

A Pain Specialist's Approach to the Headache Patient

by Seymour Diamond, 161 pp, ISBN 0-8236-3930-4, Madison, Conn, International Universities Press Inc, 1993.

Headache sufferers seek treatment from family physicians more than from any other specialist. Unfortunately, studies suggest that a majority of individuals with disabling headache remain undiagnosed and undertreated. *A Pain Specialist's Approach to the Headache Patient* by Diamond is clearly an answer for practicing physicians seeking assistance in treating headache patients. Written in a concise, relevant manner, the book is a helpful resource of pharmacologic and nonpharmacologic treatment options.

The book begins with an excellent distillation of historical information relevant to diagnosing headache, stressing that history is the cornerstone of headache diagnosis. Diamond provides a history-taking questionnaire that could be used by physicians or office staff. Of special importance is his emphasis on sincere physician-patient relationships.

Chapters are devoted to migraine, cluster, and tension-type headache. Nuances of headache management and therapeutics are discussed in detail. The tables of medications and dosage schedules are clear and helpful. Chapters on coexisting migraine and tension-type headache and the organic causes of headache are concise discussions on these often challenging clinical problems and are well worth reading. Steven Waldman provides an outstanding chapter on the use of neural blockade in managing specific headache disorders, with

enough detail for physicians to learn these techniques and their indications.

The final chapter in the book discusses the behavioral approaches that are important in headache management. These approaches are often underused and poorly understood by primary care physicians. It is, therefore, rewarding to be able to draw from the expertise of Diamond and Michael Maliszewski, PhD, on behavioral techniques in the treatment of these often complex patients.

Overall, I believe *A Pain Specialist's Approach to the Headache Patient* is an excellent book for physicians who manage headache.

Roger K. Cady, MD
Shealy Institute for Comprehensive Health Care
Springfield, Mo

Conducting Research in the Practice Setting

vol 5, Research Methods for Primary Care, edited by Martin J. Bass, Earl V. Dunn, Peter G. Norton, Moira Stewart, and Fred Tudiver, 266 pp, \$21.95, ISBN 0-8039-5126-4, Newbury Park, Calif, Sage Publications, 1993.

This volume is added to the *Research Methods in Primary Care* series at a time when research conducted in the practice setting is having increasingly significant clinical and policy effects. More and more, investigators are conducting large randomized trials in real community practice settings. The significance of this can be lost on the traditional researcher or the policymaker who has not been aware of what he or she has been missing. Testing hypotheses about deliver-

ing truly effective patient services brings us closer to our goal of benefiting our patients. This timely offering by Bass et al gives us a tool to guide our asking and answering of such questions.

The editors have chosen to address four major areas: general issues of conducting practice-based research, practical issues, collaborations, and research in different settings. The section on general issues lends itself to reflective reading about approaching research questions in the practice setting. Nigel Stott, BSc, MB, rightly encourages us to push to link research to core theory and constructs. Brian Hennen, MD, MA, supplies a well-constructed framework for reviewing the ethical implications and risks of conducting research and provides a checklist to practically remind us to address these concerns.

The practical issues section focuses on some of the realistic methods applicable to the actual conduct of such research. Joseph Levenstein, MD, reminds us of the undifferentiated nature of clinical practice and the wonderful opportunity that this presents to the investigator. His comments strike the biases of this reviewer that resonate with the idea that truly important questions derive from the expressed and perceived needs of people, both patients and caregivers. Jeffrey Borkan, MD, PhD, summarizes an approach to qualitative methodology in the practice setting. A brief chapter such as this cannot do justice to the complexities of rigorous qualitative methods, and the author rightly chose to provide a pragmatic overview to this topic that includes a "Summary of Suggestions," concluding with a strong urging to "Enjoy yourself," a suggestion that I believe to be entirely possible in working in research in practices.

The collaboration section explores critical issues of estab-