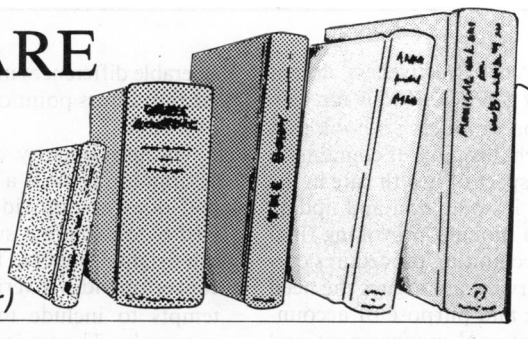


PRIMARY CARE BOOK SHELF

NIGEL STOTT (*Reviews Editor*)



D.M. FLEMING
D. BARFORD
ROISIN M. PILL
R.R. WEST
T.R. DAVIES

RESPIRATORY DISEASES

Management of common diseases in family practice

G. Jariwalla and J. Fry

MTP Press, Lancaster (1985)

233 pages. Price £12.95

RHEUMATOLOGY

Management of common diseases in family practice

H. Berry and A.S.M. Jawad

MTP Press, Lancaster (1985)

125 pages. Price £12.95

HEALTH CARE UK 1985

Anthony Harrison and John Gretton (Eds)

CIPFA — The Chartered Institute of Public Finance and
Accountancy, London (1985)

120 pages. Price £24.50

CANCER, RISKS AND PREVENTION

M.P. Vessey and Muir Gray (Eds)

Oxford University Press (1985)

301 pages. Price £20.00

ROOTS AND SHOOTS. A GUIDE TO COUNSELLING AND PSYCHOTHERAPY

Roger F. Hurding

Hodder and Stoughton, London (1986)

464 pages. Price £8.95

MAKING SENSE OF PSYCHIATRIC CASES

Maurice Greenberg, George Szmukler and Digby Tantom

Oxford University Press (1986)

258 pages. Price £9.95

Respiratory diseases, part of the *Management of common diseases in family practice* series, brings back memories of the *Aids to* series of books which I used during my student days. The title suggests an authoritative treatise whereas in reality it has a punchy abbreviated style which provides a framework for topic discussion between partners, with trainees or with undergraduates. The section devoted to multiple choice questions is particularly useful for those entering examinations.

The book includes numerous summaries and simple sketches which have some value as a learning aid but the sketches were over-simplistic and too numerous. I do not think they will improve my ability to read X-rays though they may give me greater understanding of radiological reports.

Each chapter of the book covers an important topic in general practice. The chapter on catarrhal children assumes its importance from the frequency of the problem while the chapter on lung tumours is included because of the morbidity and mortality of the condition. The book is designed to be easily and

quickly read but the student must be careful to retain a critical approach to the content.

Twenty pages of the book are devoted to terminal illness and this section has particularly useful advice on topics about which many general practitioners may be inadequately informed, for example, the place of nerve blocks in malignant pain or financial help for the terminally ill.

This book is useful in the surgery and especially as a background document for discussions between trainers and trainees.

D.M.F.

Rheumatology is another book in the series *Management of common diseases in family practice* and it gives a basic account of the subject with emphasis on the general practitioner's role. The authors are not general practitioners and the result is a somewhat uneven book fluctuating between excessive detail and statement of the obvious. Thus there is a long list of the 1982 revised criteria for the classification of systemic lupus erythematosus and the neuromyogenic syndrome of Stiffman is at least mentioned. We are also told that musculoskeletal trauma in children may manifest itself in fractures, and that it is inadequate not to examine the patient with this condition (back pain) properly.

Although some of the descriptions of individual diseases are more than adequate, the authors do not give the family doctor a very believable role in the management of rheumatological disorder and they only pay lip service to cooperation between general practitioners and specialists. The single painful swollen joint is cited as a good example for combined management between the general practitioner and the hospital yet in the same chapter it is stated baldly that a patient with an acutely painful joint should be hospitalized.

It must be difficult for a specialist in rheumatology to write a book for general practitioners. Some of the problems we both deal with are the same, but many are not. The general practitioner has to decide whether a patient with an osteoarthritic hip should be referred, the specialist whether to operate. So much of the general practitioner's work is to decide whether particular symptom sets represent a definite disease entity or whether conditions are a function of the patients' upbringing, expectation, pain threshold or personality. I would like to think that it is because the general practitioner is so good at making this distinction that the specialist authors of this book are unable to describe our role.

Finally, I feel that I should praise the chapters on rehabilitation which I thought the best part of the book and condemn the chapter on alternative medicine, which is mentioned only to be dismissed.

D.B.

If the words 'monitoring', 'audit' and 'cost-effectiveness' do not hold much appeal to you then *Health care UK 1985* is for you. The editors are to be congratulated on producing a book that manages to be both informative and challenging. It contains 10 papers each dealing with a different aspect of health care in the UK. The editors provide an excellent introduction and update on current trends in health care and a thought-provoking final chapter which critically reviews the accounting procedures currently used in the National Health Service and argues the need for a radical re-think of the meaning and purpose of accountability if we are to have effective internal management and monitoring of policy.

The value of this book lies in the clarity of exposition and its refreshing lack of jargon. Every word counts and the tables and figures are clear and well-displayed. A tremendous amount of information is condensed here — Department of Health and Social Security reports and statistics, *Hansard*, a bewildering range of other official reports, and the results of several analyses which were specially commissioned. Anyone concerned with the state of the NHS today will find this book an indispensable short cut to the issues, arguments and data sources.

There are several chapters of direct relevance to general practitioners. Dawson and Maynard have assembled information about the pattern of care in general practice and its cost effectiveness. Bowling reviews the thorny problems of doctors delegating tasks to nurses and nurses substituting for doctors in the light of official policy, overseas practice and her own research in the UK. There is a fascinating discussion by Dalley and Thompson on the ways in which general practitioners act as referral agents for a wide range of health and social services and thus become rationing agents for services where resources are often in short supply. Each of these papers challenges the general practitioner to think about what he/she is doing and why — they have obvious teaching potential for vocational trainees and postgraduate discussion sessions.

It would not be fair to the rest of the book to imply that it is not equally worthy of attention by general practitioners who do not practice in isolation and, like everyone else, will be affected by decisions about resource allocation within the NHS. I conclude with a quote: 'there is little object in making projections of need, if it demands, as evidenced by people turning up for treatment, which actually influence where the resources go'. A statement of the obvious? Perhaps, but sometimes the obvious needs to be spelt out. This book will help all those interested in providing, monitoring or attempting to plan for better health care to ask key questions; it even suggests ways in which answers might be provided.

R.M.P.

Cancer. Risks and prevention is a collection of papers or essays in honour of Sir Richard Doll, formerly Regius Professor of Medicine at Oxford and also formerly warden of Green College, the new medical college. The contributors are cancer researchers who have worked with Sir Richard and consequently the book has a personal flavour. This is particularly true of the two long forewords by his early mentors Sir Austin Bradford Hill and Sir Francis Avery Jones. Anyone interested in cancer epidemiology would be well advised to read these forewords to learn some of the history of the subject and to appreciate the amount of hard work that went into establishing that cigarette smoking is the principal cause of lung cancer.

The main body of the book comprises 13 chapters most of which could be free-standing papers or essays. While the titles range from the general (preventability) through specific areas of observational associations (smoking, diet, occupation, and so on) to application (prevention by legislation and by education) the book should not be read as a text as there are con-

siderable differences in assumed knowledge between the chapters. As the editors point out in the preface, the book is a collection of essays.

The introductory chapter which concerns preventability is disappointing. It is a reworking of chapters in previous books and does not provide references. The interested reader who wishes to explore a subject more fully would need to identify the original papers. The second chapter on the geography of cancer provides a veritable fund of references, but perhaps attempts to include too much under the broad umbrella of geography. The reader will be impressed by the number of areal studies of cancer that have been undertaken but may be left with some uncertainties, for example whether or not the underlying cause of variation in oesophageal cancer rates in Iran has been identified.

The chapter on smoking assumes that the reader is familiar with the principal case control and cohort studies and the demonstration of dose response. Although probably true, many readers may find that this omission makes the book incomplete. The chapter covers a broad range of interesting aspects of cigarette smoking including issues that have been researched more recently, such as nicotine and tar yields, passive smoking and the inhaling anomaly. However, nearly half the data presented relate to heart disease and not to cancer.

The chapter on diet is mostly about fat and breast cancer while in contrast the chapter on occupation quotes previous monographs as sources and lists many reported or suspected causative associations with many cancers. In the two chapters on prevention by legislation and by education the reader will notice a marked change in style. These chapters are easily read essays — the former an account of political lobbying and manouevring and the latter predominantly about educating the beginner. Both chapters are directed at preventing smoking. The final chapter takes an interesting excursion into an enormous subject — cancer in the Third World.

In summary, the cancer clinician or researcher can expect to find sections of the book that interest or inform. However, the book's appeal lies in its personal character and the links between the contributors and Sir Richard Doll.

R.R.W.

Roots and shoots is a scholarly guide to counselling and psychotherapy in a form which is easy to read and likely to be thought-provoking to even the most biomedically-bound general practitioner. Roger Hurding has achieved a seemingly impossible task in a gentle, intelligent way and he deserves to be congratulated.

The rise of numerous secular psychologies is traced systematically and the Christian response to these many 'shoots' is given in a sensitive and constructive manner. The general practitioner of the 1980s who feels bemused by the huge range of counselling methods and schools of psychotherapeutic thought will find in this book a framework of reference for considering the different styles and systems. Hurding includes the well-known theories of people such as Freud, Skinner, Rogers, Laing, Berne, Jung, Adler, Perls, Lake, Tournier, Oden, Kelsey, Collins, Crab and Adams. He goes on to argue that psychology and theology have a part to play in the best of counselling and he prunes his way through the undergrowth of behaviourism, psychoanalysis, personalism and transpersonalism to reveal the ancient tree of pastoral care alive and well in the centre of the forest.

This is a Christ-centred book which is also an objective and sensitive account of secular theories and therapies. Believers and non-believers will gain much from its useful syntheses and perspectives because it is written with a spirit of enquiry and with a humility which should be typical of real scientists.

N.C.H.S.

Making sense of psychiatric cases is, as the title suggests, a chronicle of several psychiatric histories. The presentation, background, examination and subsequent diagnosis are presented in a readable and comprehensive manner, with several breaks for the reader to develop his own theories, before the authors demonstrate theirs. The management of each case and the results of the treatment are presented subsequently. Finally, a postscript relates what eventually happened to the patient.

A variety of problems are covered, including depression, obsessional illness, agoraphobia, alcohol dependency, anorexia and schizophrenia. The clinician will be able to relate many examples to experiences occurring in his own practice, and will be reassured by the complexity of the presentation and the inexactness of psychiatric medicine, even in the hands of the expert psychiatrist. The jigsaw type presentation of the facts, which the reader can piece together before the authors give their own interpretation, is original and encourages the reader to think and be actively involved in the evaluation process. However, I wonder if the regular review summaries are necessary in view of the readable presentation of the relevant facts.

I enjoyed the book and accept that it is of relevance to senior medical students, trainees, psychiatrists and general practitioners, for whom it is intended. However, it is written by psychiatrists, and the implied involvement of the general practitioner in the management and, indeed, in the presentation of the patients, is almost negligible. This is not true in my world and I hope it is not true in theirs.

T.R.D.

BOOKS RECEIVED

MEDICAL TEXTBOOK REVIEW (7th edition)

Victor Daniels, Cambridge Medical Books, Cambridge, 1985. 185 pages. Price £3.00

BOTTLING IT UP

Valerie Curran and Susan Golombok, Faber and Faber, London, 1985. 160 pages. Price £3.25

THE MACMILLAN GUIDE TO CHILD HEALTH

David Hull (Ed), Macmillan, London, 1985. 352 pages. Price £12.50

WHILE YOU'RE HERE DOCTOR...

Robert Russell, Souvenir Press, London, 1985. 254 pages. Price £8.95

PLAIN PICTURES OF PLAIN DOCTORING

John D. Stoeckle and George Abbott White, MIT Press, London, 1985. 250 pages. Price £21.50

MEDICINE IN OLD AGE (2nd edition)

Articles from the British Medical Journal, British Medical Association, London, 1985. 194 pages. Price £6.95

CHILD HEALTH. A TEXTBOOK FOR THE DCH

David Harvey and Ilya Kovar (Eds), Churchill Livingstone, Edinburgh, 1985. 374 pages. Price £22.00

HYPERACTIVITY. DIAGNOSIS AND MANAGEMENT

Margot Prior and Michael Griffin, Heinemann Medical Books, London, 1985. 282 pages. Price £14.95

ON YOUR OWN. A PRACTICAL GUIDE TO INDEPENDENT LIVING

Jean Shapiro, Pandora Press, London, 1985. 368 pages. Price £6.95

MISCARRIAGE. THE FACTS

Gillian C.L. Lachelin, Oxford University Press, 1985. 81 pages. Price £6.95

OXFORD TEXTBOOK OF PUBLIC HEALTH. Volume 4

Walter W. Holland, Roger Detels and George Knox (Eds), Oxford University Press, 1985. 472 pages. Price £35.00

COPING WITH SKIN AND HAIR PROBLEMS

Irene Leigh and Fenella Wojnarowska, Chambers, Edinburgh, 1985. 79 pages. Price £2.95

COPING WITH PERIODS

Diane Sanders, Chambers, Edinburgh, 1985. 90 pages. Price £2.95

COPING WITH YOUR HANDICAPPED CHILD

Andrina E. McCormack, Chambers, Edinburgh, 1985. 88 pages. Price £2.95

ENT SURGERY AND DISORDERS, WITH NOTES ON NURSING CARE AND CLINICAL MANAGEMENT

A.J. Innes and N. Gates, Faber and Faber, London, 1985. 194 pages. Price £4.95

CLINICS IN HAEMATOLOGY. BLOOD TRANSFUSION AND BLOOD BANKING. Volume 13. Number 1

William L. Bayer (Ed), Saunders, London, 1984. 306 pages. Price £13.75

THE VITAMINS. THEIR ROLE IN MEDICAL PRACTICE

John Marks, MTP Press, Lancaster, 1985. 216 pages. Price £19.95

BRAIN'S DISEASES OF THE NERVOUS SYSTEM (9th edition)

John Walton, Oxford University Press, 1985. 701 pages. Price £45.00

DRINKING AND DRIVING

The Royal Society for the Prevention of Accidents, ROSPA, London, 1985. 28 pages.

SIGNPOST 3. TRAINEES GUIDE TO ENTRY INTO GENERAL PRACTICE

Peggy Follis and Walter Davis, Bureau of Medical Practitioner Affairs, London, 1985. 64 pages.

A GUIDE TO CURRICULUM REVIEW FOR BASIC NURSING EDUCATION. ORIENTATION TO PRIMARY HEALTH CARE AND COMMUNITY HEALTH

World Health Organization, WHO, Geneva, 1985. 53 pages. Price Sw.fr.8.-

HANDBOOK OF ENDEMIC TREPONEMATOSES

P.L. Perine, D.R. Hopkins, P.L.A. Niemel, R.K. St John, G. Causse and G.M. Antal, World Health Organization, Geneva, 1984. 59 pages. Price Sw.fr.20.-

DISEASES OF THE LIVER

Hakim Mohammed Said (Ed), Hamdard Foundation Press, Pakistan, 1982. 131 pages. Price Pak.Rs.100, US\$12

TREATMENT AND PREVENTION OF ACUTE DIARRHOEA. GUIDELINES FOR TRAINERS OF HEALTH WORKERS

World Health Organization, WHO, Geneva, 1984. 35 pages. Price Sw.fr.8.-

WITH DUE CARE AND ATTENTION

Gillian Parker, Family Policy Studies Centre, London, 1985. 104 pages. Price £5.75