

# Book Reviews

## Patient-focused Healing: Integrating Caring and Curing in Health Care

Nancy Moore and Henrietta Komras

Jossey-Bass, San Francisco, 1993, 298 pp., \$33.95

IF YOU WANT TO READ ONE BOOK THIS year to update yourself on the latest information on patient care, *Patient-focused Healing* is for you. Written for administrators, it is a practical manual for anyone in a position to create a new

focus for the delivery of care.

What makes *Patient-focused Healing* unique is that it not only succinctly outlines the different conceptual basis of the traditional healthcare system from a patient-focused system, but it provides case studies of hospitals that have made patient needs the driver of their structure. These case histories are followed up with rich checklists, resources, and supporting research that neatly bring the reader up-to-date on the current trends in healthcare delivery.

Nancy Moore and Henrietta Komras align themselves with persons who see that in the future healthcare will focus

on healing, not just curing. Healing, they note, seeks to integrate the power of the mind, body, and spirit in the process of dealing with the disease; curing focuses on the disease. For such holistic healing to occur, the needs of the patient must be primary.

Research supports that patients who feel more in control of their interactions recover more quickly. Translating this goal into reality involves developing new systems to determine who gives care, how care is given, how care is documented, and who makes healthcare decisions. *Patient-focused Healing* documents many approaches to this goal.

### BOOK BRIEFS

#### Directory of Nursing Facilities for Younger Adults with Chronic Physical Disabilities

Robert J. Buchanan and Kenneth Lewis, Grey House Publishing, Lakeville, CT, 1994, 300 pp., \$65 (paperback)

Young adults with chronic physical, but not mental, disabilities need an environment that meets their social and emotional, as well as their physical, needs. This reference book provides information on more than 280 facilities that accept younger adults with physical disabilities. The guide includes facts such as facility bedsize, a current resident profile, dietary program details, recreation programs, and levels of care available.

#### Fine Black Lines: Reflections on Facing Cancer, Fear and Loneliness

Lois Tschetter Hjelmstad, Mulberry Hill Press, Denver, 165 pp., \$14.95 (paperback)

More than 182,000 women will be diagnosed with breast cancer this year.

In addition to the medical aspects of cancer, patients must also cope with feelings about body image, cancer recurrence, changing relationships, and mortality. Some of the poetry, journal entries, and reflective essays Lois Tschetter Hjelmstad writes to help her face the challenges of breast cancer are included in the book. Hjelmstad reflects on her mastectomies, loneliness, fear, anger, and other challenges in her life and the lives of her family members.

#### Medical Ethics: Sources of Catholic Teachings, 2d ed.

Kevin D. O'Rourke and Philip Boyle, Georgetown University Press, Washington, DC, 1994, 347 pp., \$35 (paperback)

This guide is intended to help Catholic healthcare professionals understand, internalize, and apply the principles of Catholic teaching to the ethical issues they encounter in research and practice. The first chapter presents the general teachings of the Church about the human person and explains how the concept of the human person and

human action relates to the various issues of medical ethics. The second chapter concerns formation of conscience. The remaining 51 chapters discuss specific Church teachings on topics such as autonomy, genetic testing and counseling, labor relations, and suffering.

### BOOKS RECEIVED

AIDS and Adolescents, Linda Thayer, St. Paul Books & Media, Boston, 1992

The Columbia Retirement Handbook, Abraham Monk, general editor, Columbia University Press, New York City, 1994

The Health Care Solution: Understanding the Crisis and the Cure, C. Duane Dauner and Michael Bowker, Vision Publishing, Sacramento, CA, 1994

The Most Useful Gift: Altruism and the Public Policy of Organ Transplants, Jeffrey Prottas, Jossey-Bass, San Francisco, 1994



# C H A BOOKS

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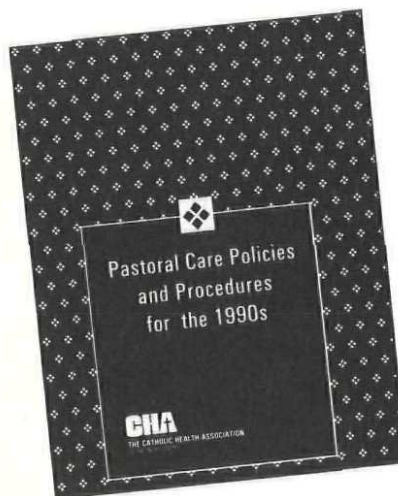
These approaches have a common focus: patient needs dictate the system, whether it is the care giver staffing (resulting in greater continuity of patient care) or patient scheduling (resulting in fewer, shorter waits). Moore and Komras carefully outline the efficiencies resulting from such approaches that can translate to the bottom line (e.g., shorter lengths of stay, reductions in staff turnover, and increased patient satisfaction).

One of the unique components of *Patient-focused Healing* is its delineation and explanation of holistic ancillary therapies that can give patients more control in the healing process. The authors explore the healing role that patients can play through relaxation therapy, deep breathing, imaging, and massage therapy. Moore and Komras delineate the primary forces that compel healthcare givers to examine and selectively employ such ancillary therapies, which can significantly and efficiently support the healing process.

In healthcare facilities seeking to implement ancillary therapies, the hospital's role becomes that of creating a healing environment. With this in mind, *Patient-focused Healing* addresses the importance of design and architecture in the support of the healing process. It is a rare book that discusses a simplified means of patient charting, the importance of staff's therapeutic presence, and the advantages of having special interior design touches like ceramic tile patient room numbers. The diverse content of the writing reflects the variety of aspects involved in developing an environment that supports holistic healing.

You can read this volume quickly. You may find yourself, however, coming back to it again and again to gather ideas, review checklists, and assess your directions for achieving your goals.

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## Pastoral Care Policies and Procedures for the 1990s

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