

expansive work is a DVD with educational video demonstrations of hypogastric plexus, as well as lumbar sympathetic and splanchnic nerve blocks.

My initial impression upon opening and surveying this book was the presence of an ample amount of very practical, relevant, and instructional black-and-white images about anatomy, C-arm positioning, injection techniques and equipment. Among the most helpful of these images are valuable x-rays about abnormal dye spread.

The editors comprise a group of outstanding physicians who have contributed significantly to the subspecialty of interventional pain medicine. The chapter on radiofrequency ablation (RFA) is an example of the talented lineup in this text. Maarten van Kleef, M.D., Ph.D., (Professor and Chairman, Department of Anesthesia and Pain Management, University Hospital Maastricht, Maastricht, The Netherlands) Menno Sluiter, M.D., Ph.D., (Consultant, Institute for Anesthesia and Pain, Swiss Paraplegic Center, Nottwil, Switzerland) and Jan Van Zundert, M.D., Ph.D., (Professor Emeritus, Department of Anesthesiology and Pain Management, University Hospital Maastricht, Maastricht, The Netherlands; and Department of Anesthesiology and Multidisciplinary Pain Center, Ziekenhuis Oost-Limburg, Genk, Belgium), all of whom have been prominent contributors to RFA literature for years, collaborated on this chapter. The result is that this section has an interesting overview of the history of RFA, an informative review of the modality, and theories regarding continuous and pulsed RFA. In addition, there is information about radio frequency generators, as well as support for clinical decision-making (e.g., practical considerations, indications, and contraindications).

This didactic text is complemented by an abundance of instructional images that are selected with care and relevance to the teaching of the interventional procedure. All chapters are structured, with complete references and plentiful illustration and images, in the same manner as the RFA chapter. Moreover, all of the well-researched topics in the book are thoroughly referenced.

The chapter about lumbar spinal neuraxial procedures has excellent descriptions of transforaminal and selective nerve root blocks. The anatomy is well explained, including an image about the anterior medullary artery in relationship to the neuroforamen and several demonstrations of the "safe triangle." The reader can see multiple pictures with appropriate and incorrect needle positioning as demonstrated by intradiscal, intravascular, and subdural dye spread. The C-arm positioning and injections are described using a step-by-step approach.

In general, all the topics in *Interventional Pain Management* are meticulously researched and explained. Beyond this, an additional strength of this clinical text is the use of highly relevant anatomy and diagnostic images. The informative images of correct and incorrect dye spread alone merit the purchase and review of this text. The interventional procedures are all explained in sound and competent instructional detail, so that clinicians can readily integrate this information into practice. The fluoroscopic, magnetic resonance, and computed tomographic images coalesce well with the graphic anatomical drawings that create highly effective renderings of the proper positioning and performance of injections. The historical review of the evolution of interventional pain management that is touched on in this work is both interesting and fascinating for any practitioner in this field. Each chapter of this text can sufficiently stand alone as an individual academic work, but together as a collection, the result is that *Interventional Pain Management* is a landmark clinical instructional textbook.

If you are looking for a quick overview of the topic of interventional pain medicine, this is not your book. This text is not to be thumbed through; to give the subject matter its due attention, the reader needs to commit to this study project. At times the authors delve deeper into a particular topic than I feel is necessary. Some of the graphics and images appear to be somewhat dated and could have benefitted from a color presentation.

In general, the DVD was disappointing, as it offers relatively poor-quality depictions of only three procedures: a hypogastric plexus block, a lumbar sympathetic block, and a splanchnic nerve block. Not

only are these procedures not among the most frequently performed, the video footage appears old, the transitions are often too rapid to follow, and in some sections, the visual and audio tracks are not precisely synchronized.

Overall, I believe that *Interventional Pain Management* is an excellent resource for any pain interventionalist in training and practice. There are a few books that allow a better last-minute review, but this text is the most comprehensive. I immensely value this extensive collection and believe it is a living piece of medical history.

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Ultrasound-Guided Nerve Blocks on DVD: Upper and Lower Limbs Package. Edited by Alain Delbos, M.D. Philadelphia, Lippincott Williams & Wilkins, 2008. Price: \$329 (package price), \$179 (each DVD).

The *Ultrasound-guided Nerve Blocks (Upper and Lower Limbs)* interactive DVDs are excellent comprehensive sources of teaching nerve blocks using ultrasound techniques. Because of their success with two previous DVDs focused on regional anesthesia using nerve stimulators, the authors followed the same approach for teaching regional anesthesia using ultrasound.

This DVD set contains two parts—the first DVD looks at regional blocks of the upper limb and the second at regional blocks of the lower limb. They demonstrate the regional blocks that are most commonly performed. Both the animation and the video sections are equipped with a voiceover narration feature that explains every step in a very clear way.

The Upper Limbs DVD includes brachial plexus blocks using interscalene, supraclavicular, infraclavicular, and axillary approaches. It also presents the median nerve at both the elbow and at the forearm, the radial nerve block at the elbow, and the ulnar nerve block at the forearm. The Lower Limbs DVD includes blocks of the femoral nerve including a block of the fascia iliaca compartment; sciatic nerve with transgluteal, subgluteal, and popliteal fossa approaches; and saphenous and tibial nerves.

Every individual block is presented in the following sections:

The Animation section describes the indications and contradictions and uses well-presented, three-dimensional images that explain the anatomy and technique in a very easy-to-remember and comprehensive way.

The Video section provides video clips of every block and illustrates how they are performed on manikins. On the same screen you see every step of each procedure synchronized with an animation and ultrasound clips. This approach gives the viewer a clearly understandable explanation of each block, and also demonstrates in-plane and out-of-plane ultrasound techniques. This section also shows clips for catheter placements.

The Library section presents links to relevant literature for each block.

The Simulation section is what really distinguishes these DVDs from others. It allows for the performance of real-time virtual ultrasound blocks. It enhances the user's level of learning by adding an interactive method rather than having only a passive teaching experience. At the start of the simulation, there is a brief tutorial on how to use the simulation software. This application is very advanced and allows the user to draw lines and curves to outline landmarks. It also allows for the navigation of an ultrasound probe and gives an option to advance needles to different depths during the performance of a simulated block. Two of the most innovative elements of this section are the presence of a hide-and-show feature that allows visualization of the underlying structures for

better anatomic orientation, and the presence of ultrasound images that parallel the actions simulated in a separate window on the same screen.

The Anatomy section gives an in-depth understanding of the anatomy through cross-sectional approaches and three-dimensional pictures that have show/hide, rotating, translating, and zooming capabilities.

Although the simulations are equipped with tutorials on how to use them, it may not be very simple for users who are not comfortable using computers. This may distract from focusing on the scientific material in this section. Because of its relatively high price, many medical students and residents may be unable to afford the cost. Another limitation is that the DVDs only work properly on computers with Windows XP and Vista Pentium 3 or higher operating system and

with 512 MB RAM-1GB. Computers with the MAC operating system would not be suitable for optimum use.

To summarize, these two DVDs offer a very comprehensive and practical way to learn and digest ultrasound-guided regional anesthesia. These DVDs are excellent tools for all anesthesia residents as they learn ultrasound-guided regional anesthesia.

These products will most likely have the same success of the authors' previous two DVDs for nerve stimulator guided regional anesthesia.

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