Book reviews

Clinical Disorders of the Shoulder. By Lipmann Kessel and Ian Bayley. Pp. 244. £50.00. Churchill Livingstone: Edinburgh. 1986. ISBN 0443 034311.

The second edition of this excellent book based on many years of clinical practice is a worthy tribute to its senior author, the late Lipmann Kessel. While, as expected, it reflects an increasing interest in the field of shoulder surgery, it can also be recommended to the physician as a well presented account of the diagnosis and management of patients with shoulder problems. The illustrations have been updated and are in general of very high quality. The clarity of the chapters on anatomy, biomechanics, and examination of the shoulder will be of value to all clinicians. This clear presentation continues throughout the sections on differential diagnosis, but with some bias towards conditions where surgery may be indicated. The techniques of arthrography, arthroscopy, and computed tomographic scanning are discussed, but it is good to see these judged as no replacement for careful clinical evaluation. Rheumatologists will be surprised by the authors' dismissal of shoulder-hand syndrome as 'an extreme manifestation of cervical spondylosis with nerve root irritation'. References at the end of the text do not always reflect recent published work on the subject, for example in frozen shoulder, which is surprising in a second edition. With these exceptions, however, this book will continue to prove of value to anyone confronted by the problem shoulder.

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Nursing Care of Rheumatic Patients. By J M Moll, M Lee. Pp. 446. £17.95. Croom Helm: Beckenham, Kent. 1987. ISBN 0-7099-4691-0.

This book is 'about the principles and practice of nursing care in rheumatology and is based on the central idea that managing patients with rheumatological disorders depends on a team approach . . .'

As the preface says the book is divided into four parts, the first concerning the role of the nurse in a variety of settings in which rheumatological patients are encountered. The second section deals with general nursing procedures in a rheumatological context, i.e., the nursing process, communication with the patient, patient education, technical aids and equipment, bathing in hospital, and other aspects of patient care in hospital. It includes sections considering the impact of a rheumatological disease on various procedures such as venepuncture.

Part III provides general information and advice orientated towards a system by system approach. Finally, part IV gives standard information on the diagnosis and management of specific disorders.

It might have been more logical to have put this section first. I cannot think it easy for the young nurse to know *why* she must modify manoeuvres or *what* disease causes which functional and practical difficulties that require her intervention.

It is good, however, to see attention being paid to the nursing implications of a common group of diseases, and it is good to know that it is recognised that they will have implications for ward design and the functioning of a ward. It would have been even better had a suggested design for a wheelchair toilet or bathroom been incorporated in the book, so that there would no longer be an excuse for rheumatological patients having so many environmental and other obstacles to overcome in hospital.

Some of the information in this book is very basic: it would have been better to expand information on joint protection, patient education, and aids and equipment. A greater occupational therapy and physiotherapy input would have been helpful, particularly in helping the nurse pursue her analysis of the patients' problems and possible solutions. Such general chapters might have better enabled the reader to carry over information from one area to another, for the principles of management at home do not differ greatly from those in hospital, even though the functions required of the patient at home are more numerous and more complex.

This may be a useful book and one which it is helpful to browse through. There are perhaps others that might have a place on the bookshelf of a busy ward.

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Lecture Notes on Immunology. By Gordon Reeves. Pp. 197. £8.50. Blackwell: Oxford. 1987. ISBN 0-632-00776-1.

This pocket-size paperback of 200 pages belies its compact size and casual title of 'Lecture Notes' as it proves to be an up to date, comprehensive textbook of immunology. Indeed, Professor Reeves successfully achieves his stated aim 'to provide a concise statement covering the basic facts and concepts that are essential for a first understanding of immunology and its relevance to medicine and allied disciplines'.

The book is divided into two sections. The first, 'Immunity and the immune system', leads the reader in

gently with the nature of immunity, the historical background, and the cardinal features of immune responses. The immune system is then described concisely but with considerable detail in eight chapters covering antigens, the HLA system, immunoglobulins, complement, and the relevant cell populations—namely, lymphocytes, mononuclear phagocytes, granulocytes, and killer cells. The second section, headed 'Immunopathology and transplantation' contains six chapters on allergy and autoimmunity, mechanisms of immunological tissue damage, immunodeficiency and lymphoproliferative disease, transplantation, and finally HLA and disease. Each chapter ends with a few recommendations for further reading from recent review articles, a good selection of textbooks, and relevant original papers.

This is undoubtedly a first class update or introduction to immunology for anyone with a medical or biological sciences background. The emphasis is on basic mechanisms and concepts in immunology, which are clearly described and then illustrated with examples. These examples include the consequences of infectious diseases in man, clinical immunological abnormalities in humans, and occasionally, a pertinent animal experiment. The book is mainly factual and instructive: any theories such as those on induction of autoimmune responses and clonal selection are described briefly and clearly. There are some gaps in information, inevitable in a compact book attempting to cover a huge field. For example, monoclonal antibodies since their advent in 1975 have been used extensively in all areas of immunology. They are referred to in passing, but methods for their production and their widespread applications are not mentioned. Immunological methodology can help the reader to understand mechanisms and concepts, as is well illustrated at the end of the chapter on immunoglobulins, and references to other immunological methods could be helpful.

Overall, the presentation of information in this book is excellent, succinct, and didactic. The book is, despite the density of facts, immensely readable. Immunological jargon is avoided and each new term is introduced in heavy type in place of a glossary. The diagrams are simple and easy to follow. (My favourite is the cartoon which illustrates immunological relationships.) The facts are as up to date as one can possibly expect in an expanding field. Rheumatologists will find the chapter on autoimmunity is brief but to the point, and other chapters on immunopathological mechanisms are highly relevant. For £8.50 the book is exceedingly good value.

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VALERIE E JONES

Back Pain: The Facts. 2nd Edn. By MIV Jayson. Pp. 177. £8.95. Oxford University Press: Oxford. 1987. ISBN 0-19-261643-9.

This is an admirable book. The author has a knack for

clear explanations, usually starting with an attractively naive observation, progressing to a clear discussion painlessly uncovering a multitude of facts. He demonstrates a nice judgment both for detail and when to extrapolate from theory to practice. This book should be available to all rheumatologists and orthopaedic surgeons, to read and recommend to their patients, and should be read by all relevant paramedical staff. Enquiring sufferers will benefit from buying it themselves.

The text provokes comment. Plain x rays may be of limited value, but how long can we resist magnetic resonance imaging scans—beautifully revealing when carried out by interested experts, and perhaps not so expensive all told? Spinal stenosis, in my experience, is a much more important cause of cauda equina or nerve root problems than of backache itself. I was not aware that hypermobility favoured sporting prowess and sound a note of caution about equating the ability to touch ones toes with generalised suppleness. My own experience would counsel against lying on the floor to relieve back pain: uncovered boards are too ungiving. In addition, I must warn against judging a bed from the show-room model, which will often have been subjected to the equivalent of many months of use. Patients should insist on a trial period.

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Note

The Royal National Hospital for Rheumatic Diseases launches Rheumatology 250

On 10 March 1988 The Royal National Hospital for Rheumatic Diseases launched its quarter millennium celebrations, which will continue until September 1988. Events will focus on historical achievements, current activities, and new developments. The programme includes a three day international medical congress at the Theatre Royal, Bath, and also a wide range of medical and educational meetings on all aspects of rheumatic diseases. Further details from Fiona Davies, Bath Institute for Rheumatic Diseases, Trim Bridge, Bath BA1 1HD.