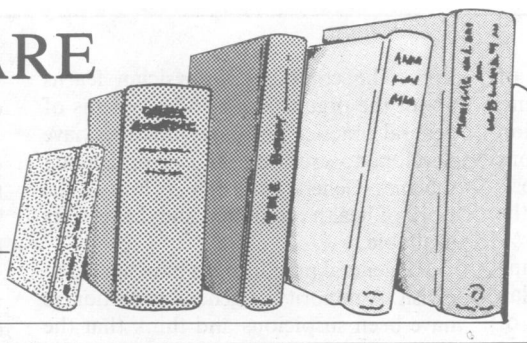


# PRIMARY CARE BOOK SHELF



## **CORONARY HEART DISEASE: REDUCING THE RISK** **An Open University study pack**

*The Open University Department of Health and Social Welfare, Milton Keynes (1987)*

*Price £35 student pack, £95 group pack*

*Coronary heart disease: reducing the risk* is a course of study put together by the Open University Department of Health and Social Welfare in association with the Health Education Council. The course is designed for all members of the primary health care team who are or who may become involved with the challenge of reducing the toll of coronary heart disease. The issues involved and the evidence for the risk factors for the disease and the effectiveness of interventions are reviewed. It aims to teach the worker to examine existing screening schemes and to initiate and maintain suitable schemes in the practice; to develop approaches to risk assessment and management; to make use of community resources and to consider further health promotion initiatives.

The study pack consists of a workbook, an activity book, an audiocassette and a reader. A group study pack also includes a videocassette and group discussion notes. The workbook guides the student through the course and is divided into 11 chapters which fall into four groups: (1) (a) perspectives and strategies and (b) risk factors; (2) settings for intervention and looking at the needs of the community; (3) initiation and management of screening programmes and what best suits your practice; (4) risk assessment and management.

Reference is made throughout the workbook to articles in the course reader. These are specially commissioned or used with permission from publications such as the *British Heart Journal*, *Nursing Times* and the *British Medical Journal*. The student is directed to listen to items on the audiocassette (for example, a patient's description of health beliefs) and work through associated exercises in the activity book or refer to certain articles.

The full course needs a commitment of some 40 hours to complete (for example, the estimated time for chapter one is three to four hours).

*Coronary heart disease: reducing the risk* is the first in a series of study packs for primary health workers — the 'Education for health' project — on topics relevant to health promotion and education (the next is *Drug use and misuse*). So far I have found this course informative and stimulating. Among other things it challenges health care workers to learn more about their patients, to reconsider their style when in contact with patients and to appreciate the rapid changes in the field. I intend to complete the course and look forward to future topics. The project thoroughly deserves to be supported and studied by a great many general practitioners as well as other members of the primary health care team.

RICHARD J. ROBERTSON  
*General Practitioner, Annan, Dumfriesshire*

## **FIGHTING HEART DISEASE**

**A practical self-help guide to prevention and treatment**

*Chandra Patel*

*Dorling Kindersley/British Holistic Medical Association, London (1987)*

*192 pages. £5.95*

*Fighting heart disease* is the first in a new series published in conjunction with the British Holistic Medical Association. It is a self-help guide for patients who want to minimize the risk of developing heart problems and also for heart disease sufferers.

The writer takes the holistic view and broadens the conventional mechanistic approach to medicine. The first section of nine chapters gives a comprehensive view of the anatomy and physiology of the cardiovascular system, followed by a description of risk factors which lead to atherosclerosis, hypertension, angina pectoris and heart attacks. The second section of five chapters stresses the importance of prevention and argues that by taking a personal role in the maintenance of health the chances of controlling blood pressure and preventing heart disease and stroke are much improved. A valuable book for the practice library, this could be loaned or recommended to interested laymen.

D.C. DYMOND  
*General Practitioner, Cardiff*

## **WHEN A DOCTOR HATES A PATIENT AND OTHER CHAPTERS IN A YOUNG PHYSICIAN'S LIFE**

*Richard E. Peschel and Enid Rhodes Peschel*

*University of California Press, London (1987)*

*189 pages. Price £14.50*

With their combined skills of medical practitioner and literary scholar these two authors have written a well resourced volume which relates sensitive situations in a doctor's life to passages in literature. They believe that medical students and doctors have insufficient time for reading non-medical books but that use and understanding of language are crucial to communication.

The book draws parallels between literary passages and events that are common in medical practice. Each of the 10 essays describes a scenario, familiar to most doctors, concerned mainly with death or dying, concentrating on the doctor's thoughts and feelings in sensitive situations, then turns to famous literature to illustrate that the doctor is not alone in his reactions to emotional events.

This is an easy to read book which would be useful for personal study or for teaching.

JACKY HAYDEN  
*General Practitioner, Greater Manchester*