Book reviews

Patient Education: A Practical Approach. Kate Lorig. (Pp 176; £20.) London: Mosby-Yearbook Europe Ltd, 1992. ISBN 0 8151 5607 3.

In these days of resource restriction in the NHS there is increasing pressure on all health professionals to do more with fewer resources. In these circumstances patient education may well turn out to be a casualty as it is time consuming and requires input in a coordinated fashion from many different clinical disciplines. The failure (with notable exceptions of course!) of doctors and other health professionals to meet the needs of patients in the field of health education is evident from the proliferation of self management initiatives which are currently promulgated by many patients' support organisations.

The publication of Dr Kate Lorig's latest volume on patient education is therefore timely. This volume lives up to its title in that it offers a practical approach to patient education which should prove immensely useful to any doctor or health professional in the field. It assumes no prior knowledge of education methods and covers the topic in a stepwise fashion from needs assessment through to writing programme objectives. It considers preparing interventions, getting the patients and programmes together and, finally, evaluating the patient education programmes. Each step is covered in detail. The text is clear, concise, logical, and well referenced. It is compiled and structured so that it can easily be used as a reference source rather than read from cover to cover. There is an extremely useful final chapter which draws the information of earlier chapters together, forming in effect a check list for anyone embarking on patient education. This check list is backed up by a series of appendices on a variety of well validated clinical measures of outcome, such as visual analogue scales; the Health Assessment Questionnaire (HAQ); the Medical Outcome Study shortform (MOS), and others. There is also a comprehensive index, which makes it easy for the reader to find any particular aspect within the text.

This is an excellent book and should help those of us involved in patient education to construct useful programmes which will be valued by recipients. It should also help the user to make effective use of time and resources in a field where it is all too easy to satisfy neither the client nor the purchasers of healthcare. I would strongly recommend this book to all those who play a part in patient education.

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D DOYLE

Inflammation: Basic Principles and Clinical Correlates. 2nd ed. Eds John I Gallin, Ira M Goldstein, Ralph Snyderman. (Pp 1200; \$233.50.) New York: Raven Press, 1992. ISBN 0 88167 880 5.

This is an impressive textbook which covers not only the basic science of inflammation but also many clinical correlates. The first edition was published four years ago, but a new edition seems highly justified owing to the rapid advance in knowledge in fields such as cytokines and adhesion molecules. It is a multiauthor work, but only a handful of writers are drawn from outside the United States. Despite the many

writers the style is generally uniform throughout, apart from a chapter on urticaria when the authors tend to slip into use of the first person on several occasions. The editors describe the work as an advanced textbook and as such it contains little in the way of an overview, apart from three pages at the beginning.

The chapters on the basic science of inflammation (40 in total) are detailed and give many up to date references. The chapter on interleukin-1 (IL-1) and tumour necrosis factor (TNF) is in fact primarily about IL-1 with only a small section on TNF sandwiched between information on IL-1 receptors and the biological effects of IL-1 relevant to disease. It is a little disappointing that in the section on TNF, though mention is made of its effects on connective tissue and its possible role in cartilage and bone degradation, no references are given.

In the clinical correlates section three chapters are devoted to rheumatological topics, including rheumatoid arthritis, gout, and vasculitis. The chapter on rheumatoid arthritis gives a brief historical perspective and goes on to give a description of the clinical features of the disease. The latter is simply written and would be most helpful to the non-clinician. The section on synovial histology is especially detailed and gives much information on the immunological markers of the cells. The discussion of cytokines is a little disappointing as many cytokines and growth factors thought to be indicated in the aetiopathogenesis of the disease are listed, but little is included about their function. The references given for the actions of IL-1 and TNF on connective tissue cells are limited and generally date from the mid-1980s. It would have been helpful to have references to up to date review articles on the subject.

The chapter on crystal induced inflammation concentrates on gout with only a brief mention of the other crystal deposition diseases mentioned in the first.

Finally, the section on gold, penicillamine, antimalarial drugs, and sulphasalazine has a strong American influence and although it mentions the toxicity of the drugs used, this account is by no means comprehensive.

The authors have achieved their aim of creating an advanced textbook which should appeal not only to scientists but also clinicians from many backgrounds. It would be a valuable asset for any rheumatology department library.

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FIONA FAWTHROP

Rheumatology (Colour Guide). J M H Moll. (Pp 160; £7.95.) Edinburgh: Churchill Livingstone, 1992. ISBN 0 443 04614 X.

An enviable personal collection of clinical photographs and radiographs is brought together in this colour guide. There is not only comprehensive illustration of the rheumatological disorders but also of the rheumatological complications of general medical and metabolic diseases. The clinical photographs are beautifully reproduced. Up to four photographs are printed on a page, however, which unfortunately results in some loss of fine detail in several of the radiographs. The photographs are accompanied by concise notes on the prevalence, aetiology, clinical and radiological features, and management of the illustrated problems. I found the synopsis of the radiological features particularly helpful. The format of

the notes precludes much detail on management, but there are pointers given which should form the basis for further reading. The book is aimed primarily at examination candidates and particularly those sitting part two of the membership. Nevertheless, it will be of interest to trainees, medical students, and health care specialists in general medicine and rheumatology. The pocket book format facilitates taking the book onto the ward or reading it on the train!

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Arthritis and Allied Conditions. Vols I and II. Eds D J McCarty, W Koopman. 12 ed. (Pp 2200; £162.) London: Williams & Wilkins, 1992. ISBN 0 81211 430 2.

The 12th edition of this well known American textbook covers the period 1989–93. Professor Daniel McCarty is joined as editor by Dr William Koopman, who will edit the next edition. Three new chapters mean expanding to two volumes with authors from across the States, and contributions from Belgium, Canada, Japan, Switzerland, and the United Kingdom.

The first section introduces us to the study of the rheumatic disease with two chapters on palaeopathology. We learn about research into dinosaur bones and that the aetiology of human avascular necrosis may be elucidated by studying diving habits and physiology of turtles. Epidemiology of the rheumatic diseases, currently important, is well covered world wide and space is given to the rarer rheumatic diseases as well as fibromyalgia and back pain. Clinicians will find the differential diagnosis of arthritis written by such an experienced physician as Dan McCarty a delight. His description of the rapid sacroiliac and spine examination performed by draping the patient over the couch like a policeman frisking a suspect merits investigation. A new chapter on magnetic resonance imaging shows beautifully how early changes in inflammatory or degenerative arthritis can be recognised. This technique also performs well in tendon problems and rotator cuff tears. Another new chapter on osteoporosis and bone mineral assessment acknowledges the interest of many rheumatologists in the field. Clinical evaluation of the rheumatic diseases is well covered but lacks information on general outcome measures, of increasing importance in today's internal market philosophy.

The section on the scientific basis for the study of the rheumatic diseases gives ample meat for the scientist, with chapters on structure and function of joints, synovial physiology, collagen, cartilage, and the many cells involved in

the rheumatoid process. Clinical pharmacology of anti-rheumatic drugs is well represented with more attention paid to methotrexate than sulphasalazine (salazopyrin). An excellent personal account of treatment is provided by Daniel McCarty, extolling the advantages of combination therapy as opposed to the old pyramid system.

A whole section is devoted to rheumatoid arthritis. Chapters on aetiology and pathogenesis, pathology, tissue destruction, and the clinical picture are interesting. A detailed description of exercises for individual joints and explanations of electrotherapy, transcutaneous electrical nerve stimulation, diathermy, and ultrasound appear in the rehabilitation section. Surgery is described by well known authors in the field but, considering how largely the cervical spine figures in clinical practice, coverage is sparse with few references.

The section on the other inflammatory arthritides concludes with an interesting chapter on food allergy, diet, and nutrition. We learn that more than 90% of American arthritic patients spend nearly one billion dollars annually on unproved remedies, including diets—might this be the same in the United Kingdom? Interest in systemic rheumatic diseases is reflected in a detailed section containing chapters devoted to autoantibodies in lupus and the important antiphospholipid syndrome. An authoritative chapter on fibromyalgia, restless leg syndrome, periodic limb movement disorder, and psychogenic pain will interest the clinician.

A section on regional disorders of joints and related structures provides an interesting approach to common problems, reminding us of useful physical signs, investigations, and treatment. Osteoarthritis and metabolic bone and joint disease receive good attention. The latter, written by one of the books' editors provides a goldmine for crystal enthusiasts.

The final section on infectious arthritis gives an important account of the diagnosis and treatment of the many bone and joint infections, debating as always the merits of medical *v* surgical drainage. The last chapter of the book on retrovirus associated rheumatic syndromes acknowledges the importance that rheumatic complaints in HIV infection have assumed recently.

One general feature which irks is lack of colour plates to illustrate rashes and histopathology. More judicious use of colour plates would have been helpful.

As we in the United Kingdom are pulled close towards the rest of Europe by unification of training programmes, etc, it is important to keep in touch with the advances and technology of the New World which this book amply describes. Overall this is an excellent update which will be valued by every rheumatology unit and practitioner.

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