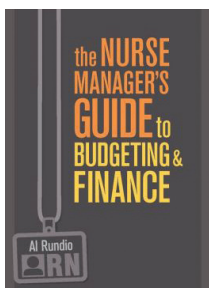




## BOOKS

**The Nurse Manager's Guide to Budgeting and Finance.** Al Rundio. Indianapolis, IN: Sigma Theta Tau International, 2012, softcover, 140 pages, \$24.95.



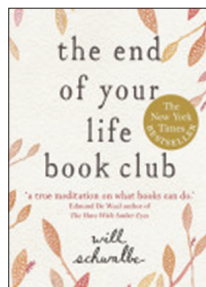
Al Rundio began his first nursing management job at the age of 26 with no financial management skills. He strives to spare other nurses this experience. Rundio wrote this book to identify the foundations of budgeting and management, giving nurse managers at every level and every area of nursing the tools needed for financial management.

Often, nurse managers have little or no exposure to finance and budgeting but are held accountable for their units and, therefore, must possess a basic understanding. Chapter one begins simply with "Budgeting for the Nurse Manager" and the text subsequently builds with each chapter.

Explanations for key metrics and calculations in operating budgets are given with easy-to-read tables. The formulas can be adapted to any clinical setting. Personal examples, tips, and experiences are highlighted throughout the book, making this a must read for all nurses in clinical leadership. An entire chapter is devoted to budget reports, with clear and concise examples and figures. Healthcare reimbursement also is addressed. Although a comprehensive review is written, the continually changing landscape makes for dated reading sometimes rather quickly. This book is an excellent overall guide for budget and finance. All nurses at any level will benefit from Rundio's comprehensive overview.

Angela Gambino, BSN, RN, OCN®, is an oncology nurse working as a nurse educator for Quintiles Commercial in Durham, NC.

**The End of Your Life Book Club.** Will Schwalbe. New York, NY: Alfred A. Knopf, 2012, hardcover, 352 pages, \$25.



Mary Anne Schwalbe was a wife and mother, former theatrical casting agent, director of admission at Radcliffe and Harvard, and head of a prominent private New York City school; however, she ultimately found her calling as a founder and director of the Women's Commission for Refugee Women and Children. Pursuing this work, she traveled extensively in the Middle East and Africa. Her final and crowning achievement was building a traveling library in Afghanistan. During this campaign, she was diagnosed with advanced pancreatic cancer, receiving treatment at Memorial Sloan-Kettering Cancer Center.

In the waiting room, she and her son, Will Schwalbe, shared books. Will, the former editor-in-chief of a New York book publisher, is author of *The End of Your Life Book Club*. Will and Mary Anne shared a love for books and reading; they used books to initiate discussions about life, death, courage, gratitude, communication, prejudice, feminism, fate, and the twists and turns life takes. Conversations moved from discussions of books to discussions of their own thoughts and experiences.

Conversations in this memoir are interspersed with descriptions of Mary Anne's cancer treatment, the progression of her disease, and tributes to her life's work. Book selections are diverse, including Karen Connelly's *The Lizard Cage*, Marilynne Robinson's *Gilead*, Mary Tileston's *Daily Strength for Daily Needs*, Sheila Weller's *Girls Like Us*, Stieg Larsson's *The Girl with the Dragon Tattoo*, Susan Halpern's *The Etiquette of Illness*, and Russell Bank's *Continental Drift*.

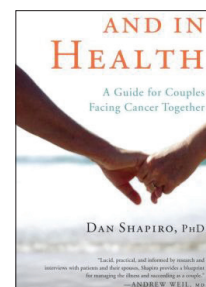
I found this book easy and compelling to read. It moves in snapshots over the

two-year period of Mary Anne's illness. Each chapter holds a message. Although some might be critical of the meandering style, I rather enjoyed the journey. The book was a finalist for the 2013 Indies Choice Book Award, Adult Nonfiction, and was one of BookPage's Best Books of 2012.

I think anyone would enjoy this book. Appropriate for lay and professional audiences, it offers a way for those who love the written word to connect and explore thoughts about illness, but particularly thoughts about life, values, and beliefs, and is a unique contribution to available memoirs. The book is a celebration of the love of family and the richness of the written word, as well as a wonderful tribute to a woman who truly died the way she lived, with courage and grace. At the end of the book, a list of stories, poems, and books is provided.

Linda Knight Morse, RN, MSN, is a clinical research nurse in thoracic oncology at Dana-Farber Cancer Institute in Boston, MA.

**And in Health: A Guide for Couples Facing Cancer Together.** Dan Shapiro. Westville, South Africa: Trumpeter Books, 2013, softcover, 240 pages, \$16.95.



Written for traditional couples, this book delves into what a man, woman, and their relationship may encounter when one is diagnosed with cancer. Author Dan Shapiro acts

as a tour guide through the emotional labyrinth these couples face, and he knows his topic well. His qualifications include being a cancer survivor, as well as the husband of an oncology nurse practitioner who has survived her own cancer diagnosis and treatment. The advice, information, and knowledge he offers are research based and culled from more than 70 cited publications, his own

clinical psychology practice, and his career as a humanities professor.

This book is set up as most helpful for couples who have recently received news of a cancer diagnosis. Ideally, both partners read the book and engage in dialogue about the advice given. In every chapter, Shapiro speaks to the reader using easily understood terms, examples from real life, and an infusion of humor. His desire for couples to share the journey as a team is a repeated theme as he explores how each spouse can help the other and the relationship.

Unlike books written 10 years ago about this same topic, this one does not label six different stages of the cancer trajectory. Instead, a practical but humanistic approach is used to help couples face challenges at any point in time. Better appreciation and understanding that both partners are suffering when the other has cancer is the core message of this book.

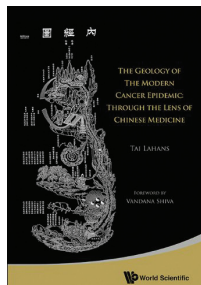
At times, Shapiro makes a personal statement, such as his belief regarding seeking medical care: "Ultimately, the person with the body gets to choose the physician" (p. 18). Wisdom can be found, however, in each section, particularly how to handle life together while under the throes of cancer. This includes the seemingly mundane aspects of our days, such as household chores, which Shapiro reminds us do not stop during cancer treatment. Useful, hopeful tools are offered for handling topics from strategies to help your partner improve medication adherence to recognizing when the best action is to just listen.

Oncology nurses are looked to so often for recommendations of what resources might be most helpful for our patients. *And in Health* is an excellent suggestion to offer, particularly to our newly diagnosed patients and their husband or wife.

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## NEW RELEASES

**The Geology of the Modern Cancer Epidemic: Through the Lens of Chinese Medicine.** *Tai Lahans. Singapore: World Scientific, 2013, hardcover, 400 pages, \$145.*

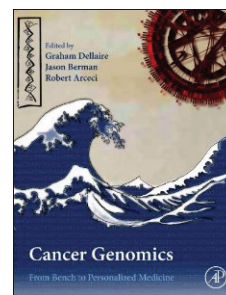


Cancers are on the rise across the world. This book looks at the many levels of determined, probable, and possible causation for several common cancers. These causes include realities found in culture, anthropology, sociology, politics, the environment, agriculture and food, beliefs, and the modern lifestyle. These realities are filtered through the perennial science of Chinese medicine, an ecologic system of knowing and understanding the human body as it relates to the world around us.

The book covers lung, colorectal, breast, prostate, and virally caused cancers. It interweaves conventional medical knowledge of these cancers with modern realities of everyday life we all live, and with Chinese medicine interpretations and strategies for treating probable precancerous conditions. This makes it a book that is useful for the practitioner of Chinese medicine. It also is useful for the patient suffering a cancer diagnosis in terms of survivorship and for other medical practitioners who wish to understand how integrated care for cancerous diseases and conditions may relate to Chinese medicine and prevention.

The final chapters of the book are dedicated to finding answers for a cure for cancer through making connections between how we live, what we believe, the environment we are creating based on those beliefs, and the social and political mechanisms we now have in place that keep us from change and, therefore, from the cure for cancer.

**Cancer Genomics: From Bench to Personalized Medicine.** *Graham Dellaire, Jason N. Berman, and Robert J. Arceci. Waltham, MA: Academic Press, 2013, hardcover, 456 pages, \$154.46.*



This book addresses how recent technologic advances in genomics are shaping how we diagnose and treat cancer. Built on the historical context of cancer genetics over the past 30 years, the book provides a snapshot of the current issues and state-of-the-art technologies used in cancer genomics. Subsequent chapters highlight how these approaches have informed our understanding of hereditary cancer syndromes and the diagnosis, treatment, and outcome in a variety of adult and pediatric solid tumors and hematologic malignancies. The dramatic increase in cancer genomics research and ever-increasing availability of genomic testing are not without significant ethical issues, which are addressed in the context of the return of research results and the legal considerations underlying the commercialization of genomic discoveries. Finally, the book concludes by examining the next great challenges to face the field of cancer genomics, namely the contribution of non-coding RNAs to disease pathogenesis and the interaction of the human genome with the environment.

Featured descriptions of books and other media in New Releases are provided by publishers to alert readers to recent or forthcoming resources only and have not been reviewed independently for the *Oncology Nursing Forum*. Associate Editor Patricia Ringos Beach, MSN, RN, AOCN<sup>®</sup>, ACHPN, can be reached at [pubONF@ons.org](mailto:pubONF@ons.org), with copy to editor at [ONFEditor@ons.org](mailto:ONFEditor@ons.org).

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