

Patient Safety (2nd edn)

Charles Vincent
Wiley-Blackwell 2010
Price £34.99. Pp 416
ISBN 978 1 4051 9221 7

If you want to understand what patient safety is, but have struggled to find a book that provides a comprehensive overview that is easy to read and genuinely helpful, look no further – the second edition of *Patient Safety* by Charles Vincent is exactly what you need. This book is essential reading for everyone in health care, but in particular it is a must



read for those starting out, training to be the future doctors, nurses, managers and other health-care practitioners.

The beauty of this book is that it describes the complexity of patient safety in a simple coherent way and captures the breadth of issues that encompass this fascinating field. The author provides numerous ways in which the reader can take this subject further with links to the international world of patient safety and evidence-based research. Knowledge of

patient safety and our understanding of what works and what does not, what makes a good reporting culture and an effective safety management system is a rapidly growing field.

The second edition provides this more up-to-date understanding. One of the most difficult aspects of patient safety is that of implementation of safer practices and sustained change. Charles Vincent, through this book, provides all who read it with clear examples to help with these challenges. There are a number of books on patient safety, but none that fit so well with the UK context as this one does.

Suzette Woodward, National Patient Safety Agency, London

Medical Nutrition and Disease: A Case-Based Approach (4th edn)

Lisa Hark, Gail Morrison
Wiley-Blackwell 2009
Price £29.99. Pp 555
ISBN 978 1 405 18615 5

This book provides a comprehensive, up-to-date, evidence-based guide which takes the reader through all matters relating to nutrition and disease and around issues of value of nutrition in health promotion and disease prevention. The majority of the information is presented as clinical cases to keep the topic interesting and the reader's mind engaged.

The book consists of four main parts: nutritional assessment; nutrition throughout the life cycle; integrative system and disease; and oncology and nutritional support. The chapters start with a brief discussion of the clinical condition, how this affects the nutritional state and the evidence and importance of maintaining a good nutritional state in that particular disease.

Each chapter begins with learning objectives and concludes with clinical cases with description of history, examination, investigations and management plan. The cases are followed by questions to test the reader's understanding and learning. These questions are answered in detail with examples to reinforce take home points.

The authors also examine nutritional issues around specific conditions such as obesity and metabolic syndrome as well as cancer prevention and nutrition. The

chapter on older adults is a useful guide to the tools used to assess nutritional and functional status in the elderly, and identifies common risk factors associated with poor nutritional status.

The American contributors to this book are all nationally recognized physicians and nutritionists. The book is certainly universal in its approach and relevance to dieticians, medical students, clinicians, nursing staff and allied health professionals who are interested in integrating nutrition in their clinical practice in primary and secondary care. It is a well-presented, easy to read and highly informative textbook and is highly recommended. This edition promises to be as equally successful as the previous ones.

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Training in Anaesthesia: the essential curriculum

Edited by Catherine Spoons and Kevin Kiff
Oxford University Press 2010
Price £49.95. Pp 621
ISBN 978 0 19 922726 6

As a recent primary FRCA examinee, I seem to have been constantly thumbing through texts on book shelves which might offer illumination on my chosen career and ultimately get me through the examination. Today, as a keen doctor in training, there is a wide range of educational resources instantly available on line, but

there remains a romantic attachment to the written word, bound in a single volume and appealing to all senses, so I was happy to review this book.

This substantial text aims to bring together essential core knowledge, combining basic science with clinical anaesthesia in a fresh, modern approach to learning. The authors, both trainee and consultant, have achieved a well-blended text, which loses none of its punch for this integrated approach. Authors appear knowledgeable in their field and the text benefits from this in its clarity.

The book layout is clear and concise and uses appropriate sub-headings interspersed with ample illustrations, flow diagrams and pictures. Thus it is ideal as a text for ready reference for the exam student, but also offers a readable résumé of all aspects of basic and clinical sciences for the occasional reader.

The size of the book is on the cusp of what is considered practical, but has clear advantage over the alternative of four or five individual texts in an already full workbag. While the market place has many similar texts, the style of writing, good editing and publishing style make it a welcome inclusion on the book shelf.

I wish this book had been available to me and would strongly commend it to other primary candidates. Further, it is the sort of book that would be well used if it appeared in departmental libraries.

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