

Living with spinal cord injury. A wellness guide

ADRIAN CRISTIAN. 179 pp. **Price:** 19.95 USD. **Publisher:** Demos Medical Publishing, Inc. **Date of Publication:** 2004. **Place of Publication:** USA. **ISBN:** 1-932603-00-X

This book is very interesting and it discusses both the medical and non medical problems that spinal cord injured patients or families would like to know about this medical diagnosis. It also provides practical advice on how to tackle challenges related to living with spinal cord injuries. The book contains 14 chapters and 179 pages. Medical issues are discussed by body system including the cardiovascular, respiratory, gastrointestinal, urinary, musculoskeletal systems, in addition to skin care and psychological issues. Integration in society and problems encountered are discussed in detail including mobility and transportation issues. There is a section on managing finances and another chapter on dealing with home health attendants. Information important to the caregiver for those who are in need is discussed in detail. Another chapter covering insurance for spinal cord injured people in relation to the system in the United States is also included.

I think that this book is a very good buy and it would be very interesting to translate it to Arabic for the Arabic speaking spinal cord injured persons and their families.

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Occupational therapy practice and research with persons with multiple sclerosis

MARCIA FINLAYSON. 148 pp. **Price:** 19.95 USD. **Publisher:** The Haworth Press, Inc. **Date of Publication:** 2004. **Place of Publication:** USA. **ISBN:** 0-7890-2381-4

Multiple sclerosis (MS) is a chronic debilitating neurological disorder in which the oligodendrocytes that form myelin sheath in the central nervous system are destroyed. Physical symptoms include weakness sensation changes, bladder and bowel dysfunction, blurring of visual, tremor imbalance and less common silent symptoms, like fatigue and cognitive impairment. However, this morbid illness does not significantly reduce the life expectancy unless it becomes severe.

The author has narrated the importance of participation of occupational therapists and other health related services to minimize the above-mentioned disabilities and promote their social and community participation. The author also feels a greater demand of services in difficult areas like dressing, fatigue balance, mobility by wheelchairs and upper limb tremor interfering the daily life activity namely, eating, drinking, personal hygiene and handwriting in elderly. During case studies in chapter developing and implementing lifestyle management program for MS it implies the participation of all health caregivers including occupational therapists (OT) to alleviate the fear of financial instability, becoming a burden and living in a nursing home. Identification of successful coping strategies is important as these tools have the potential to be taught, which can possibly half or reverse the effect of depression and anxiety by improving confidence and self efficacy.

In conclusion, the author suggests ways to enhance OT practice or invites an extensive research highlighting the potential roles and critical needs of OT as well as on how to improve their working skill as OT. The book covered the disabling signs and symptoms of MS and role of OT and other health related services to train people aging with MS. The quality of writing style and materials are excellent. The book is addressed to the medical students, general physicians and occupational therapists. It is a good buy. Therefore, I would highly recommend to make the book available in every library of the Kingdom of Saudi Arabia.

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