

## Clinical Leadership Made Easy

Edited by Judy McKimm, Helen O'Sullivan  
 Quay Books 2016  
 Price £24.99. Pp 294  
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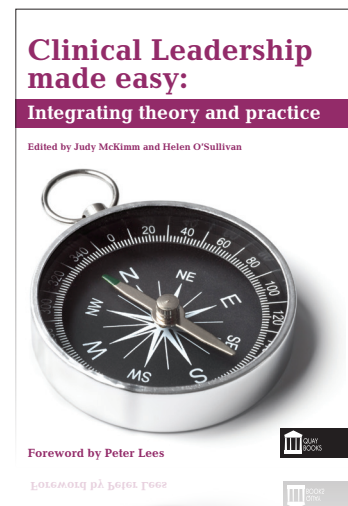
'Somewhere betwixt and between the extremes of the dynamic power seeker who triples his efforts as he loses sight of his goals and the ineffectual one driven about by every casual breeze, we find good deans of good medical schools who produce the inspiration and leadership as well as exert the firm hand of the helmsman in just the right combination.' Bean (1965)

The need for clinical leadership has been around for a long time – even before William Bean coined this memorable quote. In 2016 a Pubmed search for clinical leadership reveals 3376 results in the past 5 years alone. The sceptic might ask – do we need more on clinical leadership and what could a new book on the subject add? The short answer is – quite a lot.

Judy McKimm and Helen O'Sullivan have written a gem of a book in *Clinical Leadership Made Easy*. This aims to help the reader to integrate theory and practice – and it succeeds largely by ensuring that clinical leadership is discussed in context. There are sections on international perspectives on leadership, on leadership at all levels and on the roles of professionalism, personality and emotions in clinical leadership. The last section ends with practical examples of how clinical leadership can be put into practice to deliver quality improvement and patient safety. This is surely the core purpose of clinical leadership and neatly rounds off some more evidence-based and theoretical content.

Clinical leadership is not 'easy' and the authors clearly realize this – however, they make the subject engaging, fresh and as easy as possible. But no easier.

*Kieran Walsh, BMJ Learning, London*



## Diseases in the Elderly: Age-Related Changes and Pathophysiology

Nages Nagaratnam, Kujan Nagaratnam, Gary Cheuk  
 Springer 2016  
 Price £86.00. Pp 396  
 ISBN 978 3 319 25785 3

*Diseases in the Elderly* aims to provide an overview of age-related changes to the body and the pathophysiology of diseases associated with old age. Each chapter covers a different body system, with sub-sections summarized by a helpful key points box. The authors cover complex physiological concepts, requiring an in-depth knowledge of human anatomy and physiology.

The text is challenging to read at times and, as the authors are based in Australia, often refers to international guidelines not followed in the UK. Each chapter ends with multiple choice questions and an extended matching question. These may provide useful revision for Membership of the Royal College of Physicians (MRCP) candidates or geriatric medicine registrars working towards their specialist certificate examination. The format of the multiple choice questions differs from those in the

MRCP exam and the book would benefit from brief explanation of the answers.

*Diseases in the Elderly's* detailed information may be of interest to those studying towards their specialist certificate in geriatrics or a qualification in the field of gerontology. The level of detail, not to mention the hefty price tag, may make it less useful to those in primary care, medical students and allied health professionals.

*Amy Illsley, Bradford Royal Infirmary, Bradford*

## Perioperative Medicine for the Junior Clinician

Joel Symons, Paul Myles, Rishi Mehra, Christine Ball  
 Wiley 2015  
 Price £39.95. Pp 552  
 ISBN 978 1 118 77916 3

As ever more complex surgeries are increasingly being undertaken on higher risk, comorbid, elderly patients, so the field of perioperative medicine has begun to evolve. *Perioperative Medicine for the Junior Clinician* provides an easy-to-digest introduction to this developing specialty. Written by an international multidisciplinary collaboration of expert

authors, the chapters provide succinct summaries on core aspects of perioperative care.

The book gives a comprehensive introduction to the perioperative pathway. It covers specific core areas such as risk assessment, preoperative and postoperative care in more detail, as well as providing clear up-to-date guidelines. For those new to the field, it can be used as an introductory read. For more experienced clinicians, the breadth and depth of information and supporting references provided make it a useful quick reference text.

The hard copy is compactly presented to make it portable, and although it is relatively text heavy, many pictures and tables enhance the clarity of the well-formatted written material. The digital version is supported by online audio and video links, as well as interactive clinical scenarios, which further augment the material.

This book is good value for a comprehensive medical text of this type, and contains evidence-based, accessible, clinically applicable material of relevance for all professionals caring for patients at any stage of the perioperative pathway.  
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