

that negatively affect patient safety. The authors compare the cultures of nursing and aviation. Most nurses have experienced purposeful intimidation from physicians, and the comparison of physician behavior to airline pilot behavior is interesting. The authors relate that many airline tragedies were linked to an earlier cultural paradigm of the airline captain functioning as the sole decision maker and a not-to-be-challenged authority on the aircraft. They explain how this cultural message could cause a copilot who recognizes a potential safety risk to avoid speaking up for fear of reproach and incrimination. Cultural changes that began in the 1970s (eg, women gaining greater respect) brought an increased awareness of the problems that this type of attitude creates.

Disruptive behavior and bullying by health care providers in authority has been tolerated for many years, and the Joint Commission's recent focus on disruptive behavior as unacceptable is not only timely, but also relevant to patient care. The authors challenge the reader to consider whether health care professionals are placing patients at risk due to the "power distance" (ie, the degree to which power is distributed unequally among group members) in health care environments today.

The authors present other topics such as standardizing processes, implementing checklists, improving communication skills, developing strong teamwork, and removing barriers to a safe patient environment. They illustrate these topics by comparing the aviation and nursing worlds. The authors also discuss how the "lessons learned" by the aviation industry have been and are in the process of being studied and implemented in health care and suggest that health care professionals owe a debt of gratitude to what could be described as an unrelated profession.

The book offers readers an opportunity to evaluate the current health care culture, assess methods to improve patient safety, and improve leadership and team-building skills. The authors offer evidence-based references and methodology re-

sources; documents that can be downloaded for use in implementing changes or for continuing education credit are obtainable through a free web site link. A very comprehensive bibliography, multiple compelling charts and tables, and a warm writing style all combine to make this publication worthy of recommendation. **AORN**

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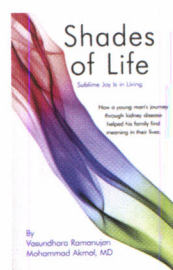
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Shades of Life

**Vasundhara Ramanujan and
Mohammad Akmal**

iUniverse

2010, 168 pages, softcover



A simple picture of an anatomically correct arm is depicted on the cover of the book *Shades of Life* and reminds me of helping to create arteriovenous fistulas for patients requiring dialysis.

This book describes the life of one man from the time he received the diagnosis of kidney disease as a teenager to his eventual kidney transplant procedures as an adult. End-stage renal disease is a difficult diagnosis under any circumstance; however, the patient's family was well educated and able to thoroughly research the disease and treatments, which helped them understand and navigate the treatment options.

The authors complement each other; Ramanujan is the mother of the young man with end-stage renal disease, and Dr Akmal is a physician specializing in renal disease. The book describes how the mother allowed her teenage son to make decisions about his care after they had obtained

and reviewed all the information about treatment options. After the son received his first kidney transplant, the family members went out of their way to provide a clean environment by sterilizing dishes and utensils and providing an appropriate diet and medications. The family also allowed the man to move from his home in India to the United States to pursue a college degree and make decisions about his personal medical care.

The mother and coauthor of the book was able to convey her love of her family and the difficulty she experienced trying to care for a son with renal disease; care for another, healthy son; and be fair to all family members without focusing entirely on the son who was ill. She also provides information about the care of people with renal disease in terms of diet, dialysis, and medication. The book emphasizes how important patient education and research are to patients and their family members. Throughout the story, the authors show how the son taught the family as well as himself about kidney disease as he grew to adulthood.

Although the book is written primarily from the mother's perspective, it contains information about renal disease. Dr Akmal discusses the importance of the relationship between physician and patient and the importance of ongoing discussions to help patients better understand their treatments. The book also includes a glossary of terms relating to kidney disease. For anyone involved with renal disease, it is a very interesting book that looks at renal disease from both a personal and medical viewpoint. One detracting aspect of the book was that the authors did not mention whether the son's second transplant was done laparoscopically or whether the home care provided was as meticulous as that provided after the first transplant. This book is aimed at anyone with renal disease or anyone interested in it, and it might provide perioperative nurses with a better understanding of the challenges faced by the pa-

tients they care for who require arteriovenous fistula and transplant surgery. **AORN**

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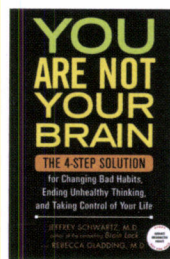
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You Are Not Your Brain

**Jeffrey Schwartz and
Rebecca Gladding**

Penguin

2011, 346 pages, softcover



Authors Jeffrey Schwartz, MD, and Rebecca Gladding, MD, are well qualified to write on the subject of this book, of which the subtitle reads *The 4-Step Process for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life*.

Dr Schwartz is a research psychiatrist at the UCLA School of Medicine and is well known in the field of self-directed neuroplasticity. Dr Gladding is a clinical instructor and attending psychiatrist at the Stewart and Lynda Resnick Neuropsychiatric Hospital and the Semel Institute for Neuroscience and Human Behavior at UCLA. The authors discuss how the deceptive brain messages and uncomfortable sensations that everyone experiences prevent individuals from taking control of their lives, and they present a four-step method to help readers overcome old habits that contribute to unhealthy thinking and behavior.

In step one, the authors ask the reader to learn to “relabel” deceptive brain messages. This involves identifying uncomfortable sensations and calling them what they really are (eg, “I’m going to mess up this presentation.”) The second step the authors describe is to “reframe” or change