

Managing Chronic Obstructive Pulmonary Disease. Laura Blackler RN BSc MSc, Christine Jones RN, and Caroline Mooney RN, editors. Hoboken, New Jersey: John Wiley & Sons. 2007. Soft cover, illustrated, 274 pages, \$50.

Even if it is not your central focus of practice as a respiratory therapist, nurse, or physician, chronic obstructive pulmonary disease (COPD) impacts all health-care workers, many on a daily basis, but certainly frequently enough that it makes sense to own a high-quality comprehensive reference such as this book. In their contributions, 18 multidisciplinary clinicians and lecturers provide details from which the 3 editors created a framework that coordinates efforts across primary and secondary COPD care. Extremely sensible and intuitive, the book is organized to take the reader from the “big picture” of epidemiology, cost, and risk while introducing the disease, to the 12 chapters that outline facets of living with COPD, arranged in the order that many afflicted individuals experience them, from diagnosis through end of life. Each chapter includes an impressive list of references, and there are also lists of COPD organizations’ contact information and Web sites.

Chapter 1, on the pathophysiology of COPD, begins with an accepted definition of COPD, and touches on risk factors, before looking with greater detail into lung pathology. Though a simple schematic of COPD pathophysiology is included, I would have appreciated a cartoon of, for instance, the parenchyma and centrilobular versus panlobular forms, to describe the mechanisms of airflow limitation and cor pulmonale.

The section on diagnosis of COPD is detailed. It begins, appropriately, by examining simple clinical features and common subjective complaints, and the section includes a graded dyspnea scale. I particularly liked the section on spirometry, which was distilled in a very understandable manner, and includes annotated classic flow-volume loops that will be extremely helpful to clinicians who only occasionally deal with COPD, as will the end of Chapter 2, which

describes when to refer a patient to a respiratory specialist.

Chapter 3, on symptom management, and Chapter 6, on quality of life, are the largest sections, and are broken into much appreciated and logical subunits. Chapter 3 comprises sections on pharmacologic management, adherence/concordance, nebulized therapy at home, long-term oxygen therapy, and surgical interventions.

Addressing quality-of-life issues in any chronic illness is a core challenge in health care, and Chapter 6 efficiently provides much needed perspective and structure to help guide both daily life and difficult decisions. Appropriately, the chapter begins by reviewing fatigue management. I was delighted the authors included specific considerations about travel and holidays, and sensitive but pertinent information regarding sexuality. The quality-of-life section seems comprehensive and outlines essential information in a very user-friendly way.

I was happy to see all of Chapter 7 devoted to psychological needs and interventions for people living with COPD. Included is a cognitive behavioral therapy model, with specific material on living with breathlessness. Detecting and dealing with depression and anxiety is also covered in sufficient detail to be extremely helpful.

The overview of noninvasive ventilation contains a nice summary of its utility in acute hypercapnic ventilatory failure and will help many clinicians become familiar with this option.

The remaining sections cover more commonly encountered topics, such as smoking cessation, pulmonary rehabilitation, and COPD management in the community. All the topics are handled similarly, in a very understandable and logical manner. The text concludes intuitively, with consideration of end-of-life care and a look into the future care of those with COPD.

I highly recommend **Managing Chronic Obstructive Pulmonary Disease**. It is a very comprehensive, especially well-organized, well-written text that covers COPD topics from societal impact to onset of COPD, and emphasizes

quality of life as the disease progresses and affects the end of life.

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Asthma Care in the Community. Jill Waldron RN BSc. Hoboken, New Jersey: John Wiley & Sons. 2007. Soft cover, illustrated, 187 pages, \$50.

Asthma is a chronic disease that is important worldwide. It can affect a person’s entire lifespan or develop at any point. Management of asthma begins with a clear understanding of what is known about the underlying pathological processes that create asthma symptoms. **Asthma Care in the Community** is written primarily for nurses, but the author (a respiratory specialist nurse) notes that it should also be of value to other clinicians, such as respiratory therapists, psychologists, and people in public health.

This book is easy to read, logically presented, and an excellent reference for any health-care professional learning the basics of asthma. The content includes a discussion of the epidemiology of asthma in the United Kingdom, a basic review of the pathologic mechanisms of asthma, and a basic introduction to asthma management, including chapters on complementary alternative medicine, asthma management for special populations, factors that relate to the process of care, and new innovations on the horizon for asthma care. Each chapter includes adequate recent and older references that provide good evidence to support the important points of discussion. In addition to evidence-based recommendations, the author provides clinical pearls based on years of experience, to help the reader understand the complexity of asthma care.

The book has a few gray-scale figures, which are of good quality, with one exception: the asthma action plan is scaled down to fit the page, which made the writing too small for comfortable reading. The remaining figures are not overly complex, and those