

Book reviews

Title: The Hand Book - A Practical Approach to Common Hand Problems (Third Edition)

Authors:

Ulrich Mennen, MBChB (Pret), FRCS (Glasgow), FRCS (Edinburgh), FCS (SA)(Orth), Fellowship in Hand and Microsurgery (Duke Medical University USA), MMed (Orth) (Pret), MD (Orth) (Pret), Dsc (Med)

Professor and Head: Dept of Hand and Microsurgery, University of Limpopo (Medunsa Campus)

Professor of Hand Surgery, Department of Orthopaedic Surgery, University of Pretoria

Hand Surgeon, Pretoria

Corrianne van Velze, BArb (Stell), BArb (Hons) (Pret), MOcc Ther (Wits)

Occupational Therapist, Pretoria

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354 pages

The aim of this book, as described by the editors, is to provide a basic and user friendly text for doctors and therapists who do

not have adequate training in the specific management of hand pathology and injuries, but who are occasionally confronted with a patient requiring treatment for the hand. It gives a theoretical and practical framework for the medical and therapeutic interventions for both conservative and operative/post-operative management of the more common hand conditions and injuries seen in the South African.

It is a well structured book of 17 chapters. As the book is intended as a quick reference, each chapter concludes with a very useful section of additional recommended reading on the topic.

The first three chapters cover basic anatomy, mechanics and function of the hand, as well as a comprehensive overview of evaluation. The fourth chapter includes a general approach to the management of the injured hand, including the phases of tissue healing, basic wound care and the general principles of rehabilitation.

Chapters five to seven describe fractures, tendon injuries (flexors and extensors) and peripheral nerve injuries. The chapter on nerve injuries is particularly informative and well described. This is followed by text on tendon transfers. This large topic is skillfully condensed into the primary principles of treatment.

Chapters nine and ten deal with hand infections, skin and scarring, with reference to the use of grafts and flaps as well as the



therapeutic management of these procedures.

Chapter eleven describes the various sites of peripheral nerve compression, their presenting symptoms and the various clinical tests for evaluation. The therapeutic management of neural tension and compression neuropathies is large, and difficult to address in a limited text, however some guidelines are presented for dealing with the more commonly affected median and ulna nerves.

Chapter 12 provides information on various tumours, both benign and malignant, that affect the hand.

Chapters 13 and 14 cover the topics of rheumatoid and osteoarthritis. These chapters provide the therapist with useful information for assisting patients with strategies for lifestyle management, joint protection and energy conservation, as well as options for splinting for function and rest.

A chapter on congenital anomalies follows which includes embryology and some of the more common specific anomalies as well as general management principles.

Chapter 16 is devoted to the wrist covering basic boney, ligamentous and vascular anatomy as well as fractures of the carpal bones and the distal radius, and some information on dislocations. The chapter is directed more to severe injuries providing radiographic findings, than ligament injuries and instabilities commonly seen by therapists.

The final chapter provides a very brief overview of the shoulder and elbow, and as the authors note both of these areas are highly specialized in themselves, and therefore this chapter is a very limited and general overview.

Photographs of the various splints given in the book are very helpful but therapists will need additional splinting knowledge to be able to use many of the dynamic and more complex splints that

are mentioned. An addendum chapter of photos of anterior and posterior aspects of splints, as well as diagrams of patterns with special instructions/ hints for the therapist may be a very helpful addition to the book, if it is to be as beneficial to therapists who do not treat hand injuries on a regular basis, as it is to the doctors and registrars.

This is a very relevant text for South Africa due to the need for doctors and therapists to manage sometimes very complex injuries at health care facilities around the country where specialist skills and resources are extremely limited. It provides a practical approach both medically and therapeutically. Reference is frequently given to products and exercise equipment that is "low-tech" and that can be made of common household items accessible to most patients and therapists.

Reviewer:

Jennifer Blenkinsop
BSc (OT) Wits, Certified Hand Therapist ((USA)
Complex Lymphoedema Therapist (Casely-Smith)
Currently in private practice in Johannesburg

Title: Sensory Intelligence, why it matters more than IQ and EQ

Author:

Annemarie Lombard

Book Information:

Publisher: Metz Press, Welgemoed, SA
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Price: R130.00

Till the early 1990s, sensory integration intervention was seen as an "exclusive" field for Occupational Therapists who underwent special training. We are now in the year 2008 and research within this field has boomed and, rightly so, it is losing its "exclusive" label. Sensory modulation is one of the fields within sensory integration that has received considerable attention. There is now no doubt that sensory integration therapy is no longer limited to the paediatric field only. The importance of sensory integration and the role it plays in human occupation, from the young to the elderly, can no longer be ignored.

With this book Annemarie Lombard has managed to put the spotlight successfully on the role of sensory processing and modulation in adults. She feels so strongly about sensory integration functions that she refers to *sensory intelligence*.

She starts off with a concrete discussion of the seven senses, where after she presents an adapted sensory profile as well as check lists. She uses the same terminology and concepts as does Winnie Dunn, who was the first Occupational Therapist to publish work on sensory profiles and whose theory is also embedded in the work of Jean Ayres. A valuable chapter in the book is the one on sensory intelligent relationships, where Lombard describes people with different sensory thresholds in terms of a tree (roots = sensation avoiding people, trunk = people with typical sensory processing and modulation, and crown = people who are sensation seeking). She refers to "goodness of fit" in relationships - not only between adults, but also between parent and child. Sensory "emergency" situations, namely "sensory overload" and "sensory shutdown",

are also addressed. In addition attention is given to the workplace. Lombard holds the point of view that when one uses one's sensory intelligence in the workplace, in respect of relationships and environment, it will add significant value to work performance, productivity and team cohesion.

Although this book is tailored to the broader population, Occupational Therapists not knowledgeable about sensory integration, and specifically sensory modulation, will find this book especially helpful - not only because of the theoretical overview, but also for evaluating clients with regard to processing difficulties using the provided sensory profile and check lists. They will also be able to derive important treatment strategies/principles from the knowledge they will gain from reading this book.

The book is also available in Afrikaans, but sadly, as is seen in many translated books, the quality is affected by the pervasiveness of direct translations.

Reviewer:

Annamarie van Jaarsveld
M.OT (UFS)
Lecturer Dept of Occupational Therapy
School for Allied Health Professions
Faculty of Health Sciences
University of the Free State



Title: Palliative Care: A Practical Guide for the Health Professional, finding meaning and purpose in life and death

Edited By:

Kathryn M Boog BScOT HPCReg

Clinical Specialist Occupational Therapist in Palliative Care, St Columba's Hospice Edinburgh, UK.

Claire Y Tester DIPCOT HPCReg

Lead Allied Health Professions Consultant Occupational Therapist in Cancer, Cancer Strategies Team, Health Department, Scottish Executive Edinburgh, UK.

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Soft Cover

211 pages

This book although written by occupational therapists is aimed at the many professionals who interact with adults and children who face the challenges and needs of having a terminal illness.

The emotional and spiritual influences on the quality of life are emphasised and professionals are invited and encouraged to think laterally. Core occupational therapist skills are adapted and enhanced to provide a style of therapy that can be used in a variety of settings where people begin to reflect on their last stages of life. Many innovative and practical solutions based on clinical experience, theoretical and empirical evidence are described which enable frequently experienced day to day problems to be solved.

The book is presented in three sections, with each section comprising a number of chapters, key words, comprehensive references and suggested further reading lists as well as very useful appendices.

Section 1: Exploring the impact of dying and death

This section introduces malignant and non malignant conditions, the complex and differing needs and symptoms of the dying across the various life stages; children, young adults and adults as patients, parents and siblings of affected children and children of affected parents.

The unique challenges faced by health professionals; palliative rehabilitation, spirituality, activities used to encourage and facilitate spiritual expression, anticipatory grief, bereavement, mourning and loss.

Section 2: Creative interventions

Coping, understanding attitudes and how to use counselling techniques are explored. The use of creativity as a therapeutic tool, play as therapy, the importance of leisure, communication and how to use guided imagery as a relaxation technique are discussed. Specific case scenarios are used to highlight how the selection of various treatment modalities impact on and can change the quality of peoples' lives.

Section 3: How to survive as staff

Compassion fatigue, staff grief and how to sustain working in palliative care and with the dying are described.

Death remains a taboo subject with the people who are dying often reluctant to discuss their feelings, whilst those close to them and those new in this field may shy away or evade the experiences or difficulties being encountered.

This is a richly illustrated, sensitively written and easy to read book which upholds the philosophy and principles of palliative care and is strongly recommended for anyone working in this field.

Reviewer:

Helen Farmer
MSc O.T (Wits)
Hospice Volunteer