

BOOK REVIEWS



ASSOCIATE PROFESSOR
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Sharing about caring

These books offer useful insights for cradle-to-the-grave practice.

The Discontented Little Baby Book. Dr Pamela Douglas. University of Queensland Press. 2014. ISBN: 978 0 7022 5322 5 RRP: \$29.95



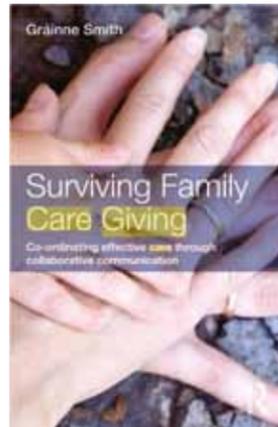
AUTHOR Dr Pamela Douglas is a GP, founder of Possums for Mother and Babies, and holds positions at Griffith University and the University of Queensland. She has been interested in infant feeding for a long time.

Her writing style is similar to a novelist's, and readers of this book will imagine they are living the life of a mother with a newborn from the first page. Dr Douglas covers what is normal crying, adding in a peppering of physiology. She works through what babies need to eat, when they are hungry, and what to look for if reflux oesophagitis or other "tummy troubles" are suspected.

Dr Douglas walks women through breastfeeding step by step. Under and overstimulation of bubs is described from a sensory perspective. Mums who cannot breastfeed are supported too.

Sleep — precious sleep — is covered, with plenty of valuable advice. Finally, and of prime importance, Dr Douglas shows how to really enjoy early motherhood, while recognising one's inner resilience. There are additional resources included — such as historical references to mothering — and an enormous amount of knowledge in this book.

Surviving Family Care Giving: coordinating effective care through collaborative communication. Gráinne Smith. Routledge Taylor & Frances Group. London and New York. 2014 ebook. 2015. ISBN: 978-0-415-63646-9.

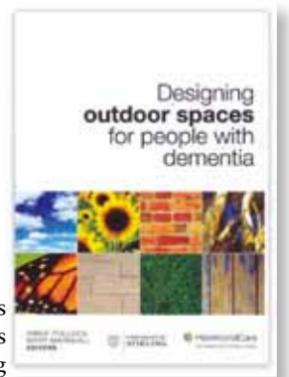


Another great addition for the bookshelf, this book targets those caring for people with a physical or mental health disability. The foreword introduces the book with clarity and stresses the importance of communication for those in caring roles — be it with other carers, or on how to gain support in the difficult and the not-so-difficult times. The book points out that many carers view their situation as "normal", and do not know about or think they are worthy of additional assistance if available.

Quotes abound from carers' accounts — from bullying, to grieving for the loved one's "missing" personality, to individual stress and eternal fatigue.

The author discusses communication and its value; about working in teams and asking other team members for assistance; about learning to understand the carer's self in the equation of care of another and minimising guilt; and even setting up an "early warning chart" when behaviour change is suspected and validation is needed.

Designing Outdoor Spaces for People with Dementia. Annie Pollock and Mary Marshall (eds). University of Stirling, UK, and HammondCare Australia. HammondCare Australia and DSDC, University of Stirling, UK. 2012. ISBN: 978 0 9871892-2-6. RRP: \$49 Amazon.



For GPs treating patients of all ages with dementia, this book provides an alternative way of thinking about living-space modifications, and an interesting perspective for those seeking to bring a sense of wellness to these patients.

The book piques a reader's interest early — highlighting the design needs for those with dementia other than occupational therapy within the home. It shows how relatives and caregivers of people with dementia may be able to make simple design changes, taking on board their loved one's favourite place to relax: the garden. Different authors focus on different areas.

Dr Stephen Judd (PhD), CEO of HammondCare Australia, explains why such an approach is so helpful:

"Why outside? Part 1 of this book looks at why being outside is important for the individual. Chapter 2 rightly notes that it was normal for most people to spend much of their childhood and adult years outside. And yet, far too many people with dementia spend far too little time outside." His chapter focuses on the Australian perspective. ●



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NVAF=non-valvular atrial fibrillation. NOAC= novel oral anticoagulant.

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References: 1. Medicare NOAC Processed Prescription Data Sept 2013 – Aug 2014 (rivaroxaban: dabigatran; apixaban). Available at: www.medicareaustralia.gov.au/provider/pbs/stats.jsp. Accessed September 2014. 2. Patel MR *et al.* *N Engl J Med* 2011;365:883–91. 3. Xarelto[®] Approved Product Information. 27 June 2013.