



CLINICAL URINALYSIS

R G Newall and R Howell (eds)

Miles Ltd, Stoke Poges, Buckinghamshire (1990)

132 pages. Price £6.50

This book brings together a series of short contributions by a number of authors on various aspects of urinalysis. An introductory section is followed by disease related sections on glycosuria, haematuria, proteinuria and so on. The third part of the book is practice related, dealing with urine testing in paediatric departments, in jaundiced infants, in school children, in antenatal practice, in the hospital and the community, in the elderly, in patients with abdominal pain and in general practice.

There is something for everyone in such a book, with perhaps too much for the generalist and not enough for those with a special interest in the subject. The quality of the contributions is uneven but mention should be made of an excellent overview of urinary tract infection by Professor Sussman.

Clinical urinalysis can be read in an afternoon; an investment of time which is probably worthwhile for trainees in primary care or community medicine.

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DILEMMAS AND DIFFICULTIES IN THE MANAGEMENT OF PSYCHIATRIC PATIENTS

Keith Hawton and Philip Cowen (eds)

Oxford University Press (1990)

257 pages. Price £35.00

The British approach to providing medical care embodies the principle of a first contact doctor (the general practitioner) backed by a referral system through which a second opinion can be obtained from a specialist without the general practitioner losing overall responsibility for the patient. One reason for referral to a specialist is when general practitioners recognize that they are unfamiliar with the management most likely to benefit a particular patient.

This book is aimed at constructing rational management strategies to be applied by specialist psychiatrists faced with the need to choose between unfamiliar treatments when a routine or familiar approach fails. As I started to read this book I wondered whether I would find it instructive and helpful in the management of my own patients or whether it would deal with matters which rarely presented to me. There are 20 chapters each by an author or authors with particular clinical and research interest in the problems posed. There are few chapters from which a general practitioner would not learn a great deal; there are some which should be mandatory reading. Among the latter group Michael Gelder's chapter 'Anxiety disorders: what are the alternatives to prolonged use of benzodiazepines?' is outstan-

ding while T R E Barnes' chapter 'Tardive dyskinesia; can it be prevented?' is of particular importance as the long-term mentally ill are returned to the community and the continuing care of general practitioners. To pick out further chapters would be simply to emphasize my own particular interests and identify my clinical shortcomings.

This book should be available for all general practitioners to dip in to. Among the most important things we can learn from it is that specialists know themselves to be fallible, that for some problems we have yet to determine any reliable solutions, but that these difficulties can be reduced by an appropriate combination of research findings and clinical experience intermingled with a sense of responsibility and a dash of professional courage. It is an important lesson for us all.

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SPORTS INJURIES

Recognition and management

M A Hutson (ed)

Oxford University Press (1990)

234 pages. Price £45.00

This is an excellent book, edited and largely written by Dr Michael Hutson, whose background is in general practice. Sections on subjects such as head and spinal injuries, hand and shoulders injuries and investigative techniques are written by specialists in those areas. The book is aimed at all practitioners dealing with the recognition and management of injury related to sports. As the author feels that future specialists in sports injuries will largely come from general practitioners, the text is particularly directed at this group although there is much in it for those in other disciplines.

A practical approach to the problems of sports injuries is set out with emphasis on the early assessment of severity. The importance of making an accurate assessment before appropriate management can begin is emphasized. Concise explanations of applied anatomy and biomechanics are given together with good diagrams. The problems of overuse injuries form a large part of the text and mechanisms causing these are discussed fully. The book clearly describes methods of examination of the musculoskeletal system, together with several useful summaries of examination procedures. Recognition of fractures is emphasized but generally fractures are not dealt with in depth.

Management is more than just treatment of the injury and this is stressed throughout the book. Examples include maintenance of fitness during recovery, discussions with parents and coaches about expectations when children are involved and perhaps most importantly, the prevention of further problems. The author clearly expresses the view that all in the profession