Life Management Skills

Kathy L. Korb, OTR, Stacey Azok, OTR, and Estelle A. Leutenberg (1989). Wellness Reproductions, Inc, 23945 Mercantile Road, Beachwood, OH 44122. 50 pp., $29.95.

An attitude and way of living that focuses on wellness and fitness has become the rage these days. The occupational therapy profession has responded quickly to this trend, because, as occupational therapists, we involve ourselves so totally in a way of life that focuses on all aspects of wellness and a balanced lifestyle.

Life Management Skills is a resource handbook of activities so specific and to the point that one cannot help but browse through all 50 pages in one sitting. The book is written by occupational therapists specializing in the area of wellness, and the collection of tasks offers activities in assertion, discharge planning, emotion identification, exercise, goal setting, leisure, motivation, nutrition, problem solving, risk taking, role satisfaction, self-awareness, self-esteem, sleep, stress management, support systems, time management, and values clarification.

The handbook is filled with graphics that make the written tasks enjoyable to complete, and the activities-oriented approach will delight any occupational therapist using this book. Fifty creative activities are presented in bold graphics, outlines define the purpose of the activity, and general comments and suggestions for further activities on the topic are provided.

I strongly recommend this book for occupational therapists working with any population—the many issues are so diverse yet so conclusive that one can use these activities selectively and appropriately for particular settings and clients. I was pleasantly surprised to find activities I have used repeatedly with the psychiatric population—positive reinforcement of my choices of treatment activities. The handbook also encourages the reader to recall different activities used for each topic in order to add to one's repertoire of activities.

This is certainly a fun book, and what occupational therapist does not enjoy fun and creative information that can be explored and put into practice?

Karen Wolff, OTR

Occupational Therapy: Practice Skills for Physical Dysfunction (3rd ed.)

Lorraine Williams Pedretti, MS, OTR, and Barbara Zoltan, MA, OTR, Editors (1990). C.V. Mosby Company, 11830 Westline Industrial Drive, St. Louis, MO 63146. 690 pp., $45.95.

Originally designed in 1972 as a collection of teaching materials and lecture outlines for use in the occupational therapy curriculum at San Jose State University, this third edition has evolved into its current hardback copy with 36 chapters, which include multiple graphic illustrations, photographs, forms, and charts.

This book is divided into three parts: Foundations for Treatment of Physical Dysfunction (60 pages); Methods of Evaluation and Treatment for Patients with Physical Dysfunction (340 pages); and Treatment Applications (230 pages), which is devoted to the application of 12 selected disability areas, including brain injury, spinal cord injury, and rheumatoid arthritis.

The editors do not describe clearly in the preface how this text differs from the second edition, but there are at least five new chapters, which cover documentation, work hardening, dysphagia, and degenerative diseases of the central nervous system.

Although the text is stated to be directed not only to occupational therapy students but to clinicians as well, the information is useful primarily for students. Specific evaluation and treatment techniques are clearly defined and would enable students to identify the tools that practicing clinicians might use, but the information generally does
not provide the depth that clinicians need to both understand and apply specific techniques.

Overall, the text is clearly outlined. The chapters follow a consistent format, which makes it easy for the reader to follow. The authors reinforce information found in other chapters. Interesting formats include the use of questions for the reader at the end of each chapter and the use of sample treatment plans in the chapters describing treatment. These additions help keep the reader focused on the key points of each chapter and bring the text to life.

Especially well written are the chapters on visual, perceptual, and perceptual-motor deficits; evaluation and treatment of cognitive dysfunction; and the sensorimotor approaches (particularly neurodevelopmental), all of which provide useful summaries of general principles for evaluation and treatment, rationale for the approaches used, and references to study topics in further depth. The chapter on work hardening provides a historical context for the development of this treatment technique that helps the reader understand its current use. The chapter on acute hand injuries provides a succinct overview of the management of these conditions. The chapter on cardiac dysfunction provides useful guidelines for problems in this area as well as references and a useful sample treatment plan.

Footnotes are often used throughout the text, which help identify references for further information on specific topics.

Yuriko Lynn Yasuda, MSEd, OTR

Briefly Noted

Living With Low Vision: A Resource Guide for People With Sight Loss
Resources for Rehabilitation, 33 Bedford Street, Suite 19A, Lexington, MA 02173.
151 pp., $9.95 plus $4.50 shipping.

Rehabilitation Resource Manual: Vision
Resources for Rehabilitation, 33 Bedford Street, Suite 19A, Lexington, MA 02173.
151 pp., $9.95 plus $4.50 shipping.

Access to Mass Transit for Blind and Visually Impaired Travelers
American Foundation for the Blind, Inc., 15 West 16th Street, New York, NY 10011.
179 pp., $21.95 plus $3.50 postage and handling.

The three resource guides can be used by the professional and family caretaker alike. Those involved with program development for persons with visual impairment will find these resources invaluable.

Living With Low Vision is written in large bold print, with special attention given to persons with visual impairment. It provides a broad spectrum of various conditions, services, and education surrounding vision loss.

Rehabilitation Resource Manual: Vision introduces the rapid advances of technology. Products and services that enable persons with visual impairment to function independently are highlighted. This manual can be used by family members and professionals alike.

Access to Mass Transit for Blind and Visually Impaired Travelers offers a variety of perspectives on how to enhance accessibility. It targets public transportation and is written for the general public and for persons who are involved in public transportation design or policy-making. This guide is built on the principles of the American Disabilities ACT (ADA) and is supported by the American Foundation for the Blind.

Brian K. Gibbs, MS, OTR

Adult Hemiplegia: Evaluation and Treatment (3rd ed.)
Berta Bobath, MS, FCSP, PhD(Dis) (1990).
Butterworths, 80 Montvale Avenue, Stoneham, MA 02180.
190 pp., $24.95.

The purpose of Berta Bobath's third edition of Adult Hemiplegia: Evaluation and Treatment, as noted in the preface, is "the continuation and further development of treatment with the emphasis now on active participation of patient with therapist to learn to control spasticity" (p. xi). The author strongly encourages movements of the trunk against limbs to decrease spasticity and movement related to functional activity. Treatment is moving away from exercises and toward the use of activities of daily living. In short, this book presents a more holistic approach to treatment.

The author uses a clear, explanatory style, as if she were teaching in the classroom. She introduces new information, relates it to the basics, and further explains some concepts with the use of pictures or written examples. The artwork in this edition has been updated.

I find it difficult to look at movement disorders separately from sensory and perceptual disorders, based on my experience with patients, who usually present a complex picture of sensory, perceptual, and movement disorders. For learning purposes, however, the way in which the author isolates each disorder provides a clear understanding of these individual problems. This book's major strengths are the good descriptions and the photographs and drawings of evaluations, treatment, and positioning. The photographs of bilateral printing as a treatment idea are wonderful.

In the closing chapter, the author presents a case history that illustrates the results that perseverance can bring. Having spent 50 years dedicated to treatment and to reaching her beliefs, Bobath presents a message of steadfast perseverance.

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