

## A Practical Guide to the Interpretation of Cardiopulmonary Exercise Tests

William Kinnear, John Blakey  
Oxford University Press 2014  
Price £19.99. Pp 112  
ISBN 978 0 19 870246 7

This book is an introduction to the interpretation and application of cardiopulmonary exercise testing. Some establishments, including my own district general style hospital, do not perform this test and rely on exercise testing with oxygen saturations at the start and end of the procedure.

It was useful to appreciate what additional information might be obtained from a slightly more elaborate test. However, with the ever-ageing population, it is our experience that many patients are unable to perform any form of exercise.

This is a short book comprised of 16 very brief chapters and less than 100

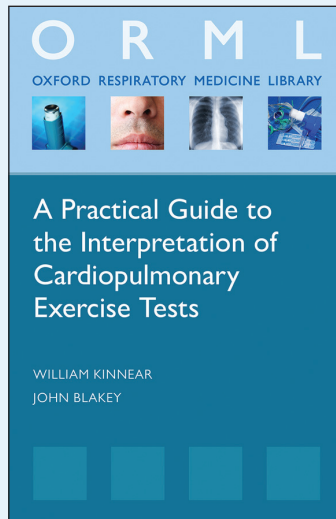
pages. The text is very clear and all concepts are explained in a straightforward and sensible manner. It is obvious from the 'practical tips' that the authors are familiar with the everyday issues surrounding the accomplishment of these tests, let alone their interpretation. The comment 'that a lot more information is obtained from observing the patient perform the test, than simply looking at the results sheet' resonated with myself when observing treadmill stress tests.

The glossary was essential and the 'learning points' a helpful recap of the essentials. I have to confess to learning 'exactly' what comprises a 'MET' (a 'metabolic equivalent' expressing

work done as a multiple of resting energy expenditure). The importance of the  $VO_2$  max is emphasized and really comes across as the value to sum up all others.

The tables and figures are very clear and references appear succinct. I would sum this book up as a respiratory version of that classic reference for house officers 'The ECG made easy' – it is useful and easy to read. The short chapters encourage you to 'plough on' and I finished the entire book in less than 2 hours. It was useful for me as a shop-floor non-interventional cardiologist but I suspect a respiratory physician would be frustrated by the brevity.

*Simon Dubrey, Hillingdon Hospital, Uxbridge, Middlesex*



## Oxford Specialist Handbooks: Vascular Anaesthesia

Edited by Jonathan Thompson, Richard Telford, Simon Howell  
Oxford University Press 2014  
Price £44.99. Pp 576  
ISBN 978 0 19 959442 9

This is a well laid out book, clearly divided into practical chapters. The epidemiology of vascular disease is covered, with detailed anatomy and physiology sections providing both a useful revision source and an introduction to the topic.

Detailed chapters explaining anaesthetic techniques are married up with an explanation of the surgical or interventional radiological procedure to give the reader an all-encompassing view of the management of the patient. Guidance covers the preoperative management and planning for a variety of conditions and planned procedures, with treatment algorithms for optimization of specific medical comorbidities.

Individual surgeries or interventions are covered from the seemingly basic elective varicose vein surgery to the ruptured thoraco-abdominal aortic aneurysm. The index is well organized to allow the reader to quickly find the pages relating to specific elective and emergency conditions and procedures.

A useful skills section gives detailed guidance on landmarks, anatomy and specific techniques, including lines and nerve blocks, with advantages and disadvantages of each. Simple figures and images reinforce the text, and boxes containing 'tips for success' for common procedures provide a self-help guide.

As with all Oxford handbooks, this is designed to be a pocket companion for the vascular anaesthetist, and with the detailed sections, a good index and references throughout, it is designed well to allow this. A useful resource for all trainees throughout their career in vascular anaesthesia, and may prove a useful resource for vascular surgeons and radiologists in their own training.

*Michael Jarvis, Royal Derby Hospital, Derby*

## Human Factors in Healthcare Level One

Debbie Rosenorn-Lannig  
Oxford University Press 2014  
Price £24.99. Pp 240  
ISBN 978 0 19 967060 4

This informal and thought-provoking book focuses on why mistakes are made in the NHS, and methods through which the multidisciplinary team can reduce

their occurrence. Despite being written by a medic, the author assumes no medical training on the part of the reader, making excellent use of examples from practice, which are clearly explained so that anyone could understand the core concepts.

The danger with this approach is that occasionally, the 'back to basics' approach can seem vaguely patronising, seeming to assume a lack not so much of knowledge, but of common sense. Combined with the repetition of phrases such as 'safety-positive behavioural culture change', this reviewer was left struggling to persevere, which was a shame, given that much of the book was very informative.

The core concept of the 'SHEEP' model, used to encompass categories under which mistakes fall (Systems, Human Interactions, Environment, Equipment, and Personal), is well set out and comprehensive.

While this book tackles an interesting topic in an approachable manner, the cynical reader could be left feeling that the people who would most benefit from it are most likely to be those with the least time or inclination to read it.

*Hannah Barham-Brown, St George's, University of London, London*