

**Violence and Aggression in the Workplace: A practical guide for all health care staff**

Paul Linsley  
Radcliffe Publishing Ltd 2006  
Price £21.95. Pp 136  
ISBN 185775784X

In the current climate where health professionals increasingly encounter aggression and violence at work, it is important to have a clear understanding of the cause and management of aggression. This book comprehensively covers the important topics that are required to be able to effectively deal with violent behaviour.

It is well written and easy to read, with bullet points that



summarize the most pertinent points. The book includes chapters on the nature and epidemiology of violence, the impact of violence on staff, aetiological theories of aggression, risk assessment and prevention, and a very thorough and useful chapter on the management of an aggressive incident.

The book provides essential and practical advice on de-escalation techniques, the importance of non-verbal communication such as eye contact and body posture, the significance of good interview techniques and effective verbal communication, and the use of rapid tranquillization and restraint. It also expands on ways in which the aftermath

of an incident can be managed and gives consideration to members of staff who may have been affected by the violent or aggressive behaviour. Under current clinical governance frameworks it is also important that one can learn from such incidents in order to reduce such occurrences in the future and the author carefully outlines the steps that should be taken after such untoward incidents.

Each chapter also has activities aimed at broadening the reader's personal understanding of key issues relating to violence. I found this book useful and would recommend it to all staff working in health care especially those professionals who may wish to deliver workshops on the management of aggression in their department.

*Afia Ali, Camden and Islington Mental Health and Social Care Trust, London*

**Oxford Handbook of Ophthalmology**

Alastair KO Denniston, Philip I Murray  
Oxford University Press 2006  
Price £24.95. Pp 760  
ISBN 0198530374

The *Oxford Handbook of Ophthalmology* is a comprehensive guide to the discipline that will serve the needs of most trainees. In the standard Oxford Handbook format, it provides a succinct approach to the major subspecialties within ophthalmology. Each chief section initially reviews the anatomy and physiology and culminates in a practical approach to management guidelines. Towards the end of the book there is a useful collection of the guidelines and protocols which are often difficult to obtain in a busy clinic setting.

One of the many appealing attributes of this book is its clear presentation with concise tables, algorithms and abundant cross referencing. Aimed at the junior ophthalmologist are several sections covering clinical skills and investigations, and an extensive therapeutics section is also included. Unfortunately, the handbook's size appears to have necessitated some omissions in the text, notably diagrams and references. Despite these limitations, however, considerable attention to detail is evident: topics covered will serve to refresh even the more experienced trainee's memory.

This handbook will appeal to a wide readership of both ophthalmologists of varying experience and allied ophthalmic

health professionals alike. It is the first English publication to rival the *Will's Eye Manual* in content and application to clinical ophthalmology; the user-friendly format, focal clinical information and the compact size of the handbook compensate for any sacrifices made and make it a highly desirable companion.

*Aryan Lawe, Moorfields Eye Hospital, London*

**Oxford Handbook of Clinical Diagnosis**

Huw Llewelyn, Hock Aun Ang, Keir Lewis, Anees Al-Abdulla  
Oxford University Press 2006  
Price £22.95. Pp 702  
ISBN 0192632493

Oxford University Press books have increased in number over the last 5 years at a pace akin to breeding rabbits! This is another one of their publications.

The book tackles a minefield of signs and symptoms, putting them all together in an attempt to simplify a clinical problem. It begins with a handy guide to history-taking skills. This section will be extremely useful to undergraduate students about to face the scary consultant physician on a ward round. It approaches each branch of the clinical history, explaining the relevance of certain enquiries, as opposed to the normal didactic approach to history taking that is normally drummed into students. This will ensure that budding students ask poignant questions and

avoids the normal 'mirror signal manoeuvre' approach.

The next section of the book deals with examination skills. It gives a list of approaches to each system, cutting out some of the rubbish that some books seem to present frightened students with. The approaches are easy to remember and non-intimidating.

Following this, each system is then broken down into common symptoms, then signs. This is also excellent and gives lists of common first, then rarer symptoms and signs.

The last two chapters deal with pathological tests and chest X-ray appearances. The former is the section which will offer the experienced diagnostician the most guidance and clears up a lot of issues with conflicting tests and results. The section on chest X-ray appearances is pointless, however, as you need a face to put to the text, but the book has no photographs.

In summary, this gives a good clear, concise view of a very difficult and broad subject, and must have taken some time to put together. The book offers lists galore, but does not offer explanations and assumes some prior knowledge. The index can be irritating and the constant reference to the other Oxford Handbooks becomes tedious and assumes you own the series. Nonetheless this is a good book to slot into your library.

*Jonny Wilkinson, Queens Medical Centre, Nottingham*