cal Aspects, 2nd edition (edited by Chokroverty, published by Butterworth/Elsevier, 1999), is getting old, but is shorter, moderately priced ($165), well organized, and well written. *Sleep Medicine*, 1st edition (by Lee-Chiong et al; Hanley & Belfus/Elsevier, 2002), is also very well written, concise, and inexpensive at about $82. Additionally, the on-line textbook of medicine *UpToDate* (UpToDate.com, Wellesley, Massachusetts, 2005) provides nice, concise, and practical discussions of sleep and sleep disorders (pathophysiology, diagnosis, and treatment), although the annual subscription fee is $495.

I'm excited to see the field of sleep medicine grow, and there certainly is room for another text in sleep medicine; however, I cannot recommend this text very highly. It is, in my opinion, the weakest of the available texts.

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Evidence-Based Practice Manual: Research and Outcome Measures in Health and Human Services. Albert R Roberts PhD and Kenneth R Yeager PhD, editors. New York: Oxford University Press. 2004. Hard cover, illustrated, 1,050 pages, $89.50.

Evidence-based practice, evidence-based medicine, and practice-based research have become common themes across the many professions involved in health care and human services professions, which must incorporate a steady rate of new advances in medical and social sciences. Technological developments, increased demand for services, cost-containment, accreditation requirements, medical malpractice, and patient safety, among other variables, require documentation of best practices and evidence-based applications in health and human ser-

vices. Researchers, educators, and healthcare providers must utilize a variety of resources to incorporate evidence-based medicine into their work. The editors state that their "primary goal in compiling and editing this manual is to make the latest evidence-based protocols, practice-based research designs and exemplars, evaluation research, and assessment tools and measures accessible to all education, medical, public health psychology, public policy, and social work professionals."

This comprehensive volume contains 104 chapters, including the epilogue, which are organized into 11 sections. The first section is devoted to 11 chapters, which provide an overview of best practices, consensus models, evidence-based practices, and critical issues and methods of developing and disseminating practice-based research knowledge across professions and systems that include medical, epidemiology, mental health, public health, psychotherapy, criminology, statistical, and quantitative and qualitative research models. This handbook, especially the first section, provides a solid framework on the distinctions and interrelationships between evidence-based practice and practice-based research. These chapters clearly incorporate the roles for practitioners and ways to bridge the gaps between research and practice, including translational research, quantitative research, and qualitative forms of evidence.

The first 11 chapters and much of the book have a distinct focus on mental health and social work, which I believe is applicable to anyone involved in the delivery of health care. I agree with the editors and several of the authors that adoption of evidence-based practice and practice-based research requires utilizing the inherent knowledge of interdisciplinary teams, taking the understanding and experience of each individual practitioner and joining it with the research-practitioner to better assist the populations served. Consequently, physicians, respiratory therapists, nurses, and other health professionals must incorporate the practices and opinions of professionals across the continuum of care. This book can provide an important vehicle to consider the mental health and social work aspects of the care needed by our patients and clients to incorporate evidence-based practice, improve health, and reduce the burden of illness in society.

The second section includes 6 chapters that provide step-by-step grant guidelines and also examine ethical issues. This sec-

tion is not unique, and much of its contents can be found in numerous other research-methods and grant-writing textbooks.

Section 3 includes 19 chapters that examine the latest evidence-based practices in health and human services. Chapters 18–24 have broad applicability; however, the remaining chapters of this section focus predominately on evidenced-based mental health approaches.

Section 4 consists of 6 chapters that focus on epidemiology basics and different types of public health research. Chapters 40 and 41 deal specifically with smoking, smoking cessation, and controlling tobacco use, which should prove useful to respiratory therapists, nurses, and physicians working in primary care, pulmonary medicine, and related disciplines.

The fifth section also consists of 6 chapters, which focus on conceptualization, operationalization, and measurement in research and evaluation studies.

The sixth section contains 13 chapters, devoted to assessment tools and measures. Chapters 49, 50, and 61 address general principles for locating, using, constructing, and validating assessment tools, whereas the other chapters in this section deal with specific types and applications of assessment measures. This section underscores the importance of monitoring, maintaining quality, and operational improvement.

This seventh part contains 13 chapters, all focused on program evaluation strategies, approaches, issues, and models. This section and the first section are perhaps my favorite parts of the handbook, because they incorporate aspects of evidence-based practice that I had not fully considered, such as the role of evaluation research to inform whether empirical evidence of effectiveness is applicable to specific populations or clients/patients. Evaluation research is one means to help address the constant tension between using empirical evidence in practice and meeting individual needs.

Chapter 64 makes a compelling case on how the fields of program evaluation and organizational development have progressed on parallel courses, and how overlap of these fields with incorporation of the core principles of each can support organizational learning. This overlap would require that program evaluators incorporate more of the organizational and community stakeholders into their empirical evaluation, and those organizational development professionals would incorporate more empiri-

cal methods to strengthen their results. This is one example, and there are many woven throughout the handbook, of how applications of practice and research across disciplines can achieve better evidence and more effective practice. Many aspects of this handbook address ways, through collaboration and multidisciplinary teamwork, that we can improve the programs, organizations, and the services we deliver, while further contributing to the evidence that informs our practices. From this perspective, the handbook should have appeal to administrators, risk managers, and anyone responsible for quality improvement.

The eighth and ninth sections include 21 chapters, which identify and discuss quantitative and qualitative practice-based research exemplars. Some of these chapters appear to address the editors' stated goal that this handbook provide a concise and quickly referenced tool for practitioners and administrators to identify and apply cutting-edge protocols and evidence-based practice within their agencies and practice environment. However, the text format and limitations on the types and number of exemplars present distinct limitations on its usefulness as a comprehensive resource to inform practice. Perhaps social workers and mental health professionals, who are the focused audience for this volume, would have a different opinion on the usefulness of this handbook as a handy, desktop reference.

The tenth section contains 8 chapters, which focus on the establishment, application, and institutionalization of quality assurance, quality management, and operational improvement through program monitoring and outcome assessment. The final section contains the epilogue, which distinguishes efficacy from effectiveness studies and bridges the present to the future with a discussion of the clinical utility of interventional research.

Curiosity led to my review of this large handbook, because I could not initially conceive how such a dynamic body of information could be incorporated into a text format. On page 13 of the first chapter, my curiosity was quickly satisfied when the editors, who wrote the first chapter, indicated their intention that in the next edition they look forward to publishing increasing numbers of chapters containing the research and practice guidelines by front-line practice researchers, epidemiologists, clinicians, and professors. It is clear that, at the onset, the editors understand that they have undertaken a hefty commitment, because the book will require continual revision and updates, even beyond a standard textbook or manual. After my review, what remains unclear is how the editors intend for users of this handbook to inform their evidence-based practice in between editions, and how other tools must be incorporated on a continual basis to inform practice.

Ultimately, I conclude that the goal of this book cannot be completely met using a handbook format to incorporate the latest evidence to inform practice. However, the authors appear to have come close to reaching their intended goal, and this handbook is a welcomed addition to the growing literature on evidence-based practice. This hard-cover book is made with high-quality paper and a strong woven binding that appears to be quite durable.

I recommend this book to students and professionals in the various disciplines in health care and human services, particularly social workers, mental health specialists, rehabilitation counselors, and occupational therapists. This handbook could easily be incorporated into the curricula of many educational, social sciences and health professions disciplines, and the graduate courses pertaining to research methods, qualitative research, statistical analysis, program evaluation, community-based assessment, epidemiology, applied research, and public health. Additionally, the **Evidence Based Practice Manual** provides an ideal foundation and reference tool for professional and graduate students across numerous disciplines, including allied health, nursing, medicine and public health, to inform their own research and shape their practice. The handbook, especially the chapters in the first section, provides an excellent resource for anyone, from student to seasoned professional, who needs to develop or refine his or her understanding to incorporate evidence and best practices into professional work.

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