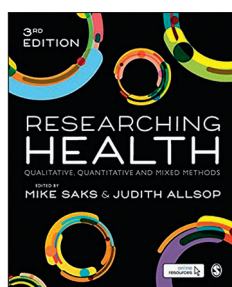


Researching Health: Qualitative, Quantitative and Mixed Methods. Third edition.

Mike Saks and Judith Allsop

SAGE Publications Ltd, 2019, PB, 608pp, £31.99, 978-1526424297



FILLING IN YOUR RESEARCH KNOWLEDGE GAPS

'Research should be based on evidence and evidence should be based on sound research processes — even when there are challenges.'

Researching Health sets out to provide a broad research guide for healthcare students, clinicians, and researchers. Indeed, the content is comprehensive, including research methods, ethics, dissemination, and critical appraisal. Practical implementation and appropriateness of commonly used qualitative, quantitative, and mixed-methods approaches are considered within the broader context of health care. Descriptions of theory are helpfully supported by case examples, often demonstrating common benefits and challenges experienced with a particular methodology.

The importance of patient and community participation in healthcare research design and implementation is considered, including helpful sections on co-design and Public and Patient Involvement. Furthermore, the final two chapters on 'proposals, planning, and writing up' and 'dissemination and evaluation' offer a practical insight for early-career stage researchers into important topics commonly neglected within similar literature and lecture series.

The editors state that 'underrepresented' areas of healthcare research including primary care are considered. Nevertheless, chapters tend towards the theoretical, with case examples general to health research. Translation of findings to clinical practice receives limited attention. This may be a

consequence of the majority of authors being academics rather than clinicians. Furthermore, in appealing to a broader international audience, some unique facets of the UK research landscape are omitted, including General Data Protection Regulation (GDPR), engaging with research networks and support structures, and steps to policy implementation within UK primary care.

All things considered, *Researching Health* provides an accessible and readable overview of clinical research methodology. Given its length and breadth, its benefit is likely to be greatest as a 'dip in, dip out' reference book for students or clinicians already involved in healthcare research. While not specifically tailored to primary care, I would recommend it to primary care clinicians with some prior knowledge of research, seeking to improve their understanding of specific aspects of methodology, rigour, or community engagement.

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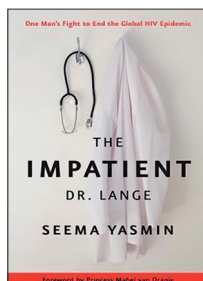
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The Inpatient Dr Lange. One Man's Fight to End the Global HIV Epidemic Seema Yasmin

Johns Hopkins University Press, 2018, PB, 208pp, £12.96, 978-1421426624



A HERO FOR TODAY

This book is a biography of Dr Joep Lange. He qualified in Amsterdam in 1982, just as the AIDS epidemic started. According to his obituary 'he was one of the world's top HIV/AIDS researchers and a prominent pioneer of antiretroviral therapy'.¹ He was killed by Ukrainian separatists when they shot down

Malaysia Airlines Flight 17, in 2014.

The book is written for a lay audience in a vivid, journalistic style. The writer, Dr Seema Yasmin, is a British medical doctor and AIDS activist who has taken to writing as a third career. Dr Yasmin does not hide her admiration for Dr Lange: she describes him as a role model and believes he achieved a great deal in his life.

He was one of the doctors responsible for the now historic Amsterdam AIDS studies. He spent decades railing at the slowness of the international response. Nor did he just rail: for 3 years he worked as a senior bureaucrat in the WHO global programme on AIDS (1992–1995). In 1995, he predicted that, because of the enormously high mutation rate of the HIV virus, single drug use would simply lead to resistance and that, as for TB, multi-drug regimens would be required. In this he proved correct. He worked on trials of interrupting mother-child transmission and later on trials of pre-exposure prophylaxis.

He became involved in AIDS in developing countries from an early stage of the epidemic. He was one of the first, in a trial in Mulago Hospital, Kampala, to show, in the face of great scepticism, that rural Africans could adhere to highly active antiretroviral therapy (HAART) and achieve results comparable with those in the West. Eventually, of course, such free treatment was provided by the Bill & Melinda Gates Foundation and the President's Emergency Plan For AIDS Relief (PEPFAR), among others. The HIV epidemic is still massive, with 37 million affected in 2017, and, while AIDS deaths are falling, the prevalence of HIV infection is still increasing at a steady rate of about 1.7 million people per year.² We desperately need other young doctors, inspired perhaps by Dr Lange's life, to devote their lives to fighting it.

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