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## **Review of: Ear, Nose, and Throat Disorders Sourcebook**

Sandra L Boucher-Bessent, RDH, BS

*Reviewed by Sandra L. Boucher-Bessent, RDH, BS, public health dental hygienist; national program manager, National Children's Oral Health Foundation; adjunct faculty, University of North Carolina, Department of Dental Ecology, Chapel Hill, NC.*

### **Ear, Nose, and Throat Disorders Sourcebook**

**Second Edition**

**Judd SJ (Ed)**

**Omnigraphics**

**Detroit, Mich, 2007**

**659 pages, illustrated, indexed, hardcover**

**ISBN: 0-7808-0872-X**

**\$87.00**

*Ear, Nose, and Throat Disorders Sourcebook*, Second Edition, is a resource book for the general public that provides comprehensive coverage of basic up-to-date medical information about the causes, symptoms, diagnosis, and treatment of diseases and disorders that affect the ears, nose, sinuses, throat, and voice. The book is not a medical textbook, but rather serves to inform lay people about acute, chronic, and genetic diseases associated with the ears, nose, and throat. Its easy-to-read format includes information on prevention, medical statistics, risk factors, and warning signs. In several cases, it also includes discussions on alternative and homeopathic remedies.

Dental professionals may find this book useful as resource to refer to for general information. The book avoids the use of technical medical language and contains a few simple illustrations pertaining to the anatomy of the ear as well as a few simple tables necessary for clarification. It has no photographs or colored plates. The majority of the material is presented in question and answer format, much like questions a patient might ask of a health care provider. An extensive index facilitates the reader's ability to easily access information on any specific topic.

*Ear, Nose, and Throat Disorders Sourcebook* is organized into 7 sections that focus on broad areas of interest: Disorders of the Ears; Hearing Disorders; Vestibular Disorders; Disorders of the Nose and Sinuses; Disorders of the Throat and Vocal Cords; Cancers of the Ears, Nose, and Throat; and Additional Help and Information. Forty-five chapters comprise the 7 sections, covering individual topics within each area of interest. Each section ends with a well-referenced list of professional journals and other evidence-based publications the reader can turn to for more information. Web addresses for the referenced materials are also provided, facilitating the readers' pursuit for further study. The final 2 chapters furnish additional information and resources. A comprehensive glossary offers simple definitions of medical terms relative to the ears, nose, and throat and the final chapter furnishes a list containing contact information of additional resources to which the reader can refer for more detailed information and support. The information includes physical and mailing addresses, telephone numbers, fax numbers, as well as Web and email addresses.

*Ear, Nose, and Throat Disorders Sourcebook* is not a book to be read cover-to-cover. Many of the topics, symptoms, syndromes, diseases, etc, overlap and discussion is duplicated between the sections. However, this duplication of information is necessary because the book is intended to serve merely as a reference guide. Throughout the book are disclaimers that the information is not intended for use to diagnose illnesses, prescribe treatments, or substitute medical care, but rather for informational purposes. It encourages readers who may be concerned about certain symptoms or the possibility of disease to seek professional assistance from a health care provider.

The information in *Ear, Nose, and Throat Disorders Sourcebook* is compiled from US government agencies including, the Centers for Disease Control and Prevention, the National Cancer Institute, the National Institute of Allergy and Infectious Diseases, the National Institute of Dental and Craniofacial Research, National Institute on Deafness and Other Communication Disorders, National Institutes of Health, National Library of Medicine, Osteoporosis and Related Bone Diseases National Resource Center, and the US Food and Drug Administration. A wealth of copyrighted documents from multiple individuals, professional associations, research centers, and other organizations contribute to the information in the book.

*Ear, Nose, and Throat Disorders Sourcebook* is just one of 177 other sourcebooks in Omnigraphic's Health Reference Series, which cover more than 13 000 topics.

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## **Review of: Stedman's Medical Dictionary for the Dental Professions**

Heidi Emmerling, RDH, PhD

*Reviewed by Heidi Emmerling, RDH, PhD assistant professor of dental hygiene, Sacramento City College, Sacramento, Calif.*

### **Stedman's Medical Dictionary for the Dental Professions**

**Lippincott, Williams & Wilkins;**

**Philadelphia Pa, 2007**

**800 pages, color photos, illustrated, vinyl bound**

**ISBN: 0-7817-6865-9**

**\$43.95**

*Stedman's Medical Dictionary for the Dental Professions* will serve as a suitable resource for any dental professional's library. The text has more than 12 800 entries and over 500 illustrations. The images are of very high quality and the insert has especially useful photographs of pathological oral conditions. The limitation of the insert is the organization. The photographs do not appear to be placed alphabetically either by individual pathology or by class of pathology (ie, caries conditions are placed before abscesses; gingivitis placed before candidiasis). Thus, I was unclear of the method or reason for the organization and placement of the photographs. The text does include a CD-ROM that includes images.

In addition to the art program, another feature of the text includes pronunciation guides for each entry plus a CD-ROM that accompanies the book. Although a nice inclusion, particularly for dental hygiene students, I doubt whether the CD-ROM is of much benefit to practicing dental hygienists who have undoubtedly encountered most of the terms before. Another minor limitation is that much of the terminology will not be new for established dental hygienists. One of the General Editors was from the dental assisting field and the other from dentistry. For the purposes of a dental hygiene reference book, I was disappointed that a dental hygienist was not chosen to serve as one of the General Editors. That being said, there were 5 dental hygienist members on the 12-member consultation board.

Cross references are also provided as synonyms to the main preferred terms. The synonyms are printed in blue, signaling readers to look up the preferred term. That is, if one looks up *trench mouth*, or *Vincent Syndrome*, no definitions are provided but *necrotizing ulcerative gingivitis* is printed in blue in both entries, directing the reader to the latter, preferred term. Therefore, not only is the reader directed to the definition but is also alerted to the preferred term.

In addition to listing synonyms, the text incorporates usage notes in an effort to alert users to common errors of sense, spelling, and pronunciation. For example, under the entry for *abscess*, the usage note, which appears in italics before the definition, cautions the reader against the common misspellings *absess* and *abcess*.

The text includes "building block" symbols (using a recycle icon) indicating Greek and Latin prefixes, suffixes, and combining forms. An example is *ab-* with the definition being *from, away from, off*. These common building blocks are also listed separately under the pronunciation guide on the first page.

Etymologies are also indicated in the entries to aid in the reader's learning and understanding of dental terminology. An example includes *diplegia* (paralysis on both sides of the body), in brackets the term is broken down as such: [G. *di-*, two, + *plege*, a stroke] (171). Thus, the reader learns that the term's etymology is Greek.

What I found most helpful were the 24 appendices. Appendices I found most helpful included the Units of Measure, Affixes and Abbreviations (Common Abbreviations Used in Medical Orders, Common Abbreviations Not to Be Used), and Reference Values (Laboratory and Reference Range Values).

The resource value of this book is good; the definitions have all been approved by the Federative Committee on Anatomical Terminology to ensure accuracy. The inclusions add to the comprehensive value as a resource book. The photos and illustrations are excellent if not a bit hard to determine their organization. These photos and illustrations definitely support the terms and oral conditions. While there is probably nothing especially controversial or new to dental hygienists, the text serves its purpose as a practical reference book.

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## **Review of: Basic Guide to Dental Instruments**

Jean Tyner, RDH, BS

*Reviewed by Jean Tyner, RDH, BS, instructor, Florence-Darlington Technical College, Florence, SC.*

### **Basic Guide to Dental Instruments (2006)**

**Scheller C**

**Blackwell Publishing**

**Oxford, UK, 2006**

**280 pages, 417 illustrations**

**ISBN: 1-405-3379-1**

**\$39.99**

*The Basic Guide to Dental Instruments* by Carmen Scheller is a superior book for identification of dental instruments. Having taught subjects to which this book applies, I find this text to be especially thorough. The instruments are well documented and the most current technology is included. One example is the explanation of the apex locator.

Each section is dedicated to a specific discipline or division of dentistry. Especially impressive is the chapter on endodontic instruments. The colored photographs of files, broaches, and rotary instruments are as realistic as the actual items depicted.

Oral surgery forceps are more clearly printed than in any other instruments guide I have seen, including, the manufacturer's catalogs. In the chapter on dental radiography, the author reminds the reader to check the guidelines in their own region, as some guidelines change from state to state. The author also discusses the important of instrument care and sterilization.

Although dental assistants may use these instruments more often, dental hygienists would benefit from the clearly depicted and defined pages of information. Not only are the instruments named, but the function, features, and methods of use are of added value. Other varieties of the items are also listed. The companies credited with photographs are reputable and widely known.

I definitely recommend this book for students who need a knowledge of dental instruments. It is concise, comprehensive, and well designed.

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## **Review of: Mental Health Information for Teens: Health Tips about Mental Wellness and Mental Illness**

Lisa Shaw, RDH, MS

*Reviewed by Lisa Shaw, RDH, MS, residential health care coordinator at Faxton-St. Luke's Healthcare, James M. Rozanski General Practice Residency Program, Utica, New York.*

### **Mental Health Information for Teens: Health Tips about Mental Wellness and Mental Illness**

**Second edition**

**Bellenir K (ed)**

**Omnigraphics**

**Detroit, Mich, 2006**

**425 pages, indexed, hard cover**

**ISBN: 0-7808-0863-0**

**\$58.00**

Mental wellness is, without question, a key factor in one's ability to make healthy decisions, to handle life's stresses, to form healthy relationships, and to be able to develop and sustain positive self-esteem. While one generally thinks of mental illness as primarily affecting adults, the National Youth Prevention Resource Center notes that one in 10 children and adolescents will suffer from mental illness severe enough to cause some level of impairment. Unfortunately, however, fewer than one in 5 of such children will ever receive appropriate medical care, according to the National Youth Violence Prevention Resource Center.

*Mental Health Information for Teens: Health Tips about Mental Wellness and Mental Illness* is a Teen Health Series publication that educates teens about the specifics of mental illness and mental wellness. The book is divided into 6 parts, with Part One focusing on how teens can maintain mental wellness. Part One chapters include Defining Mental and Emotional Health, Self Esteem, Getting Along With Friends, Siblings, Parents, and Teachers, Defining Healthy Relationships, Dealing With Anger In A Healthy Way, Learning to Handle Stress, Dealing with Divorce, Working Through Grief, and If Your Parent Has a Substance Abuse Problem or Mental Illness. Of particular importance is the time spent in chapter one explaining why mental health is important, what a mental health problem is, what events and experiences can increase the risk for mental health problems, and what self-help measures can improve mental health.

Part Two deals with mood and anxiety disorders and covers a broad range of topics including, but not limited to, depression, seasonal affective disorder, the menstrual cycle and mood changes, generalized anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and fears and phobias. The author moves into behavioral, personality, and psychotic disorders in Part Three, covering 10 different disorders that include those that are often teen specific such as body-focused repetitive behaviors, self-injury, eating disorders, and body dysmorphic disorder. Part Four focuses on how one can get help for mental illness and spends time describing the roles of mental health providers, what one can expect during therapy,

the different types of therapy, medications used for treating disorders, and alternative approaches to care. Part Five talks about other issues related to mental wellness in teens such as learning disabilities, tourettes syndrome, bullying, dating violence, child abuse, suicide, and substance abuse. Finally, Part Six gives the reader a wealth of knowledge regarding helplines, hotlines, Internet resources, mental health organizations, and additional reading suggestions.

The entire book is laid out well and written in language that is easily comprehended by a teenager. The text draws the reader in and makes them comfortable by taking the scare out of the subject. The author likens the cause of mental illness to that of some physical illnesses such as heart disease or diabetes with occurrences running in families-either because of genetics or family interaction styles. In addition, the author reassures the reader that some minor concerns can be solved with common sense measures like getting more sleep or spending time with people whose company you enjoy and who are a positive influence. The book also dissects each disorder by first giving a concise description of the disorder that helps the teen understand what is "normal" and then provides information that describes what is not "normal" in terms of symptoms that interfere with normal function. The author follows these definitions by explaining how each disorder presents itself in terms of signs and symptoms, what are known about the causes of these disorders, and how these disorders can be treated. The text also provides numerous insets that declare "It's a Fact!." These insets provide valuable information and source references. In addition, they offset the text and make for easier reading. Each chapter also provides ideas and references for self help.

The dental hygienist is in a unique position, depending on their patient population or practice setting, to come in contact with patients that have mental health concerns. He or she is also more likely, because of the relationships that they are able to build and sustain with their patients, to hear about mental health issues that their patients may be experiencing. Through this Teen Health Series, Bellenir has provided a valuable tool for the dental hygienist to become informed so as to be able to provide insight, education, and direction where appropriate and necessary. Mental Health Information for Teens is a well thought out and concise review of mental wellness and mental health issues

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## **Review of: Legal and Ethical Issues for Health Professionals**

Patricia A Frese, RDH, MEd

*Reviewed by Patricia A. Frese, RDH, MEd, professor, University of Cincinnati, Raymond Walters College, Department of Dental Hygiene, Cincinnati, Ohio.*

### **Legal and Ethical Issues for Health Professionals**

**Pozgar GD**

**Jones and Bartlett**

**Sudbury, Mass, 2005**

**378 pages, indexed, softcover**

**ISBN: 0-7637-2633-8**

**\$63.95**

*Legal and Ethical Issues for Health Professionals* assumes the reader, whether student or practitioner, has no background in legal or ethical issues. The preface of the text guides the reader to a sample of the elements found in each chapter and how to maximize the learning from each feature. Each of the 14 chapters generally contains learning objectives, cases and questions, a chapter review, terminology list, and review questions as well as references for the chapter and/or further reading. Especially helpful for the student is a note-taking guide. It contains PowerPoint slides along with sufficient room for notes, questions, ideas for discussion, and study reminders.

The text is divided into 4 sections and concludes with a glossary of terms. Section I covers ethics and includes 4 chapters that present such topics as historical highlights, basic principles, contemporary ethical dilemmas such as abortion and human subjects research, the structure and function of ethics committees, and end-of-life issues including euthanasia and physician-assisted suicide. Sample forms for advance directives are included. The 4 chapters of Section II cover law. Topics include development of the legal system, introduction to basic law for health professionals including negligence and criminal and contract law, public policy and individual's rights, and ethics and law for organizations. Section III contains 3 chapters covering health care professionals. Included in this section are the codes of ethics for various professions, a focus on physician responsibilities, and employee rights and responsibilities. The 3 chapters of Section IV cover the patient. Parameters of patient consent, elder and child abuse, and patient rights and responsibilities are included here.

This is a clear, concise, practical guide for resolution of ethical dilemmas and accompanying legal implications. Using integrity-based thinking, the reader is guided through alternative courses of action to determine the most prudent resolution of various dilemmas of contemporary health care. It is an appropriate text for the student as well as a reference for the practitioner.