

Depression: Cognitive Behaviour Therapy with Children and Young People

Chrissie Verduyn, Julia Rogers, Alison Wood

Routledge 2009

Price £19.99. Pp 208

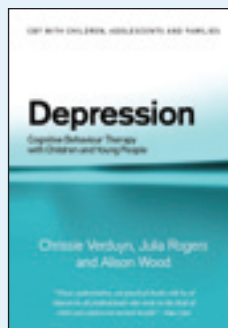
ISBN 9780415399784

Written by clinicians, this is a basic yet detailed, clearly written guide on how to do cognitive-behavioural therapy with children and young people who are depressed. It is part of a series of books covering disorders frequently seen in child and adolescent mental health services.

The 11 chapters address the points along the therapeutic journey of engagement, formulating and contracting (including the importance of making and maintaining links with the wider system),

teaching and using cognitive and behavioural techniques, and endings. The penultimate chapter covers the complex issues of bullying, bereavement, trauma and suicidality. Key points and examples of good practice are summarized in text boxes and case vignettes exemplify the ideas throughout. Clinician prompt sheets (the kind you might photocopy and stick on your clipboard to keep track during sessions) and psychoeducative and monitoring worksheets (great for adolescents, but a bit sophisticated for younger children) are included at the end of the book and are also available online for ease of use.

The balance of length and depth is always an issue in books like this. Given



the mounting evidence for the importance and efficacy of establishing an effective therapeutic treatment alliance I would have liked even more about how to engage children and adolescents who may be ambivalent about starting therapeutic work. It is a shame that the chapter on common problems is only four pages long, as it could easily have been double that.

Overall this is a very useful, reasonably priced resource both for mental health trainees who are learning about cognitive-behavioural therapy and also for experienced clinicians who want to check that their practice remains on model.

Sarah Helps, Tavistock and Portman NHS Foundation Trust, London

Pocket Guide to Clinical Examination (4th edn)

Owen Epstein, G David Perkin, John Cookson, Ian S Watt, Roby Rakhit, Andrew Robins, Graham AW Hornett

Mosby Elsevier 2009

Price £20.99. Pp 311

ISBN 9780723434658

This is the fourth edition of this book; the original was released a decade ago. It is an adaptation of the more comprehensive *Clinical Examination* by the same authors.

The book comprises twelve chapters. The first chapter 'Medical record, medical history and interviewing techniques' gives a framework on which to hang your clinical encounter, but is perhaps a little patronising to anyone but the most junior clinical student.

Chapters two to eleven cover the relevant history taking and clinical examinations for each system: everything from general examination through to examination of individual bones, joints and muscles. The authors' descriptions provide a systematic, memorable and, most importantly, reproducible technique.

The chapters focusing on the respiratory and cardiovascular system stood out. They are well structured and give good detail on the conduct of the required examinations, along with the relevance of examination findings. Some chapters are less well structured, but on the whole, the range of clinical examinations covered is comprehensive.

The use of diagrams, pictures and X-rays is excellent throughout the whole book.

Throughout each chapter a series of eight different colour-coded boxes are used alongside the text in order to emphasize important points in each topic (e.g. a differential diagnosis box, a red flag box, an emergency box). Once you are familiar with these, they are useful, but can make pages appear a bit too busy at first glance.

Chapter twelve concerns itself with the clinical examination of infants and children. It provides very good detail on expected child growth and development, including growth charts and developmental milestones for quick reference.

This book will be a great pocket aid for the clinical medical student while on the ward – providing your hospital does not yet regard the white coat as the devil!

Paul Townsley, Queens Medical Centre, Nottingham University Hospitals, Nottingham

Enhancing patient care: a practical guide to improving quality and safety in hospitals

Alan Wolff, Sally Taylor,

MJA Books 2009

Price AUS\$63.95. Pp 242

ISBN 9780977578665

From the isolated outpost of Horsham, in the far north-west of Victoria, Australia, Alan Wolff (and more recently Sally Taylor) has become an Australian and world leader

in the patient safety movement. This book is not just a distillation of their systematic approach to improving both quality and safety, it is a valuable blueprint to any hospital or health-care system seeking to improve its clinical governance.

The book is worth buying if only for the inside front cover – a simple but elegant algorithm detailing 'The Wimmera quality improvement and risk management model'. Implicit in the algorithm, and throughout the book, is the precept that quality and safety are not two separate issues – quality, the responsibility of clinicians, and safety, the responsibility of lay administrators and risk managers – but intertwined in the single concept of 'clinical governance'. This is a highly practical 'how to' book advocating vigorous surveillance – keeping your finger on your hospital's pulse through data collection and careful analysis – and stimulation of a safety and quality culture across the institution.

As well as multiple checklists throughout the chapters, chapter 10 details 'Eighteen practical steps to implementing a clinical risk management program in a health service'. The chapter is described as, and certainly is, 'a comprehensive and practical step-by-step approach and a checklist...'. Pure gold!

This is a must-have book – not for the book-shelf but for the desk.

Paul Nisselle, Medical Protection Society, London