

RR 2017/228**Living with HIV: A Patient's Guide
(2nd edition)**

Mark Cichocki

McFarland

Jefferson, NC

2017

vii + 294 pp.

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Conditions and injuries**Review DOI** [10.1108/RR-06-2017-0150](https://doi.org/10.1108/RR-06-2017-0150)

Author Mark Cichocki points out in the introduction to the second edition of *Living with HIV* that self-education is an important variable when it comes to health care. Citing research that shows patients with more education experience better health outcomes, Cichocki makes the argument that medicine is no longer just for the doctors: patients acquire knowledge about the conditions that they experience and collaborate with doctors on the treatments for their conditions. Cichocki goes on to suggest that general acceptance of this more inclusive view of patient participation in medicine can be traced through the shift in language from discussing “patient compliance” with physician orders to discussing “medication adherence”. Indeed, “Patient compliance” was introduced as a medical subject by the National Library of Medicine in 1975 and – although it continues to be used – the National Library of Medicine introduced “Medication adherence” as a subject heading in 2009 (incidentally, the same year as the first edition of Cichocki’s book was published) and you are now more likely to see the subject heading “Medication adherence” on the recent literature about HIV infections.

Patients who have accepted the call to participate more in their treatment through self-education will find a comprehensive and accessible resource in Cichocki’s *Living with HIV*. All that was written about the first edition of this book in the previous review in these columns by Sue Phelps (*RR 2010/033*) applies to this updated edition. It retains an approachable style while explaining the most recent research and treatment guidelines for HIV infections. Since the first edition was published in 2009, research and practice guidelines concerning pre-and post-exposure prophylaxis (PrEP, and PEP, respectively) have advanced, leading to new recommendations for couples with mixed HIV infection (serodiscordant) status. Many other sections have also received

updates, and while the overall changes are not extensive, the new information that the updated edition supplies is essential.

Cichocki, an HIV Nurse, seems to have absorbed much from the experiences of his patients and ably places medical knowledge in a human context. The book may be recommended to not only people living with HIV but also their friends and family. For doctors, nurses and therapists who work with people infected with HIV; Cichocki’s accessible style may provide a blueprint for communicating with patients. As up-to-date, book-length, consumer health information for HIV infections, *Living with HIV* occupies a fairly narrow niche. The recently published *Living a Healthy Life with HIV* (Webel *et al.*, 2016) is comparable in scope, but it places an emphasis on diet and nutrition in a way that may appeal to a different audience. For example, Webel *et al.* address mainly personal barriers to exercise, such as motivation, whereas Cichocki addresses structural barriers, such as homelessness. *Living with HIV* is essential for hospital libraries and highly recommended for public libraries and for medical, nursing and social work collections.

John Pell

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Reference

Webel, A., Lorig, K., Laurent, D., González, V., Gifford, A.L., Sobel, D. and Minor, M. (2016), *Living a Healthy Life with HIV*, 4th ed., Bull Publishing, Boulder, CO.

RR 2017/229**A Walk Through the Heavens: A Guide to
Stars and Constellations and Their
Legends (4th edition)**

Milton D. Heifetz and Wil Tirion

Cambridge University Press

Cambridge

2017

ix + 97 pp.

ISBN 978 1 316 64551 2 (print); ISBN 978 1 10818 46 9
(e-book) £14 \$19.99 (print); \$16 (e-book)**Keywords** Astronomy, Stars, Constellations**Review DOI** [10.1108/RR-09-2017-0187](https://doi.org/10.1108/RR-09-2017-0187)

This attractive work looks like a children’s book, and it will indeed, no doubt, be very appealing to interested children, but it is really for anyone who wishes to learn the basics of the subject. Written for complete beginners, it introduces the patterns of the northern hemisphere sky. (There is another book by the same authors called *A*