

is thought to be related to the anticipation of pain, the expectant mother is taught how to relax so as to overcome physical tension that might produce pain. She is taught to concentrate on complex breathing techniques synchronized to changing uterine contractions. Thus, attention is shifted away from any pain associated with the contractions. Bodybuilding exercises are also recommended as a means of preparing for a comfortable delivery. Husbands are included in the program for both emotional and practical support. They become an important part of the labor and delivery process by being present in the delivery room.

Any anxiety-reducing effect of the Lamaze program could not be confirmed by psychologic testing. The Lamaze-trained primiparas and multiparas required less general anesthesia or nerve blocks than did multiparas who had not taken the course. Researchers conclude, therefore, that childbirth education courses such as the Lamaze program do have objective benefit. For more conclusive evidence, psychologic tests need to be targeted specifically toward the anxiety provoked by pregnancy and concerns about delivery, according to this group of psychologists.

(Zax M, et al: *Am J-Obstet Gynecol* 123:185, 1975)

Worth Noting

Tipster's Tips

Bone up on those medical terms—You may wish to consult the *Manual of History Taking, Physical Examinations and Record Keeping*, a text by E.E. Raus, Philadelphia, J.B. Lippincott Co., 1974. (588 pp, \$18.00). This will introduce you to numerous medical terms, and better still, it provides a glossary of medical terms plus their lay equivalents. Procedures described require an understanding of normal and pathologic anatomy and physiology. This text has been recommended for physician's assistant programs.

To crush a tablet—Place the unopened packet containing the pill between the jaws of a hemostat. Clamp down several times until the pill is reduced to a fine powder. "Most of these packets are made of strong paper, and if care is taken, the patient will receive the entire dose."

(Smith FM: *RN* 38[7]:53, 1975)

About that Pap smear—Any sexually active woman should have Pap smears evaluated routinely; once a year is adequate for most women of child-bearing age. However, cancer patients should be tested every 3 months during the first year, then every 6 months. Unless there are other risk factors, simply taking the pill or having an IUD does not necessitate semiannual examinations.

(Patient Care 9[11]:112, 1975)

Hold on to that slippery thermometer

—Old enough for an oral thermometer...too young to keep it in the mouth? Family physician, L.P. Lapin, takes the oral temperature of young children while they are lying down. If the thermometer does fall out, it drops only 2 or 3 inches to the examining table. What's more, children seem to keep a thermometer under the tongue more easily while lying down.

(Patient Care 9[5]:96, 1975)

Learning Systems for Physician's Assistants

The educational publishing division of Bobbs-Merrill (4300 West 62nd Street, Indianapolis, IN 46206) has published a series on Allied Health Occupations. These consist of soft-bound books with accompanying audio tapes, lab manuals and teachers guides (if needed) designed to provide the basics on 19 subjects such as medical office practice, medical records technology, physician's assistant techniques, patient-care techniques as well as the basics of anatomy, clinical chemistry and other important subjects. There are 19 core subjects; prices range from \$4.95 to \$7.95.

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