table of the AARC Clinical Practice Guideline excerpts, but it does not include a table of the figures. The figures are listed in the index, but a separate table of illustrations may be useful to some readers.

Although it was not a stated goal to guide the reader in the development of critical thinking, I think that objective should be included in future editions. Though the

"whys" and "hows" of each therapeutic intervention are given, the book does not address or challenge critical thinking skills. Clearly, modern respiratory care practice requires critical-thinking practitioners, so it would seem that the development of critical thinking should be included as a fundamental of respiratory care. True, individual instructors should employ their own methods for developing critical thinking, but the text has so much information that problem-based learning could easily be incorporated, which would enhance and encourage critical thought. The initial construct could be presented as a chapter in the first section and then thematically woven into each chapter.

The "mini clinics" are effective, commendable, and of excellent quality, but the solutions given leave little room for independent thought or creative application of the target constructs. Including critical-thinking challenges in each chapter would encourage the development of this important aspect of respiratory care.

Another fundamental of modern respiratory care is research. Evidence-based medicine is presented as a concept, but there is nothing in the text regarding the fundamentals of respiratory care research. A chapter regarding the purpose, structure, and meaning of research in respiratory care would encourage the reader to develop the skills to conduct and critique the scientific literature and also assist and encourage the development of critical analysis.

The price tag of \$79.95 is exceptionally low given the book's scope and depth. The book would be a valuable tool for the respiratory care or nursing student as well as an excellent resource for the various practitioners of cardiopulmonary care. The strengths of this text include its comprehensive presentations, the learning tools employed, the accuracy of the material, the style and usefulness of the illustrations, and the consistent writing style. The eighth edition of *Egan's Fundamentals of Respiratory Care* can safely take its place as the latest evolution of a truly foundational series in the study and practice of respiratory care.

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Cross-Cultural Medicine. JudyAnn Bigby MD, editor. Philadelphia: American College of Physicians. 2003. Soft cover, 289 pages, \$38.

JudyAnn Bigby has taken on the difficult task of developing a concise introductory text on the vast subject of cross-cultural medicine. Although the information is directed at primary care providers, it will be useful for any health care professional interested in enhancing his or her cross-cultural relationships with patients. The text's stated goal is to present medical providers with a framework of how to practice "culturally competent" care. The editor decided to limit the discussion to background information on racial, ethnic, and cultural groups within the United States only. As the history and influence of American culture are unique to those groups, the information in this text may not be applicable to those practicing outside the United States.

The text begins with an introductory chapter, "Beyond Culture: Strategies for Caring for Patients From Diverse Racial, Ethnic, and Cultural Groups." Bigby presents a clear discussion on the complexities of developing cultural competence, and she outlines 6 important components to that process: personal self-awareness, cultural knowledge, performing a cultural assessment, understanding and recognizing differences, effective communication, and cultural desire/internal motivation.

Box 1-1 lists 10 questions (adapted from work by Roberta Goldman) for assessing cultural self-awareness. These questions are an excellent tool for increasing awareness of one's own cultural background and bias, and they are important questions for all providers to consider. Table 1-1 summarizes some common cultural norms and group values. That table implies some interesting concepts, of which I would have appreciated a more thorough description, with either cases or illustrations of its clinical relevance. The final section of the chapter includes a brief discussion on strategies to work successfully with medical interpreters. The concepts discussed in this introductory chapter are important. Providers who frequently work with culturally diverse patients have probably discovered much of this information on their own, but for students or providers with limited experience this chapter is a well-organized philosophical "jump start" to the rest of the text.

The subsequent chapters are devoted to selected cultural groups within the United

States, including blacks and African Americans, Latinos, native Americans (including Alaskans), Asian Americans, Arab Americans, and American Muslims. Each chapter begins with brief historical background on the given cultural group, including immigration patterns and demographics, followed by a discussion on the health beliefs and practices of that group. Some chapters include brief discussions on religious beliefs, gender roles, language, and family structure. The second half of each chapter is devoted to a discussion of specific health problems that the authors have identified as particularly important in the group in question.

In general, the text is quite readable, with well delineated headings. The summary points at the end of the chapters are useful as references. I found the clinical cases enlightening, but they are interspersed in the text, which was distracting. It would have been more useful to include the cases at the beginning of each section, to stimulate clinical thinking while not interrupting the flow of the discussion.

One of the biggest obstacles to cross-cultural medicine is that while we seek generalizable knowledge about cultural groups, we must avoid stereotyping and incorrect assumptions about individuals. Bigby acknowledges this in her introductory chapter, as do the contributing authors.

I had difficulty with the editor's grouping of the chapters. By grouping all African Americans together and all Asian Americans together, the authors were forced to be brief in their discussions on certain subgroups. That grouping fails to recognize the great diversity of people that physicians see in the United States. There are blacks who have been in America for many generations, and there are recent immigrants from all areas of Africa, the Caribbean, and other places. The same can be said for Asians and Latinos. I would have appreciated more specific information on subgroups, such as Vietnamese, Cambodian, Somali, Ethiopian, and Mexican. I recognize that the book was intended as a concise introduction to cross-cultural medicine, so specific information on subgroups was limited by the book's size, but the unfortunate end result is that the information is brief, applicable to second- or third-generation American patients, and less applicable to recently immigrated subgroups. As long as the reader recognizes that limitation, the book gives useful background information, though it will differ in applicability to individual patients.