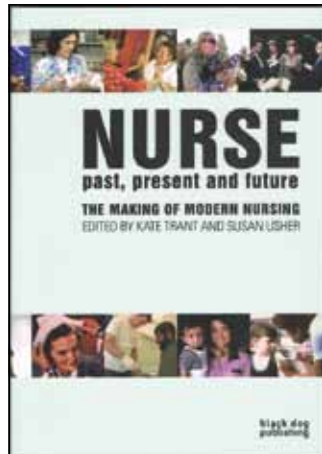


## Nurse: Past, Present and Future – the making of modern nursing

K Trant, S Usher  
 Black Dog Publishing 2010, 191 pages  
 Paperback £19.95  
 ISBN 978-1-906155-99-5

In many ways this was a difficult book to review, and I must be careful not to be overly critical in my appraisal of its worth. The editors present a composite view of nursing born out of 'a desire to capture the stories of personal professional and social commitment to improving the lives of others.' They attempt to combine, in their words, the academic and the practical, to take a global perspective, and they tackle this under four key themes. *What is a Nurse?* purports to explore the evolution of nursing education and practice over the past century. *Passport to the World* looks at globalisation and the resultant migration of nurses, particularly over the last 60 years. *The Workplace: Hospital, Home and Beyond* examines changes to the environment in which nurses deliver health care. And finally in *Transforming Care* the editors attempt to draw together aspects of interprofessional practice, nurses' involvement in influencing healthcare policy and key contemporary professional initiatives such as the Royal College of Nursing's Dignity Campaign. In general the book is easy to read, and is presented in bite-sized chunks that make it very manageable. It is also visually captivating, being replete with an array of black-and-white and colour photographs, and many illustrations.



There are a number of problems, however. Those looking to the title of the book to promise a comprehensive history of the social development of nursing, as it might suggest to some, may be sorely disappointed. Each main section incorporates two or three key, but rather brief chapters, or 'essays', relating to the central theme, and these are surrounded by a plethora of individual stories and opinions. The result is a rather scattergun and disconnected feel, and some readers may find the blend of academic and practical (personal) a little uncomfortable. Most of the personal stories, usually biographical in nature, have a feel of high street magazine articles about them. Other chapters give the impression of being 'fillers' – particularly those on uniform and, sadly, wartime nursing. Some of these chapters are ultra bite-sized, being only one page long. The desire to present a global perspective doesn't necessarily work either. There is very much a Western perspective in this book, and predominately that of North America. The latter focus may put the UK nursing readership off somewhat. With the possible exception of nursing in (or, rather, from) the Caribbean, lip service is paid to nursing development elsewhere. The photography selection included, while very interesting, particularly to an historian, appears to be quite random in places

There are two particular anomalies for me. Firstly the three chapters devoted to the design of healthcare facilities, and hospitals in particular, seems disproportionate and not a little out of place here. Secondly, the 'chapter' allocated to wartime nursing is represented by an arbitrary collection of six photographs, mainly American, and three quotes seemingly aimed at providing a rousing tribute to military nursing. Readers from a Service background will find this very disappointing I suspect.

That said, there are some highlights within the book that should please the UK reader. Mireille Kingma's chapter on nurse migration and Christine Hancock's international perspective on nursing offer interesting and intelligent observations. Eamonn Sullivan's chapter on the legacy of Florence Nightingale should be read by all nurses to remind them of why they are a nurse. And, despite my stated reservations, many of the individual nurses' stories offer an intensely personal and fascinating social commentary on the development of nursing.

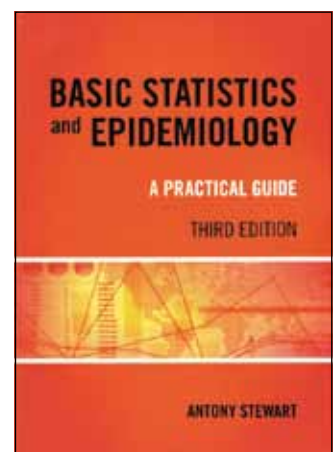
On the reverse cover David Benton, CEO of the International Council of Nurses endorse the book as 'bringing together a range of thoughtful perspectives and insightful commentary, elaborating the diversity of how nurses can and do make a difference...' And in part it does this. In essence what this book offers is a collection of snapshots on nursing's development, for coffee table consumption. It is likely to be of general interest to a wide public audience, albeit probably in terms of dipping in to its bite-sized offerings. Its appeal to a nursing readership, particularly within the UK, may be more variable.

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 Lt Col  
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## Basic Statistics and Epidemiology – A Practical Guide

A Stewart  
 Radcliffe Publishing 208 pages  
 Paperback £23.99  
 ISBN: 978-1-8461-9411-5

To use an advertising phrase that has now entered the pantheon of modern speech, this book 'does what it says on the tin'. It is a basic introduction to statistical concepts and tests and how they are applied in an epidemiological manner in public health. The first 20 chapters concentrate on statistics and each deals with a small chunk of the topic in about 3-4 pages; chapter titles include 'Normal distribution', 'Confidence intervals' and 'Statistical power and sample size'. The text is easy to read and explains the concepts involved in a clear and concise manner and uses worked examples to demonstrate the techniques involved, but it is a



basic text. It makes reference to some of the currently available statistical analysis programmes and illustrates the chapter points by reproducing the output from such programmes which is a useful tool. In the sample size chapter it refers to a freely available website which can be used to calculate sample sizes which will be a great help to anyone considering planning a trial.

The second portion of the book (Chapters 21-31) deal with the epidemiology side of the book's title and sequentially examine the basic concepts of epidemiology and how to study disease in terms of the different types of studies that can be performed (Cohort, case-controlled, randomised controlled etc). These chapters too are limited to about four pages each and provide an overview of the topic. The book finishes off with some statistical tables (normal, t- and chi squared distributions) and 10 exercises followed by worked answers.

My criticisms of this book are perhaps slightly unfair given its stated aim and title. I found the repeated direction that certain statistical methods referred to were beyond the basic and covered in other statistical textbooks irksome. Certainly a book of advanced statistics by the same author on similar lines would be much more useful to those who have progressed beyond the basic level covered in this book. In addition, something I have found useful in the past is a statistical algorithm that guides you through to decide which test would be appropriate. Mine was acquired from the Sheffield Statistics for Medicine course, and I have never seen anything similar reproduced in print. I believe it would be a handy addition to a book like this.

In short, I would recommend it to those who have none, or very little statistical knowledge as it will give them a good grounding.

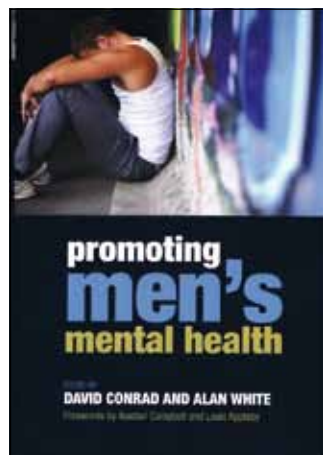
Lt Col Jeff Garner  
Consultant Colorectal Surgeon

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## Promoting Men's Mental Health

D Conrad, A White  
Radcliffe Publishing 2010, 288 pages  
Paperback £24.99  
ISBN: 978-1-84619-331-6

Society generally gives insufficient attention to targeting men's mental health (MH), and this book attempts to redress the balance by evaluating many areas that influence the help available to men with MH problems, including reflections on initiatives from other countries such as the US and Europe. The book excludes discussions relating to serious psychotic issues, or those patients already under the care of MH services, and the author's objective is to highlight how to support men with disorders such as unipolar depression, anxiety disorders and alcohol misuse. The chapters are often presented in an interesting and thought provoking way with specific papers addressing issues



relevant to DMS personnel such as deliberate self harm, anger management and the stressors faced by young fathers. There is also a chapter dedicated to military MH and the role of Combat Stress.

There are diverse and varied contributions from many MH practitioners including psychiatry, general practice, psychology, nursing and other professional backgrounds such as research, service management and education. These papers firmly reflect the eclectic audience that could utilise the book. Credibility is enhanced with a forward from Alistair Campbell who was the MIND champion 2009 and a preface from Professor Louis Appleby, the National Clinical Director for Mental Health. This sets the tone for a common theme progressing throughout the book, in that MH is not just an absence of mental illness but people getting the best from their lives, and to support this aspiration there are further efforts required to de-stigmatise the taboos associated with men's mental illness.

The authors set out to establish an understanding of what will work with young men and evaluate some interesting gender issues. Men's attitudes to MH are formed within an arena of cultural inducements, with men socialised with regards to gender roles. This influences how men see themselves in terms of masculinity and how they respond to the expectations of how they should behave, what they should wear, their work roles and activities. The impact is that when men become depressed, whilst they experience depression in similar ways to women, there are fundamental differences in the presentation of their distress, with men using anger or violence whereas women are more prepared to cry and seek help. The authors illustrate that men are reluctant to acknowledge emotional pressures and less likely to seek help, which in a healthcare setting results in men controlling their emotions emphasising physical symptoms over psychological ones. This causes significant problems for effective interventions, exacerbated by referral and diagnostic procedures that exclude many of men's MH difficulties. This book provides advice and guidance to PHC and MH clinicians on how to address these issues, with excellent examples of how to promote help seeking behaviour, such as the utilisation of well men's clinics, topical newsletters, and anonymous source of health advice like websites and podcasts. There are also examples of out of hours services that focus on help through the utilisation of family, friends and colleagues.

The book addresses a wide range of men's MH issues, and presents a series of different papers joined by a common theme. As a result, some chapters are highly relevant to a DMS audience; but others such as articles addressing the role of travellers and migrant workers, and the MH needs of men aged over 65 years old have little relevance for practitioners interested in military medicine and MH. The contributions from different authors is reflected in the varying quality of the chapters, and leads to some repetition. The impact of this book is also diluted by the number of anecdotal commentary and many chapters are poorly referenced although this may be a reflection that men's MH research studies are still in their infancy.

Overall, an interesting book, and a valuable contribution to the poorly researched area of men's MH that should be warmly received.

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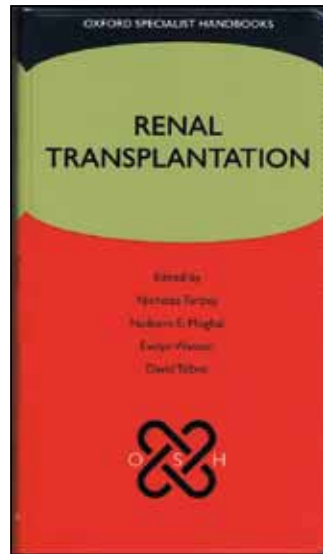
## Renal Transplantation

N Torpey, NE Moghal, E Watson, D Talbot  
Oxford Specialist Handbooks 2010, 464 pages  
Flexicover  
ISBN: 978-0-19-921566-9

This latest addition to the Oxford Specialist Handbook series is an up to date comprehensive reference volume which will be useful for any trainees and consultants with an interest in renal transplantation. It is set out in 20 chapters that follow a logical sequence covering the whole process of renal transplantation from assessment to long term post transplant management. Chapters 19 and 20 on ABO and HLA incompatible transplantation and kidney transplantation with another organ slightly upset this logical sequence and probably would have been better placed earlier.

The information in the chapters is set out in a bullet point format making it easy to read without being bogged down in wordy paragraphs. The authors however have not ignored the need to expand the size of certain points to explain the more difficult to understand concepts. The use of page cross references at the end of some bullet points is an invaluable aid to gain some depth to the information given without unnecessary repetition.

The first few chapters discuss recipient assessment and a description of the different donor types and there assessment of suitability, management and potential outcome. The information on non-heart beating donors is particularly useful drawing on the editors experience in this field.



There is a brief chapter on transplant immunology probably at the right depth for a surgical understanding of the subject matter. Any further information can be gleaned from the many tomes written about immunology. The mechanisms of immunosuppression are discussed in a later chapter. All the current modalities of antibody induction and immunosuppression regimes are described including their relative risks and benefits. The chapter on the management of ABO and HLA incompatible transplantation is towards the end and is of increasing relevance as more units take on this type of living donor transplantation.

The transplant operation chapter gives a good description of the operative technique including dual kidney and *en bloc* transplant. It is set out in a stepwise format making the whole procedure easy to follow which will be of benefit for those trainees new to transplantation. Several options are given in each stage of the procedure rather than just giving one surgeon's opinion on how it should be done. The final chapter in the book deals with the issues surrounding transplanting with another organ and gives some useful background information especially for those in pure renal units. The operative surgery chapter is followed nicely with early post operative management of the transplant patient discussing the potential complications and there management. The benefit of aspirin in preventing renal vein thrombosis does however seem to have been ignored with a reliance on less evidence based management.

The final chapters deal with the long term post transplant management of the recipient. All potential medical problems are discussed including diabetes, hypertension, infection and bone mineral metabolism. Other important issues in the post transplant period are covered particularly malignancy, pregnancy and the chronic causes of graft loss.

It is useful to have a pocket sized reference manual which is likely to be well thumbed rather than collecting dust on the bookshelf.

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