

Book Reviews

Pain Control, 2nd edition, Jane Latham. Pp. xi + 124, illustrated. Austen Cornish Publishers, London, 1991. Paperback £6.50.

Jane Latham's book on *Pain Control* is now in its second edition. As before the book is clearly laid out with chapters which include 'The development of pain theories', 'The assessment, measurement and observation of pain' and 'Pain and the person'. The second edition has longer chapters on 'Infusion pumps' and 'The use of drugs in pain control'. The sections relating to 'corticosteroids', 'non-steroidal anti-inflammatory drugs' and 'centrally acting drugs' all contain slightly more detail and there is additional information on 'The Braun "Perfuser M" syringe driver', 'large volume continuous infusion pumps' and 'patient controlled analgesic pumps'.

The book contains much useful information but it emphasizes the scientific and medical approach to pain management and rather neglects the nursing contribution. There is little discussion on the humanistic and spiritual dimensions of pain control which are so important for both the patient and the nurse. More consideration needs to be given from a nursing point of view, to the patients' individual response to pain, if this book is to be recommended to students interested in the field of pain control.

Janie S.B. Grant
*Palliative Care Team,
Department of Palliative Medicine,
St Thomas's Hospital,
London SE1 7EH.*

Nutrition Matters for Practice Nurses A handbook on dietary advice for use in the community, edited A. Leeds, P. Judd and B. Lewis. Pp. 152, illustrated. John Libby, London, Paris, 1990. Paperback £10.50.

Congratulations to the authors for producing such a timely and useful publication – a must for dietetic departments and highly recommended for general practice, particularly practice nurse training. *Nutrition matters for practice nurses* is an ideal title for this handbook of guidelines on dietary advice for use in the community.

The increasing importance of primary health care contributing to health promotion and disease prevention, as emphasized in the implementation of GP contracts, provides an increased opportunity for screening and advice, which has changed the role of the practice nurse in the management of diet in the preventative and therapeutic situation. It realistically recognizes the complementary relationship between nurses and dietitians in general practice/community care, and provides consistent information on the better utilization of scarce professional resources to improve patient care.

This easy-to-read publication provides 9 chapters of accurate, practical and sensible information and advice on healthy lifestyle; obesity; coronary heart disease; cholesterol lowering; hypertension; diabetes mellitus; diet and the risk of cancer; nutritional problems in the elderly; and vitamins and minerals and other dietary supplements: a comprehensive list of nutritional issues requiring attention, although the addition of HIV/AIDS would be advisable for any future revision. This not too technical, or 'jargonistic' book has clear type, subtitles, highlighting of significant points; tables and flow charts – easy to reproduce for teaching purposes – are supported by 6 appendices including dietary guidelines, dietary rules of minority groups and that essential calorie chart of everyday foods!

The concluding examples of patient information leaflets on all the topics covered reinforce the dietary guidelines, but should be considered for use *with* local information, policies and procedures. Reviewing this book was an enjoyable experience. I could hear myself talking – particularly when dispelling myths!

K. Hyland
*District Dietician,
Whittington Hospital,
London N19 5NF.*

AIDS and Intravenous Drug Use, C.G. Leukefeld, R.J. Battjes and Z. Amsel. Pp. xiv + 290. Hemisphere Publishing Corporation, New York, Washington, Philadelphia. Taylor & Francis, London, Basingstoke, 1990. Hardback £22.

This is an important collection of original papers describing attempts in the United States to prevent HIV spread among drug users. Although much of the content is geared to the particular situation in New York, those interested in learning more about reaching drug using communities will find the book helpful.

There are no new or radical answers here, just confirmation of the difficulties in reaching so many disparate groups with a culturally appropriate and behaviour-changing message. There are useful papers on the particular needs of black and hispanic drug-using communities and on HIV prevention among prostitutes.

However, the book as a whole does appear a little disjointed and the style is uneven. Considering the vast size of the problem in the United Kingdom the book is let down by the rather dry presentation, lacking any great sense of urgency.

Patrick Dixon
*AIDS Care Education and Training (ACET),
P.O. Box 1323,
London W5 5TF.*