

Supervision in Clinical Practice: a Practitioner's Guide (2nd edn)

Joyce Scaife

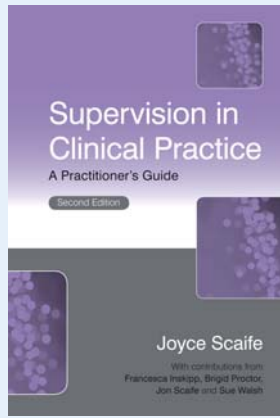
Routledge 2008

Price £24.99. Pp 410

ISBN 978 0 41545 0003

Given the welcomed increasing focus on all aspects of clinical governance in the NHS, the value of supervision – and getting supervision right in order that service users, patients or clients get a high quality service – cannot be underestimated.

This lovely book starts with an exploration of what supervision is and the



breadth of ways that the supervisory relationship can be conceptualized. Throughout the book the importance of the special relationship between supervisor and supervisee receives a great deal of attention.

There are chapters on the theory and practice of supervision, including how people learn and how supervision is or is not different on the basis of the conceptual model to which people are working. I particularly liked the chapters focussed on the interface between line management supervision and clinical/professional supervision and the importance of these roles not

being blurred. The authors also thoughtfully tackle the issue of evaluation within the supervisory relationship and how this adds to the drama of supervision.

There are chapters on the different ways in which supervision can be done – including individual, group and live models of supervision and using both verbal and creative approaches.

This is a really useful book for those both starting out in providing supervision and those who have been doing it for years who want to consider the current theories and practice of supervision. It should be useful to anyone providing supervision in any of the psychological therapies.

Sarah Helps, Tavistock and Portman NHS Foundation Trust, London

Oxford Handbook for the Foundation Programme (2nd edn)

Nathalie Hurley, James Dawson,

Stephan Sanders, Simon Eccles

Oxford University Press 2008

Price £24.95. Pp 695

ISBN 978 0 19 954773 9

Although at first glance this may appear to be a version of the *Oxford Handbook of Clinical Medicine* with a blue stripe at the top, it has many differences. It is split into two parts, the first of which is predominantly non-clinical with advice on what to do on your first day, career management and what to do if your bleep should fall into the lavatory – to name a few. The second half is clinical with a particular focus on conditions commonly managed by junior doctors.

The real gems in this book are contained in the clinical presentations section, where management is arranged according to presenting complaint rather than by condition. There is also a helpful section on interpretation of investigation results including spirometry and CSF analysis, which helps to jog some of the dormant memories from medical school.

As a book to carry on call, it is portable, fits easily into a trouser pocket and it is easy to find relevant pages for presenting complaints quickly. The most important sections are highlighted in bold in the index allowing rapid access to information when in an emergency situation.

Sections on careers management are well referenced and have been adapted to take account of the changes in the application process for specialist training. Unfortunately this information will date quickly; since the publication of the book changes have been made to the time after graduation when a doctor can take the MRCP.

When choosing a book to carry on call as a foundation doctor, I would select this book for its symptom-based approach and sound advice, pitched at the right level for a junior doctor.

Michael Desborough, St James University Hospital, Leeds

Oxford Handbook of Expedition and Wilderness Medicine

Chris Johnson, Sarah R Anderson,

Jon Dallimore, Shane Winsler,

David A Warrell

Oxford University Press 2008

Price £29.95. Pp 710

ISBN 978 0 19 929661 3

In the expansive world of Oxford Clinical Handbooks, the new addition to the family must surely encompass the object of a 'handy' book most appropriately. My first expeditions lacked any such written guidance or prescription. A toolbox full of hastily assembled drugs and associated paraphernalia provided my first ever medical kit and I relied on anecdotal evidence from more experienced climbers, conveyed in an easy to understand format: over a pint in the pub... This handbook, with contribu-

tions from experts with a lifetime of such experience, takes the unknown out of voyages to far-flung fields. In the no-nonsense format to which we are now so accustomed, *Expedition and Wilderness Medicine* provides a comprehensive guide to expedition planning and clinical field management in a host of hostile environments.

The handbook opens with a superb chapter on preparation for expeditions and then moves on to major themes pertinent to any remote medical practice. It tackles a wide range of settings including high altitude, extremes of temperature, caves and oceans. Throughout, key points are highlighted in bullet format and essential diagrams aid more complex issues such as tick removal, identifying deathcap mushrooms and slope avalanche assessment. The chapter on remote emergency dentistry is essential reading for anyone intending to take on the role of medical officer in a distant corner of the earth. The succinct advice and guidance on how to extract teeth painlessly and safely will one day gain you a friend for life! The book also includes some colour photographs of those unusual skin lesions that are so easy to confuse in the heat of the jungle.

Whether you are a leather-skinned, hardened expedition leader or simply considering travelling to unusual territory a copy of this book tucked into the top of your rucksack will be one piece of extra weight you'll be glad you opted for.

Daniel Martin, University College London