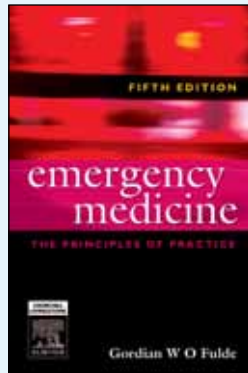


Emergency Medicine: The Principles of Practice (5th edn)

Gordian WO Fulde
Churchill Livingstone Elsevier 2009
Price £41.99. Pp 779
ISBN 978 0 7295 3876 3

This is an impressive, well presented, and concise manual which covers common emergency medicine, medical, surgical and psychiatric conditions and emergencies. It is an easily accessible, ideal book for any doctor undertaking an emergency medicine rotation.

The book begins with a quick reference guide comprising adult and paediatric drug doses, algorithms for cardiopulmonary resuscitation and various helpful metabolic equations. There is a handy section on toxicology which may negate the need for tox-base reference, and the section on radiology provides a snap-



shot of some of the more common life-threatening conditions one may encounter in the emergency setting.

At first glance, the book appears a heavy read, given the vast amount of text on its pages, but the text is more than palatable and offers a compelling read. The information provided has depth, yet is concise from the outset. The book explores common conditions presenting to the emergency department, in a systematic manner under the relevant body system chapters.

Each condition is tackled in a methodical manner, divided into assessment, examination, investigation and management. Diagrams, graphs, tables and boxes provide an additional memorable supplement to the text.

The 5th edition includes new chapters covering the basic principles of advanced nursing roles, as well as a guide for

medical students starting a placement within the emergency department. There is a very interesting chapter discussing the diverse roles of emergency department nursing staff. Medical students will benefit from reading this book, as it will give them a firm foundation in emergency medicine and, more importantly, help them get the most out of a placement in the department.

The book incorporates and explains recent Basic Life Support, Advanced Life Support and mental health triage guidelines in neat flow charts and tables. As with previous editions, the book highlights relevant evidence-based recommendations for investigations and procedures, as well as advice and tips on practice from a variety of specialist clinicians.

Trainees starting out in emergency medicine or undergoing an emergency medicine placement would be well served by owning a copy of this book.

Reema Ayyash, Northampton General Hospital, Northampton

Cardiac Anaesthesia

Matthew Barnard, Bruce Martin
Oxford University Press 2010
Price £39.95. Pp 582
ISBN 978 0 19 920910 1

This book is the first edition in the popular Oxford University Press specialist handbook range covering cardiac anaesthesia. The first two parts of the book cover the cardiovascular system and the organ system implications of cardiac surgery and the final section the clinical practice of cardiac anaesthesia for various procedures both in theatre and in the catheter laboratory.

The editors' stated aims for the book were twofold: 'to provide the information required for anaesthetic trainees looking after cardiac surgical patients and to provide a hands-on practical guide to what to do "on the spot".'

The book has an engagingly informal style, making reading it a pleasure rather than a chore. In general the first two sections are less successful than the third as the size of the book necessitates too great a condensation of the knowledge required of cardiac physiology and affected organ systems. Nonetheless, it is an excellent aide memoire, or more probably a starting point for discussion in theatre.

The book's major strength is the third section covering the clinical practice of cardiac anaesthesia. These chapters are obviously written by experienced anaesthetists and provide a wealth of practical tips on how to approach the anaesthesia and perioperative care of patients both in theatre and in the catheter laboratory.

This is a book for trainees to carry and refer to before tackling an unfamiliar procedure or circumstance, although being left unsupervised in such a situation is increasingly unlikely in this day and age.

David Hunter, Royal Brompton Hospital, London

Cognitive behavioural therapy for PTSD: a case formulation approach

Claudia Zayfert, Carolyn Black Becker
Guilford Press 2008
Price £16.50. Pp 252
ISBN 978 1 606230 31 2

This is a useful, clearly and coherently written book about how to use a case formulation approach to treat post-traumatic stress disorder in adults using cognitive behavioural therapy.

Chapters cover the basics of cognitive behavioural therapy (much more a reminder for experienced clinicians than a

full discussion for those new to the field), how to use a case formulation to devise an individualized treatment plan, and the applicability of the various building blocks of cognitive behavioural therapy for post-traumatic stress disorder (psycho education, exposure, cognitive restructuring).

Each chapter offers ideas about how to handle tricky or stuck clinical situations together with lots of case examples. There are well-written photocopyable handouts on reactions to traumatic experiences, cognitive behavioural therapy for post-traumatic stress disorder, exposure and cognitive restructuring. There is a final brief chapter giving some ideas about how to address comorbid problems. Overall the book presents a nice blend of evidence-based practice and a thorough clinical knowledge of working with patients.

Given the trend for off-the-shelf and manualized treatment packages often to be delivered by staff with little training, this book illustrates the importance of the sophisticated therapeutic skills of being able to engage and collaborate with a patient to explore the nature of that patient's difficulties and to create a fit between the published evidence and the needs of the individual.

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