

"In psychiatry, rehabilitation has come to mean all things to all people ... the time has arrived when we are developing basic themes for our work which will act as unifying and stabilizing factors in its continuation. ... During the past 11 years, Vermont's State Hospital and Vocatic Rehabilitation Division have developed a very active rehabilitation and education program aimed primarily at chronic schizophrenic patients ... over 500 severely disabled chronic patients were rehabilitated through this effort ... intensive follow-up of the first 269 patients referred shows that 70% (189) are now "out of the hospital" and of these detailed information on employment status is available. Approximately 63% have been continuously employed for an average of 34 months since their release. Their average weekly income is \$46. If the 189 patients "out" were still "in", they would be costing the state \$8,335 per week as a group. Instead they are \$5,474 per week and paying taxes, saving the state at least one-fourth million dollars annually.

-- Cond. from Chapter by George W. Brooks, M.D.

- 927 Your Heart Has Nine Lives. A. Blakeslee and J. Stamler. Special Edition published by Pocket Books, Inc., in association with Corn Products Co. through publisher's Special Projects Office. AVAILABLE FROM: The Benjamin Company, Inc., 485 Madison Avenue, New York, N.Y. 10017. 277 pp. (1966). PRICE: Not Given.

This book discusses the nine chief conspirators in coronary heart disease: high blood pressure; high levels of cholesterol, a particularly dangerous fatty material, in the bloodstream; overweight; excessive eating, especially of certain types of fats and cholesterol; too little exercise and physical activity; diabetes; excessive cigarette smoking; tension and stresses; and heredity. If you are beset by any one of them, your risk of a premature heart attack is boosted two to six times above the risk of the person free of such a burden. With a combination of factors, your risk is far higher. A man's chances of having a heart attack before age 65 are about 1 in 20 to 1 in 50 if he has normal weight, normal blood pressure, average or low levels of blood cholesterol, no diabetes, is not a heavy cigarette smoker, is moderately active, has a normal electrocardiogram, and has no damage to his kidneys or thyroid gland. He is a good risk man. His chance rises to 1 in 2—or 50%—if he is being shadowed by two or three of the syndicate members, such as high blood cholesterol, high blood pressure, or obesity. He is a poor risk man. These odds are not drawn from a hat. They are based upon what actually happened to apparently healthy middle-aged men who lived with one or more of these risk factors. The book explains how simple changes in our way of living may decrease the risks of heart attack. "Your Heart Has Nine Lives" is now available in a paperback edition at most book stores.

- 928 Selected Areas of Knowledge or Skill Basic to Effective Practice of Occupational Health Nursing, I-25. American Nurses' Association, Occupational Health Nurses Section. AVAILABLE: free in limited quantities from American Nurses' Assn., Inc., 10 Columbus Circle, New York, N.Y. 10019. 22 pp. (mimeographed) (March, 1966).

When occupational health nursing services were introduced in this country at the turn of the century, they were limited almost entirely to visiting sick employees at home and giving first aid to the injuries employees sustained at work. The years since have seen occupational health service expand in scope and application until today it is a broad-based program in manufacturing plants, business offices, airports, banks and other industrial settings in both urban and rural communities. There has been a dramatic change, too, in the health needs and expectations of employees and this also has altered the character of occupational health services as well as the knowledge and skills required by the nurse who works in industry. Contributing to these changes have been numerous social, economic, educational and scientific factors, notably the expansion of workmen's compensation coverage; war production and its concomitant problems of personnel shortages and maintenance of employee health; governmental programs requiring increases in manufacturing and service occupations; and government leadership in the promotion of health services for its own and nongovernmental employees. Essential to the provision of the health care the employee of today expects and needs is an occupational health nurse who has specialized knowledge of the nursing situations unique to industry and the ability to apply this knowledge on the job. Identification of the specialized body of knowledge upon which the practice of occupational health nursing depends is the responsibility of those engaged in this area of practice. Recognizing this, the Executive Committee of the American Nurses' Association Occupational Health Nurses Section, in December 1963, appointed a Special Committee to identify Occupational Health Nursing and to study and report on the knowledge and skills necessary to its practice with rationale for each area of knowledge and skill. Analysis of the practice of occupational health nursing by the committee revealed that: (1) the knowledge basic to this field shares the basic or generic core of all nursing knowledge; and, (2) there are several distinctive features which differ in kind, and sometimes in degree, from those of other fields of nursing practice; therefore, the occupational health nurse needs a different type or a greater depth, of knowledge and skill in additional areas.

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