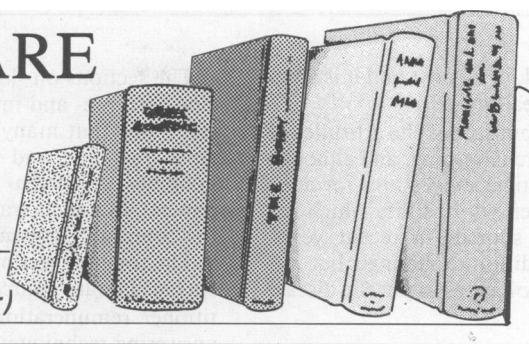


# PRIMARY CARE BOOK SHELF

NIGEL STOTT (Reviews Editor)



J. GRIFFIN  
E.V. KUENSSBERG  
D.A. CADMAN  
U. CLARKE  
L. HUTTON

## THE MEDICAL ANNUAL 1985

*D.J. Pereira Gray and J. Pereira Gray (Eds)  
Wright, Bristol (1985)  
324 pages. Price £19.50*

## ANOREXIA NERVOSA — THE BROKEN CIRCLE

*Anne Erichsen  
Faber and Faber, London (1985)  
220 pages. Price £3.95*

## HERPES, AIDS AND OTHER SEXUALLY TRANSMITTED DISEASES

*Derek Llewellyn Jones  
Faber and Faber, London (1985)  
155 pages. Price £2.95*

## NURSING RESEARCH, MISTAKES AND MISCONCEPTIONS

*Lisbeth Hockey  
Churchill Livingstone, Edinburgh (1985)  
89 pages. Price £2.95*

## KILBY KORE

*Sandra Kilby  
Published for the Association of Health Centre and  
Practice Administrators  
84 pages. Price £12.50*

## AN ATLAS OF NURSING PROCEDURES IN ACCIDENT AND EMERGENCIES

*J.B. Bache, C.R. Armitt and J.R. Tobiss  
Wolfe Medical Publications Ltd, Weert, The Netherlands  
(1985). 151 pages. Price £12.00*

## A COLOUR ATLAS OF HUMAN ANATOMY

*R.M.H. McMinn and R.T. Hutchings  
Wolfe Medical Publications Ltd, London (1985)  
351 pages. Price £14.95*

*The medical annual 1985 is another tribute to the editors and the authors. It lives up to the standard set by the 1984 Medical annual and again brings together broad themes in the development of general practice. The book starts with an overview of facts and figures, appointments, academic lectures, conferences and political developments. It then proceeds in the traditional 'five-area' format as Denis Pereira Gray briefly reviews a number*

of papers published during 1984 which are likely to affect clinical care in general practice. Political events of significance are also discussed. The reader is gently referred back to the 1984 Annual thereby reinforcing the 'Gray strategy' which aims to weave a series of themes through these Annuals so the accumulated texts become steadily more comprehensive.

The separation of the book into five areas is traditional and helps trainees to learn about these areas, but the wisdom of having chapters on healthy eating, counselling and behaviour therapy under 'human development' (area 3) and divorced from 'health and illness' (area 1) is questionable. Likewise bereavement and preconception care seem to embrace much more than human development (area 2). However the section on practice organization (area 5) is a useful attempt to meet the needs of practice management with a discussion on computing, practice annual reports, practice managers and recent changes in terms of service of National Health Service practitioners.

Every reader will find something useful in this book; for myself, I commend David Metcalfe's chapter on workload analyses in Manchester. This well illustrated paper distils out the issues which were clouded by the many journalistic articles in the popular press and it will help doctors gain a perspective on an increasingly important topic. 'Healthy eating' by Nicholas Bradley is also a sensible and readable paper. The medical profession can no longer ignore the importance of simple nutritional principles in health which must become part of day-to-day clinical practice. There is an outstanding review of the familial hyperlipidaemias made relevant to general practice by Peter Prichard, James Mann and Madeline Ball. This is followed by a paper by Thomas O'Dowd which indicates the value of clinical experience in the lower urinary tract and puts into perspective a good deal of specialized dogma. This is a gem from an academic general practitioner who has researched thoroughly and made a useful contribution. The book continues with a series of useful papers by well-known workers, most of them general practitioners or academics with insight into primary health care.

Neither the trainer nor the candidate for the MRCPGP can afford to omit the 1985 *Medical Annual* from their reading and any general practitioner worth his or her salary will include this book in an essential reading list.

N.C.H.S.

*Anorexia nervosa — the broken circle* is one of a new generation of books which are written by a lay person but have much to offer the professional. This book is written by the mother of an anorexic daughter and it contains a simplicity and intensity of experience which is lacking in the average medical textbook. The author integrates her wide reading with interviews with many other mothers of anorexic children to produce a sensitive and powerful account of the syndrome, its symptoms and causes, her search for help, the role of hospitals and parents, and the acceptance of the disease. An outstanding introduction by a

psychiatrist, Peter Dally, sets the book in context and it is completed with references and further reading.

The author's positive, yet frank appraisals of the attitudes of the medical and nursing professions are refreshing, and although sometimes critical, they provide practical suggestions for dealing with this disease rather than the empty hostility which has come from less well-informed lay sources in recent years. Anorexia nervosa is not an easy condition to manage, but it is becoming more common, and this book helps to put the disease into perspective.

N.C.H.S.

*Herpes, AIDS and other sexually transmitted diseases* gives a comprehensive account of the epidemiology, nature and history of sexually transmitted diseases. It is written for all professionals dealing with those at risk of developing such diseases and also for the general public. It aims to explain the aetiology, symptoms, methods of diagnosis and treatment of each disease and to clarify some of the myths surrounding the subject. There is also a final chapter giving an interesting account of the history of sexually transmitted diseases from 3000 BC to the present day.

The introduction includes seven important points about sexually transmitted diseases. Even the reader who proceeds no further will be better equipped to deal with the problem by reading these two pages. The book goes on to explain some of the problems of sexually transmitted diseases today and discusses the reasons for their increasing incidence. Trends in various countries are quoted, together with suggestions for dealing with the problem. The important role of early education in human sexuality is stressed.

The diseases themselves are discussed briefly in a question and answer format in the first chapter and in more detail later, after a description of basic male and female anatomy. The section on acquired immune deficiency syndrome (AIDS) puts the present hysteria on the subject into perspective and is practical in recommending precautions for health workers dealing with suspected cases.

This book assumes no basic knowledge but, although the content is good and relatively comprehensive, the text is somewhat laborious for the medical practitioner. It is probably best placed on the health education shelf and is recommended reading for lay professionals — teachers, social workers, and for patients themselves.

J.G.

*Nursing research, mistakes and misconceptions* is a light-hearted personal account of things that did or could go wrong in nursing research. The language is simple and, in a most self-effacing way, the book reveals the kernel of all wisdom appertaining to research in the field. Do not be put off by the title 'nursing research' as the book is applicable to any studies you may wish to think about or plan, whether in nursing, in general practice, or indeed any field of research. These pages will save hours of work and are fun to read because rarely has there been such a distillate of a lifetimes experience so pleasurably and unassumingly told.

E.K.K.

*Kilby Kore* presents, in easily readable 'point and paragraph' form, every conceivable training need of a new practice receptionist. The volume is intended as an aid for practice managers in receptionist training, and it succeeds in this intention. The title is arrived at by combining the surname of author Sandra Kilby and an acronym of Knowledge, Organization, Resource and Evaluation. Ms Kilby is at present the Information Officer of the Association of Health Centre and Practice Administrators.

The sections on 'knowledge', 'organization' and 'evaluation' deal with pre- and in-service receptionist training in much the same way that many teachers use the educational triangle of aims, methods and assessment. Examples of teaching programmes are given together with working documents (test papers), as well as training programme timetables and schemes for continual assessment of training.

The resource section is a conglomerate of contributions from various literary sources and covers topics such as general practitioner remuneration, the voluntary services and telephone answering technique; this section would also be of great value for trainee general practitioners since it includes pages covering the Family Practitioner Committees, Service Committees and age-sex registers. Also included is information on the religions of ethnic minorities and name derivation.

The recognition of the receptionist as a valuable member of the practice team presupposes the advent of an efficient pre- and in-service training programme. *Kilby Kore* has gone a long way towards achieving this goal. It is presented in ring-binder, loose-leaf form and so provides for up-dating and storage of personal practice records. This volume is a must for the active modern practice which promotes in-service education.

D.A.C.

*An atlas of nursing procedures in accidents and emergencies* has been written by a consultant and two nursing sisters in the Accident Department at Leighton Hospital, Crewe.

The book is a guide to 80 nursing procedures undertaken in most accident departments. The authors have stated in the introduction that the procedures presented are the ones in use in their hospital: strapping, packing, pressure dressings, burns, finger/toe dressing, skin-closure strips, plastering, venesection and splints. The medical photography department is to be commended for the 262 excellent colour illustrations.

Each procedure is illustrated and the associated text deals with indications, equipment required, the technical details and appropriate advice to patients. A step-by-step approach makes the text simple yet logical and sufficient emphasis on explanation and setting of expectations ensures that the patient is involved and informed before leaving the treatment room.

This book requires a basic knowledge of nursing but no more than that gained in the first few months of nursing training. It is an excellent introduction to the nursing procedures used in an accident and emergency department and would be an excellent teaching aid. However, since it does not include many of the tasks required of practice nurses, a complimentary text is required to cover the general practice territory.

U.C. and L.H.  
(Practice Nurses)

*A colour atlas of human anatomy* brings the high standards of modern colour printing at Wolfe Medical Publications into the consulting room in a remarkably compact form. Technology and editorial skill have combined to produce an atlas which will be good for revision and good for illustrating to patients what their painful or malfunctioning organs look like under the skin. The multi-coloured lungs may be confusing to the non-medical reader but doctor and student will henceforth identify the lobes really accurately. No longer does the base of the brain need to be shrouded in mystery because each structure is clearly identifiable from several angles. Muscles, tendons and attachments are equally well visually presented. Do trainees need anatomy? Yes of course they do and a modern atlas is the very best way to maintain and improve the skills.

N.C.H.S.