

tive case-control studies discussed in the first chapter of the book. These studies demonstrate that children and adults with asthma are more likely to have invasive *Streptococcus pneumoniae* disease. This finding is clearly important for clinicians and deserves further attention from researchers. Not discussed in the text, but also of relevance and interest, is a study published in *Nature Medicine*, showing, in a double-blind randomized controlled trial with over 37,000 immunized South African children, that the 9-valent pneumococcal conjugate vaccine reduced clinically diagnosed pneumonias due to both bacteria and viruses.¹ In other words, a portion of viral pneumonia was preventable via a bacterial vaccine. Whether these data extend to the specific population of children or adults with asthma would be of interest.

The last chapter focuses mostly on antimicrobial treatment of atypical pathogens. The chapter does an excellent job discussing the role of atypical organisms in both asthma exacerbations and chronic asthma. This discussion primes the reader for the summaries of 3 exacerbation antibiotic trials. The Telithromycin, Chlamydomphila, and Asthma Trial (TELICAST) study, discussed in previous chapters, is appropriately discussed again in this chapter. Furthermore, the immunomodulatory role of antibiotics is reviewed in detail. The authors, Howell and Kraft, conclude that treatment with macrolide antibiotics may benefit people with chronic asthma or those with non-eosinophilic asthma.

There is also a chapter on laboratory diagnosis of respiratory infections. Although only one section of the chapter is devoted to multiplex polymerase-chain-reaction assays, this new diagnostic technique is important and could have received more attention. Indeed, if and when these multiplex assays become less costly and more widely used, we are likely to learn much more about the short-term and long-term implications of the diverse viruses associated with lower-respiratory-tract infection and asthma. Furthermore, these assays may allow clinicians to more rapidly diagnose the important atypical organisms discussed throughout this book.

Taken together, the chapters in **Asthma and Infections** work well and are comprehensive. The main limitation of the text is the lack of organizing themes to structure the book. An improved structure may have

helped the reader to better organize his or her thoughts about this complex topic. Furthermore, an overarching structure for the chapters within the book may have helped reduce the existing overlap in material. In general, however, the text is an excellent review of complex data and ideas. For clinicians who care for children or adults with asthma this book discusses data about presentation, diagnosis, and therapy in a clear and evidenced-based manner. For researchers this book may help stimulate ideas for future investigations, especially considering that the chapters are written by leaders in the field.

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REFERENCE

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Group Leadership Skills for Nurses and Health Professionals, 5th edition. Carolyn Chambers Clark EdD RN. New York: Springer. 2009. Hard cover, 376 pages, \$50.

Development of leadership skills is often difficult for many people. Once one is able to advance those skills, moving to the next level and developing group leadership skills presents a new challenge to any leader. Too often, leaders want to dictate the flow of a group, which can lead to a breakdown in communication and unrest among a group. Recognizing and intervening in group interactions in a timely fashion is imperative to maximizing group dynamics. A good group leader is one who can read the dynamics of the group and facilitate moving forward to the common goal.

Clark's **Group Leadership Skills for Nurses and Health Professionals** provides a guide to establishing a group, identifying barriers of group successfulness, and facilitating interventions to maximize group interaction.

In the initial chapters of this book, Clark provides a simple but detailed introduction to group work that is essential to understanding concepts of group interaction. It is clear that Clark has an excellent understanding of group dynamics and has thoroughly studied and researched group processes. She dis-

cusses what makes groups successful and what contributes to group dysfunction. These chapters address group conflict, apathy, tension and anxiety—all factors that can affect reaching group goals. Clark addresses these on an individual basis and presents strategies to overcome these obstacles.

Once the foundation has been set, the book helps the reader develop the group through pre-planning, beginning steps, and ways to guide the group. As the reader moves into this section, one continues to get an understanding of what helps a group reach its goals and what issues can continue to provide barriers to a group moving forward.

As the book moves forward, role modeling of group leadership is discussed and development of skills to establish an assertive approach helps the reader better understand what is involved in running a group.

At times, the reader may have questions as to what type of groups the book focuses on, and offers ideas such as back rubs, which may make some people uncomfortable. However, in the end, Clark does a nice job of demonstrating strategies to work with all types, including organizational groups, therapy groups, focus groups, as well as others.

Throughout the book, Clark provides the reader an opportunity to reflect on group dynamics they have experienced, to serve as a catalyst to improved learning. These "Group Leader Challenges" ask the reader to pause and reflect on their own experience, or to review and discuss possible ways to work through group dynamics. These challenges are interspersed throughout each chapter, and although not all are helpful, they do give the reader a chance to increase the learning opportunities from each chapter.

With the simulated exercises at the end of each chapter, readers can attempt to advance their knowledge. As simulation becomes more prominent in the medical profession, it is not limited to just technical skills, but has the ability to be a catalyst to improved group skills through practice and debriefings.

This book will provide an excellent foundation for group leaders, from novice to advanced. Every group leader will be able to take something away from this book and use it in their practice.

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