



Caregivers

Videos and Guidebook. Director and filmmaker, Dan Curtis. Series of five 50-minute videos. National Film Board of Canada. 1997. *Caregivers Handbook*, free with any order, produced by London InterCommunity Health Centre, J.W. McConnell Family Foundation and Health Canada; available also in French. \$179.95 (series); \$39.95 (each). Order numbers: 193C-9197-119 (series); C9197-049 (part 1); -050 (part 2); -051 (part 3); -052 (part 4); -053 (part 5)

Overall rating:	Very good
Strengths:	An intimate look at lives of caregivers
Weaknesses:	Too long; no instruction or information on how to access services or manage problems
Audience:	Health care professionals and students, caregivers, general public

This series of 5 video films provides good insight and understanding for any person involved in the care of frail elderly persons. Caregiving is explored in interviews that take place over a year. Several of the persons cared for have died when the stories are complete.

I viewed 3 of the videos for this review. They document the lives of carers of individuals who are all totally dependent physically but present very few behavioural problems to their caregivers. The remaining 2 videos, not reviewed, follow patients with Alzheimer disease and may cover this stressful aspect of caregiving.

The videos capture the devoted care that caregivers usually provide and show moving glimpses of their coping strategies and enormous patience. We see the impact on the lives of the caregivers, who have given up their employment, outside home interests and free time. We see the effect on the whole family. "When Dad had his stroke, we all did," said one person. And we see the emptiness the family faces when the patient dies —

something we health care professionals often forget.

We see the increasing fatigue of the caregivers and their deterioration over time. The physical effort demanded of the single-handed caregiver is very clear. There are occasional glimpses of the frustrations that they must feel, and bitterness. Some of these glimpses will provide insights for those who work in institutions.

The close and collegial relationship between the caregivers, the visiting family doctor and their home care nursing colleagues is well captured, although one person noted that her "free" morning was usurped by visiting health professionals.

Each video is too long. I don't see the reason for including interviews with caregivers other than the main caregiver. A shorter version focusing on the main stories in each film might be more acceptable. The series would have been improved with more information on how to access the available services and how to manage some of the problems that arise.

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Books and other media received

Livres et autres documents reçus

AIDS

The Political Economy of AIDS. Edited by Merrill Singer. 236 pp. *Critical Approaches in the Health Social Sciences Series*. Baywood Publishing. 1998. US\$41. ISBN 0-89503-177-9

Anesthesia

Tracheal Intubation: Theory and Practice. John W.R. McIntyre, Akitomo

Matsuki. 137 pp. Illust. Medico Dental Media International. 1998. US\$40. ISBN 1-891949-03-9

Books for patients

Confronting Traumatic Brain Injury: Devastation, Hope, and Healing. W.J. Winslade. 220 pp. Yale U Pr. 1998. US\$27.50. ISBN 0-300-07026-8

Ethics

Ethics in Healthcare...(Hospital Ethics Services). Videotape. 12 minutes. A.K. Reeter, K.V. Iserson. Includes 12-page *Instructional Guide*. Produced by Medfilms Inc., Tucson, Ariz.; 800 535-5593. 1998. US\$230.

Oncology

Atlas of Breast Disease Management: 50 Illustrative Cases. A.J. Evans, A.R.M. Wilson, R.W. Blamey, J.F.R. Robertson, I.O. Ellis, C.W. Elston. 146 pp. Illust. Harcourt Brace. 1998. \$130. ISBN 0-7020-2252-7

Ophthalmology

Text Atlas of the Retina. Edited by A.M.P. Hamilton, R. Gregson, G. Edd Fish. 417 pp. Illust. Butterworth-Heinemann. 1998. US\$165. ISBN 0-7506-9786-5

Pediatrics

Children With School Problems: A Physician's Manual. Edited by A. Mervyn Fox, William J. Mahoney. 259 pp. Illust. Canadian Paediatric Society. 1998. \$49.95 (plus shipping and handling). ISBN 0-9682409-1-7 (spiral-bound).

Psychiatry

Intervenir en santé mentale. B. Fortin. 342 p. Éditions Fides, Saint-Laurent (Qué.). 34,95 \$. ISBN 2-7621-1949-9

Radiology

Practical Nuclear Medicine. 2nd ed. Edited by P.F. Sharp, H.G. Gemmill, F.W. Smith. 345 pp. Illust. Oxford U Pr. 1998. \$175.50. ISBN 0-19-262842-9