
Crowley and Morgan have done an excellent job creating a conversation around substance use disorder (SUD). Before the book even begins, the foreword by Art Zwerling, CRNA, DNP, DAAPM, suggests how helpful this book can be to nurses and Certified Registered Nurse Anesthetists. The book is packed with useful information that gives readers a clear sense of what nurses with SUD face as they come to recognize their disease and begin the journey toward recovery. The easy-to-read book offers direction, not only to the nurse who struggles with addiction but to family members, employers, colleagues, and managers. Because CRNAs have ready access to narcotics and other drugs with potential for misuse, the book could be extremely useful to CRNAs. It provides the reader with valuable knowledge about the disease of addiction and insight into coexisting mental and emotional challenges. It offers encouragement, specific suggestions, and what to expect, in positive moments and negative moments.

The authors speak to two audiences: the nurse struggling with a SUD and the bystander who may be in a position to guide the nurse to a program of recovery. CRNAs would be in a good position to help detect and assist others, if they are not themselves using, because during their career, they are very likely to come in contact with a co-worker with SUD. Valuable resources for audiences are etched throughout the pages of the book.

Reading this book conveys the feeling of walking side by side on the journey toward recovery with many types of nurses, among them a CRNA. Each chapter offers insight into the journey toward recovery and personalizes the struggles and the triumph of those whose stories were shared. The authors have a subtle way of coaxing the audience into the recovery process. This is of great value because it may create a pivotal shift for the nurse with a substance use disorder who is still struggling with denial, guilt, and shame.

The unique combination of current research and real life stories offers hope and healing in addition to education and direction. The authors chip away at harmful prejudice by bringing the topic of substance use disorder among nurses out of the shadows. Terminology and concepts are clearly articulated to help the reader better understand addiction, treatment, and recovery.

Woven throughout the writing is an outcry for the nursing profession to recognize the urgency to do more. There is surely a need to dismantle the stigma that nurses with SUD are guilty of moral failure and poor character. The authors implore the audience to recognize nurses in recovery as valuable assets to the profession. Coming to the close of the book, the authors aspire to a much grander purpose. Their message is clear that when nurses learn to support their peers in recovery they will serve a greater purpose by learning to better support patients, family members and a society now facing an epidemic of SUD. CRNAs, in their unique niche of nursing, have a significant opportunity to effect change in SUD.

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