Opinion

Book reviews

**Care Planning: A Guide for Nurses**
David Barrett, Benita Wilson, Andrea Woolands Pearson Education
232pp | £20.99
ISBN: 9780273713562

AIMING TO deliver ‘gold standard’ nursing care, this interactive, step-by-step guide for effective care-planning covers theory and analysis of nursing models, legal and professional issues and assessment tools used in formulating care plans. Patient scenarios are used to illustrate the application of these in practice. The text is interesting, informative, educational and user-friendly throughout.

With its patient-centred emphasis on formulating effective care plans this will undoubtedly be a well used resource for all nurses, especially nursing students. Short learning activities included in each chapter encourage readers to check their understanding, reflect on their practice and build on their care-planning skills.

Jess Dorrett is specialist practitioner general practice nursing/nurse educator

**Multiple Sclerosis**
David Rog, Megan Burgess, John Mottershead, Paul Talbot Class Health
324pp | £17.99
ISBN: 9781859592182

THIS INTERESTING, well written book is full of advice and facts that should appeal to people who have a clinical or non-clinical interest in multiple sclerosis (MS). The comprehensive question and answer sections break down a complex condition into readable chunks.

The book is easy to navigate and although the material is not all new, it is presented in a fresh and readable format.

I would recommend this book to nurses on medical wards, those assessing long-term conditions and specialists. Voluntary services, domiciliary care agencies and social workers would also find it useful. Families and people with MS will find this book helpful and I would recommend that libraries stock this publication.

Lynne John is head of nursing and community services, Swansea

**Physical Examination Procedures**
Zoë Rawles, Beth Griffiths, Trudy Alexander Hodder Arnold
144pp | £14.99
ISBN: 978340967584

A WEALTH of information is contained in this slim volume which represents excellent value for money. There is a chapter for each body system with a checklist of recommended examination procedures followed by a review of the evidence and case studies to encourage reflection.

I found the review of the evidence for the various procedures interesting. Combined with a common sense approach to some of the more esoteric techniques, it makes the book applicable to practice.

Such a small book cannot hope to cover all techniques in depth, and is intended to be used when a clinician has gained the necessary clinical skills through appropriate teaching. Its real value lies as a revision or teaching aid, or a quick ‘aide memoire’.

Anne Baird is nurse practitioner, Porter Brook Medical Centre, Sheffield

From the front line

**Who is the boss?**

NURSES ARE facing increasingly demanding healthcare needs, with shrinking resources. Public expectations are greater, enhanced by awareness of failings and highlighted by high profile cases of neglect and poor care. We are no longer the public sweethearts, above reproach and respected for our dedication.

Increasingly, nurses are seen less as helpful and caring care-givers than as members of a profession in trouble. Lord Mancroft, in a House of Lords debate, decried nurses not only for their attitude but their appearance. This was in 2008, but media attention since, with undercover reporters showing failings in care, has not done much to enhance our reputation.

If we work for the NHS, as most of us do, our ultimate employer is the public. People work hard to pay taxes to pay us, our pensions, annual leave and for the training we do not always have enough of. Although no one would say you get rich in nursing, our wages (according to UK National Statistics) are above average with (at least for now) the prospects of a good pension. We are fortunate that we can do a job that is meaningful and be well compensated for it.

So, nursing is not as respected as it was. There are visible shortcomings, money is tight and people are worried. What should we do to respond? In wage and opportunities, all we ask is to be given what we deserve, that we are not cheated, that how we are paid relates to what we give. I suspect the public expects much the same – that in return for paying for the NHS, our education and our retirement, they would like to be safe, secure and trust that nurses not only know what they are doing, but genuinely care about patients, with a willingness to speak out when things are not right. They do not expect us to be angels of mercy, but do expect professionals to dress appropriately, know what to do and consistently do it. This should not be too much to ask.

Bethann Siviter is a nurse consultant for older people in Birmingham