# Reviews of Books and Software

*The Handbook of Sports Medicine.* Wade A. Lillegard and Karen S. Rucker, eds. Butterworth-Heinemann, Stoneham, Mass, 1993, 298 pp, $49.95. ISBN 1-56372-052-3.

As our society shifts from a largely sedentary population to one in which exercise and sports participation are becoming more integral to our daily lives, sports-related injuries are becoming more prevalent. *The Handbook of Sports Medicine* is an excellent book for this trend.

Designed as a comprehensive, symptom-oriented approach to sports-related injuries, *The Handbook of Sports Medicine* admirably achieves its goal of providing a reference that addresses medical problems and injuries in a systematic manner, including initial assessment, evaluation, treatment, and rehabilitation.

The text is divided into three sections: General Considerations, which covers athletic preparticipation examinations, inflammation/anti-inflammatory medications, and rehabilitation modalities; Injuries (eg, injuries to the eye, cervical spine, hand, pelvis, thigh, and knee); and Medical Problems (eg, exercise-induced bronchospasm, gastrointestinal problems, hematologic abnormalities, diabetes, and acute minor illnesses).

The 37 contributors to *The Handbook of Sports Medicine* represent a wide range of medical expertise on the topic of sports medicine, including not only family physicians, but also ophthalmologists, oral and maxillofacial surgeons, gynecologists and obstetricians, orthopedists, internists, plastic surgeons, and others.

While all areas of sports medicine are covered thoroughly in the text, as a tennis professional, I was most interested in the material on tennis-related injuries, which I found to be extremely well handled, current, and consistent with my experience. It also conforms with the information provided by experts in sports medicine through the United States Tennis Association's Sports Competency courses, which I recently completed.

The illustrations are plentiful and first-rate, and complement the text in providing a complete and clear presentation of the problem being discussed. *The Handbook of Sports Medicine* is comprehensive, logically organized, and easy to follow, and references are provided at the end of each chapter for readers seeking more in-depth information. Nonmedical readers may be intimidated by the technical language, but with a medical dictionary at hand, they will find the text quite useful.

Despite the writing being fairly technical, even for readers with some medical education, *The Handbook of Sports Medicine* is an excellent reference not only for physicians, but also for athletic trainers, physical therapists, coaches, and athletes.

I would encourage anyone who is an avid athlete or who works with athletes to add *The Handbook of Sports Medicine* to his or her sports information library. It will be invaluable in times of injury and rehabilitation.

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## Software Reviews
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OSHA BLOODBORNE PATHOGENS CONTROL DOCUMENTATION, Version 1.0 (1992). Distributed by PEComm, Inc, 2141 Downyflake Lane, Allentown, PA 18103. (610-791-1001). $89.95 including second-day air delivery in continental US. Pennsylvania residents add 6% sales tax. Additional charges for Alaska, Hawaii ($5), Puerto Rico ($8), and next-day air delivery.
DOCUMENTATION: Three-page booklet, simple product description.
HOW SUPPLIED: One 5.25-in. DS/DD (320K) or one 3.5-in. DS/DD (720K) diskettes.
HARDWARE REQUIREMENTS: IBM PC or compatible running DOS with at least 1 floppy disk drive; a word processing program or text editor capable of reading ASCII files, or DOS Version 5.0 EDIT Function.
MOUSE/NETWORK SUPPORT: No.
TOLL-FREE SUPPORT: No.
MONEY-BACK GUARANTEE: Replacement or money-back limited warranty at PEComm's option for defective disks.

*OSHA Bloodborne Pathogens Control Documentation* is designed to assist physicians and dentists in writing exposure-control plans that meet the requirements of OSHA's Bloodborne Pathogens Standard of 1992 (29 CFR 1910.1030). The need for such a program is underscored by private practice clinicians' lack of knowledge about and experience regarding compliance with federal occupational exposure regulations and related documentation.

This computer program, which is provided in an easy-to-understand format for otherwise lengthy, complicated material, saves hours in the interpretation and writing of exposure plans. It brings all components of the regulation into a concise package that facilitates easy review of the law and promotes uniformity among office personnel at multiple sites. The program also provides for easy editing and formatting.

*OSHA Documentation* installs easily onto DOS and Windows word processors. The DOS 5.0 EDIT Function may be used if a word processor is unavailable. Once downloaded, the text required significant and time-consuming editing on both applications tested (WordPerfect 5.1, Windows 3.1 Write). Users who are unfamiliar with the regulation may be confused about where to place page endings.

The content is comprehensive and adjusted to meet the needs of an office. Some sections, however, may be misinterpreted by inexperienced users. For example, regarding exposure to potentially infected material, the "Access Controls" section is oriented to location rather than task-exposure. The commentary fails to inform the user about the need to incorporate individual state laws with reference to housekeeping, regulated waste handling, and laundry. (The rule specifies that using the most stringent standard, whether federal or state, is required).

Some technical infection control inaccuracies are found in *OSHA Documentation.* For example, "Decontamination only deals with bloodborne pathogens, while sterilize [sic] is much broader in scope" ("decontamination" refers to all pathogens); and "universal precautions . . . does not define any procedures nor dictate any specific precautions" ("universal precautions" *does* dictate specific procedures). There are also format inconsistencies, but the major disappointment is the frequency of spelling and grammatical errors.

On a positive note, the information is well organized and presented. The table of contents is as follows:

1. Introduction, Philosophy, and Purpose

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2. Definitions
3. Exposure Determination
4. Methods of Compliance
   4.1 Access Controls
   4.2 Personal Protective Equipment
   4.3 Sharps Control
   4.4 Housekeeping
   4.5 Decontamination Procedures
   4.6 Waste Labeling and Handling
   4.7 Laundry Procedures
   4.8 Waste Disposal Procedures
   NOTE: "4.9" does not exist within the document.
   4.10 HIV and HBV Research Laboratory and Production Facilities
   4.11 In-House Laboratory Procedures
   4.12 Summary
5. Vaccination Procedures and Post Exposure Follow-up
6. Evaluation and Reporting of Exposure Incidents
7. Training Program
8. Record Keeping Procedures
9. Compliance Procedures
10. Implementation Schedule
11. Approvals and Record of Changes

*OSHA Documentation* was developed as a convenient method of generating necessary documentation and to check the Standard's requirements. It aids physicians and dentists in the creation of exposure-control plans. This package is recommended for these offices as well as urgent care centers and first-responders.

Although physicians may delegate the editing and printing of *OSHA Documentation* to an assistant, it is not enough to download the information, print it, and place it in a notebook without reading it and amending individual practices accordingly. Physicians must read and become knowledgeable about the law and the final plan.

Overall, this packaging of the OSHA plan is a beneficial tool that combines a means of conforming to the Standard's requirements with the convenience of uncomplicated text and accessibility.

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COMPUTER INSIGHT, MD: AN INFOBASE OF MEDICAL COMPUTING, Version 1.0 (1993). Distributed by Resource Systems Management, 1800 30th St, Suite 205, Boulder, CO 80301. Individual, $69.95 for first computer plus $15 for each additional computer used; institutional, $159.95 for single use. Call distributor for network and multiple-use pricing.
DOCUMENTATION: Single sheet.
HOW SUPPLIED: Two 1.4MB 3.5-in. diskettes.
HARDWARE REQUIREMENTS: PC/MS-DOS 2.1 or higher with 512K memory. Tested with DOS 5.0 and OS/2 2.1.
MOUSE SUPPORT: Yes (not required).
TOLL-FREE SUPPORT: Yes, 1-800-242-2638.
DEMONSTRATION DISKS: No.
MONEY-BACK GUARANTEE: Yes, 90 days.

*Computer Insight MD (CIMD)*, fascinating for both its content and its format, is an "infobase" that contains thousands of pages of information about personal computers and their application to medicine. The infobase software, Folio Corporation's *VIEWS*, makes *CIMD* a dynamic textbook that can be viewed from many perspectives. Resource Systems Management used *VIEWS* and content from the defunct CIBA-GEIGY *Medical Computing Resource Guide* and other sources to create *CIMD*.

*CIMD* contains information about more than 1000 software products, 10 information guides on topics of general interest such as "Buying a Business Computer," and 16 categories of information resources, including 200 online services, 153 books, 13 grants, and 91 organizations. A glossary defines most of the terms used in the infobase.

The Folio viewer enables users to explore the information contained in the infobase from a variety of perspectives. In a fraction of a second, *CIMD* can search for key words or combinations of words. Hypertext links connect-related text material. The infobase format makes *CIMD* one of the first among an exciting class of computer applications.

*CIMD* is supplied in compressed form on two 1.4MB 3.5-in. diskettes. The installation requires 3.4MB of disk space. The viewer that ships with *CIMD* is a DOS-text-based application that can be navigated by mouse or keyboard.

Information is organized into text blocks called FOLIOs. A folio may belong to several groups. The folio describing the Iliad expert system belongs to at least six groups, including cardiology, diagnostic tool, and IBM pc/compatible. The text is not duplicated, however; only one copy resides in the infobase. Whereas a textbook provides one view of information, a Folio infobase provides numerous perspectives.

Although it requires practice, the interface is usable. Keyboard shortcuts for zooming a screen (Ctrl-Z) and displaying titles of topics rather than full descriptions (Ctrl-T) are especially useful. It is too easy to exit from *CIMD* unintentionally by striking the ESC key one time too many. The text-based interface makes windowing more awkward than in a graphical environment. One useless and potentially confusing program feature is that double-clicking on a window anywhere but on a hypertext link duplicates the window. I created 30 identical views of a single folio before running out of memory. Despite this glitch, the software could be used by the average computer-literate clinician.

Most of the information is current through late 1992, although the glossary is dated and incorrectly describes IBM's OS/2 as a Microsoft product. The focus is on Macintosh and DOS/Windows environments, and both are covered well. The coverage tends to be uncritically enthusiastic: modems and communication software are described as "very easy to use." Discussions of online services do not include costs.

The technology behind *CIMD* is exciting. Folio is developing viewers for different platforms (DOS, Windows, Macintosh, etc), so it should be possible to view an infobase on a number of different machines. The latest version of Folio *VIEWS* for Windows now has multimedia support and can hold up to 16 million megabytes (16TB) of information (*Schmidt R. Dynamic documents. BYTE July 1993: 145–8*). *CIMD* would be a natural vehicle for distributing a new form of a medical textbook or encyclopedia of medicine on disk or CD-ROM.

In sum, *CIMD* is a good source of information combined with exciting technology at a reasonable cost. Anyone who must deal with computers in a clinical or health care setting should consider purchasing *CIMD*.

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