

**Book and Media Reviews**

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Publishers who wish to submit books for possible inclusion in *Family Medicine's* book reviews section should send texts to Cathleen Morrow, MD, *Family Medicine* book reviews editor, Dartmouth-Hitchcock Medical Center, Department of Community and Family Medicine, HB 7015, 1 Medical Center Drive, Lebanon, NH 03756. cathleen.morrow@dartmouth.edu. Reviewers interested in writing reviews for publication should contact Dr Morrow as well.

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**Motivational Interviewing in Health Care**, Stephen Rollnick, William R. Miller, Christopher Butler, New York, Guilford Press, 2008, 210 pp, \$22.50, paperback.

It seems to come as a big shock, and some of us never get over it. Patients may not do what is best for them. Sometimes they don't take our advice. Surely they must be irrational or in complete denial. Why can't patients just do what makes the most sense?

I strongly recommend this book for any health care practitioner who feels that they or their patients may be stuck. Many of today's causes of death are significantly related to modifiable health behaviors. Motivational interviewing (MI) is a powerful, doable, and proven approach to helping patients change. It engages intrinsic rather than extrinsic rewards-based motivation to change behavior. It does so by helping patients become aware of discrepancies between their best interests and their behaviors. Once these discrepancies are apparent, the patients' experiences of cognitive dissonance and other influences motivate change.

MI uses a set of techniques to explore mixed feelings (ambivalence). These techniques are

pivotal because patients often have multiple conflicting influences on their health behavior decisions. Once patients begin to express interest in change ("change talk"), practitioners can help them identify goals, options, and steps to implement change. MI is an important alternative to directive techniques. It is nonjudgmental, nonconfrontational, and nonadversarial. It is collaborative, evocative, and honors patient autonomy. MI facilitates cooperation and compliance with treatment regimens. Health care professionals will feel empowered after reading this book and will find their effectiveness maximized.

Authors Rollnick, Miller, and Butler are all experts on MI. Miller, a US clinical psychologist, was the chief architect of this method and introduced it in a 1983 article. He and Rollnick, a clinical psychologist in Wales, UK, have worked through the years with its refinement, applying MI in a number of areas, particularly with addictions. Butler is a UK physician and professor of primary care. Together, they have created a book that is full of clear and rich examples of MI in health care.

In the first section, they address the rationale for this approach. In the second section, they discuss

the application of MI to health behaviors. Here they introduce and explore three communication skills (asking, listening, and informing) that can be delivered using three distinct communication styles (directing, following, and guiding). The combinations of these skills and styles have significant utility in health care communication and can be improved by reading this book. In the third section, the authors carefully and meaningfully describe the essence of MI, guiding.

Given the importance of patient self-direction of care, MI is a valuable tool for inclusion in practices seeking to improve treatment of chronic illnesses, especially when implementing the patient-centered medical home. However, systemic aspects of MI implementation is a new concept, and the chapter of the book describing MI service design is unfortunately not much help. The book is also not sufficient to address the unique aspects of addiction treatment. Other works by these authors directly pertaining to addictive disorders are recommended for practitioners who work in this domain. A complementary book, *Motivational Interviewing in the Treatment of Psychological Problems*,<sup>1</sup> addresses MI and

mental disorders and will be of benefit when seeking to apply these techniques in the realm of abnormal psychology.

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1. Arkowitz H, Westra HA, Miller WR, Wallnick S, eds. *Motivational interviewing in the treatment of psychological problems*. New York: Guilford Press, 2008.

**Understanding Global Health**, William Markle, Melanie Fisher, Raymond Smego, eds, New York, McGraw-Hill (*Lange Clinical Medicine*), 2007, 362 pp., \$35, paperback.

With burgeoning student interest in global health, three new paperback textbooks on this topic have been published recently in the United States. *Understanding Global Health*, the only one edited solely by clinicians—its senior editor is a family physician educator at the University of Pittsburgh—is the best of the three overall. The book's 17 multi-authored chapters cover contemporary global public health remarkably well. Among its most innovative are Bui and Markle's multimethod analyses of "The Global Burden of Disease" (Chapter 2) and its concluding chapter by Novotny on "Education and Careers in Global Health." Also laudable are Lewis and Doshi's chapter on maternal-child health, Powell's on nutrition, and Velji and Bryant's on ethics, among several others. Overall, it is a superb introductory text for preclinical and public health novices in global health across a wide spectrum of health careers.

The book has a few limitations. Largely omitted are clinical protocols based on research emanating from the World Health Organization and its developing nation members over the past 20 years. The epidemiology chapter, while thorough, is lengthy and generic. The most clinically detailed chap-

ter, on tuberculosis and AIDS, omits coverage of the third Global Fund disease, malaria (as does the entire book). Chapters 7, 14, and 15 (totaling 47 pages by seven authors) have overlapping and occasionally redundant content on health care/economic systems. Chapter 12 on "antimicrobial resistance" is long while at the same time it shorts its twin topic "emerging diseases." On the plus side, there are remarkably few specific mistakes in the text. Isolated examples include a confusing footnote in Table 1-4 and the implication in Table 3-10 that cotrimoxazole is used to prevent tuberculosis (rather than pneumocystis).

Those like myself who are searching for a portable, inexpensive book emphasizing clinical global health content in a global public health context will continue to look beyond this book (and its recent competitors by Skolnick and by Jacobson).<sup>1,2</sup> The one book that comes close to meeting these criteria is the *Oxford Handbook of Tropical Medicine*, just published in its third edition.<sup>3</sup> Unfortunately, as its name implies, this British tropical medicine handbook lacks significant public health context. As well, it is deficient in the details needed to address most clinical problems of mothers and children, who make up two thirds of the world's population and account for an even higher proportion of treatable problems in developing nations.

Notwithstanding its clinician-dominated editorship, *Understanding Global Health* disappoints in its lack of clinically relevant content. However, as stated in the forward by Donald Burke, one of the world's foremost experts in global infectious diseases and dean of the Graduate School of Public Health at the University of Pittsburgh, *Understanding Global Health* does not claim to be a clinical textbook. Markle, Fisher, and Smego clearly succeed in communicating their unabashed dual passions as editors to educate and motivate this next

generation of world health champions. For the growing number of faculty joining students in this mission, this textbook is a succinct yet rigorously authoritative and inspiring starting point.

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1. Skolnick R. *Essentials of global health*. Sudbury, Mass: Jones & Bartlett Publishers, 2007.
2. Jacobsen KH. *Introduction to global health*. Sudbury, Mass: Jones & Bartlett Publishers, 2008.
3. Eddleston M, Davidson R, Brent A, Wilkinson R. *Oxford handbook of tropical medicine*. New York: Oxford University Press, 2008.

**Clinical Men's Health: Evidence in Practice**, Joel J. Heidelbaugh, ed, Philadelphia, Elsevier, 2007, 608 pp., \$69.95, hardcover.

This book's publisher asserts that it is the "first evidence-based guide to focus solely on the various health conditions that disproportionately affect men." This resource lives up to its claim, filling a void in men's health care information with a comprehensive and detailed text, yet one that maintains an easy-to-read and easy-to-use style. Far from focusing on just urological issues, this guide changes the perceptions of what is encompassed by the phrase "men's health."

Each chapter is written by an expert in the field (mostly from the University of Michigan) and has been extensively researched and referenced. The chapters are each organized with key points highlighted at the beginning, utilizing the Strength of Recommendation Taxonomy (SORT) ratings. Graphs, tables, and bulleted lists are used frequently, and conclusions are summarized at the end of each chapter. A complete index is listed at the end of the book. These features make it easy to quickly locate desired information. Additionally, the authors' use from time to time of poetry, quotes, and even song