

## **Book Review**

### **Raising A Child with a Neuromuscular Disorder—A Guide for Parents, Grandparents, Friends and Professionals.**

*Author: Charlotte E. Thompson. Oxford University Press, Oxford and New York, Price \$ 25; pages 275.*

Raising a child with neuromuscular disorder can be extremely challenging for any family. The parents of such a child are overwhelmed by the task of looking after the child physically as well as by the uncertainties of what the future holds for them. Health professionals are required to provide complete information about the disorder and explain its day to day management to parents and the patients, besides helping them to cope with the anxiety and distress caused by the disease. This book addresses the issues that the parents and other family members of such children are likely to face. The book is full of practical advice on coping with challenges of day to day care of such a child. There are 2 chapters devoted to medical aspect. These deal with common neuromuscular diseases in simple words giving complete description of disease, course, outcome and possible treatments. There are separate chapters on general medical care, special needs, grooming, hygiene and equipments.

Special emphasis has been laid on development of coping skills for parents, siblings and the child with neuromuscular disorder. The author has given practical advice on how to get the best for the patient from the medical team, school and the society. The chapter on how parents should become strong advocates for their child is extremely useful. In the chapter on finding the best school program,

the author gives tips to parents on how to exercise their rights as parents to get individual education program. This may not be applicable to all countries but the general approach is basically universal. The positive approach to improve the quality of life is visible throughout the book. The parents reading the book will definitely learn to get the most from the strengths of their child and the family.

The text has been suitably supplemented with case histories of patients and their families, to which parents will be able to relate. A special highlight of the book is quotes of the parents of children with neuromuscular disorders which have been printed in special boxes, and the concluding remarks at the end of each chapter.

The lack of illustrations is the only drawback of this book. Illustrations in the chapter on genetics and equipment would have enhanced the information.

The book has been written as a guide primarily for parents and caregivers but will be useful to physicians, therapists and social workers. The language is simple without medical jargon, which makes it very readable. A large appendix that contains resources for all states of USA and other countries of the world will come handy for all parents and professionals. The author should also append the addresses of the websites in the next edition since this can be accessed by people all over the world.

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