difficult physician-patient conflicts, as well as a chapter on writing chart notes aligned with electronic medical record requirements, and an in-depth explanation of the role of clinical ethics consultation in health care. Additionally, a bonus appendix includes thought-provoking insights into the future of bioethical mediation related to credentialing, privileging, quality assurance, and evaluating the effectiveness of clinical ethics consultation.

Regardless of whether the reader is in the formal role of a mediator, the information provided in this book will improve skills in navigating complicated medical decisions with patients and their caregivers. As a part of their everyday experience, health care professionals work through conflictual situations with the aspirational goal of communicating their perspectives, listening to the patient’s and caregivers’ views of the issue, and working collaboratively to come to an agreement that will resolve the medical dilemma. The authors have written a text that provides the reader with a solid framework for understanding how mediation can be used to resolve bioethical conflicts, paying special attention to the power imbalance between patients and health care professionals. Overall, the content and organization of this book makes it an effective teaching tool for health care trainees, such as medical students and residents.

Sarah L. Dewane, PhD
Annie Derthick, PhD
Alaska Family Medicine Residency and Center, Anchorage, AK

References

James W. McNabb

James McNabb continues to improve upon his essential in-office injection and aspiration resource with A Practical Guide to Joint & Soft Tissue Injections, Third Edition. Dr McNabb provides an evidence-based, step-by-step instructional resource for primary care physicians and trainees. While there are chapters covering approximately 50 injections and aspirations that span joints, bursae, trigger points, and nerve entrapment syndromes, the scope of this book extends beyond exclusively musculoskeletal injections. The new edition improves upon its predecessors with the addition of a new section on skin anesthesia, including direct local injection, field blocks, digital blocks, and facial nerve blocks, as well as with an updated dermatologic section that teaches injection treatment for chalazions, keloids, warts, and benign inflammatory dermatoses.

The book opens with a foundation section that is relevant to any physician who performs local anesthesia or corticosteroid injections. It includes a comprehensive review of the efficacy, timing, side effects, and the subtleties of common corticosteroid and anesthesia preparations, giving the provider a critical understanding of why particular formulations are recommended and for making their own informed choices. McNabb even reviews the evidence behind the general nuances of injection procedures. He also covers joint fluid analysis, alternative therapies to injections, adjustments for patients with special medical conditions, and the general indications, contraindications, and complications of injection and aspiration procedures. Viscosupplementation products are also reviewed here, to include the timing, quantity, and duration of action of the different brands. Botulinum toxin is touched upon, but like epidural, nerve root, and facet joint injections, their administration is beyond the scope of this book.
Following the foundations chapter are the skin anesthesia and skin injection chapters, covering eight and five techniques, respectively. The remaining chapters cover musculoskeletal conditions. These include head and neck (three techniques), upper extremity (21 techniques), trunk (four techniques), and lower extremity (21 techniques) chapters. The bread and butter of musculoskeletal injections are all here—knee, glenohumeral, subacromial, epicondyle, carpal tunnel, plantar fascia, de Quervain tenosynovitis, trigger finger, etc—and when multiple approaches are commonly used, McNabb reviews the success rates for each approach.

Procedural chapters are organized in a straightforward and approachable manner. An Introduction section of one to two paragraphs swiftly reviews the pathophysiology, presentation, and natural history of the condition that the procedure will address and the evidence for the procedure’s efficacy. ICD-9 and ICD-10 codes are included for the procedure’s indication, followed by Patient Position (including tips for reducing patient anxiety and reducing the perception of pain), Landmarks, Anesthesia, Equipment, Technique, Aftercare, and the CPT code for the procedure (including instructions for multiples lesions, bilateral procedures, etc). He concludes with a very useful Pearls section. Additional changes to the new edition include updates in the foundations section to reflect new evidence regarding musculoskeletal ultrasound, viscosupplementation, medication toxicities, and local anesthetics. Large updates to the knee and hip joint chapters have been made. Carpal tunnel and trigger point injection sections have been significantly updated to reflect the current literature, as well.

With regard to the individual procedures, McNabb has reviewed the current evidence and delivers it in a flowing and understandable manner that is accessible in the minutes prior to the procedure, and provides an EBook video to further demonstrate technique. The foundations chapter should be read by any provider who performs injections; it’s a quick and interesting 28 pages that encompass materials, preparation, general methods, aftercare, and side effects succinctly but also is brimming with pearls. After three editions, there is not much to critique of this comprehensive procedural manual. While the next edition may benefit from stronger incorporation of ultrasound, a great strength of this book is that the techniques are taught such that a provider without an ultrasound can perform any of them. A tag to each chapter for supplementing a procedure with ultrasound would be of more value than simply replacing the technique with an ultrasound-guided version.

I strongly recommend this book to practicing primary care physicians, mid-levels, and emergency providers who want to improve their techniques, bill appropriately, increase the quality of their procedural counseling, and understand the evidence behind the procedures that they are performing. Between the video clips and the step-by-step instructions, practicing clinicians can also easily expand their practice to include new in-office injections into their practice without the travel and expense of CME courses.

Ty Jones, MD
Proliance Orthopedics
Renton, WA

Reviewers interested in writing reviews for publication should contact Book and Media Reviews Editor William E. Cayley, Jr, MD, at bcayley@yahoo.com.

Publishers who wish to submit books for possible inclusion in Family Medicine’s book reviews section should send texts to Jan Cartwright, Society of Teachers of Family Medicine, 11400 Tomahawk Creek Parkway, Suite 540, Leawood, KS 66211. fmjournal@stfm.org

All books reviewed in this column are available for purchase at amazon.com through the STFM portal at www.stfm.org/bookstore.