

Book Reviews



Care of the High-Risk Neonate. *M. H. Klaus and A. A. Fanaroff.* W. B. Saunders Company, Philadelphia, 1973, 358 pp., \$15.00.

This book is a welcome and timely contribution to the rapidly expanding field of neonatology. For the practicing family physician it contains a wealth of practical information about newborn infants, both normal and high-risk. In addition, it is a valuable resource book for complicated neonatal problems, helping the family doctor select appropriate consultants as well as personally appraise the capability of a referral center to provide the intensive care required. I believe this book is useful as a reference for the entire health care team who deal with newborn infants.

The text has several unique features that markedly increase its readability and usefulness. In addition to well-designed and simplified graphs, charts, pictures, and tables, the chapters end with a section on practical hints. Here the material is synthesized with an eye towards identifying the most relevant points made in the chapter. This section is followed by several short case presentations that represent the most common clinical examples of the topics discussed. Each case is examined with a series of questions that use a problem-solving approach, giving what the authors feel to be the appropriate diagnostic and therapeutic steps in resolving the problem. In addition to the case presentations, some contributors add a section of questions followed by short discussion answers.

The overall organization of the book is excellent. A well-organized index allows rapid location of specific information. There are 37 appendices that provide a wealth of information which might otherwise be scattered and hard to find quickly. The references are current and not excessive.

The family physician will appreciate the sensitivity of the authors to the

emotional aspects of neonatal care. Proper attention is paid to the problem of frequently impersonal and mechanical aspects of highly complex intensive care required for the high-risk neonate. The compassionate concern for the feelings of the mother towards the infant, and the need of the infant for mothering, has been skillfully turned into a therapeutic modality.

Bill D. Burr, MD
University of California
Davis

The Management of Trauma (2nd edition). *Edited by Walter H. Ballinger, II, Robert B. Rutherford, George D. Zuidema.* W. B. Saunders Company, Philadelphia, 1973, 795 pp., \$26.00.

This book is a thorough, well-written treatise on all aspects of trauma from the immediate post-injury status of the patient up to and including rehabilitation. The editors and authors have wisely drawn upon 39 contributors, each an expert in his field, to present this well-organized reference. The first five chapters are devoted to the subjects of initial evaluation and treatment of the injured patient, the pathophysiology of trauma and shock, the treatment of shock, cardiopulmonary resuscitation and anesthesia in trauma, and acute renal failure in trauma. Each of the following 18 chapters is devoted to a specific organ system involved in injury. It is difficult to find any area of the body or altered physiological state which is not covered in this volume. Each chapter is accompanied by an extensive bibliography.

This 772 page book is carefully written and illustrated adequately enough to reinforce the written text. It is a book of reference and not one of shortcuts. The book has another advantage to the physician in family practice. Even though he may not

handle the entire traumatic problem himself, it gives him detailed information regarding the course of diagnosis and treatment which his specialist conferrer will follow, and allows him to explain with authority to the patient and family just what they must expect before eventual recovery. *The Management of Trauma* is recommended as a reference volume for every family physician handling trauma.

Frank W. Norman, MD
Santa Rosa, California

Medical and Psychological Aspects of Disability. *A. Beatrix Cobb.* Charles C. Thomas, Publisher, Springfield, Illinois, 1973, 384 pp., \$13.75.

This book is written, according to the author, to improve communication among the various members of the health profession responsible for rehabilitation of patients with common disabling conditions. These include heart disease, stroke, cerebral palsy, amputees, respiratory diseases, kidney diseases, intestinal diseases, hearing disorders, and blindness.

The author approaches her task in an interesting fashion. Dealing with each category, she first has a chapter describing each ailment or disease in a rather simplified fashion so that it may be understood by a person with less basic science and technical background than a physician. In the immediately succeeding chapter, she presents the psychologic and social aspects of each condition so that it can be readily understood by a physician whose education and experience may have been more meager in the behavioral sciences. Using this technique, the book is well written and should serve the purpose for which it is published. It is well organized and very easy to read and understand.

The family physician is and will be more intimately involved with all aspects of rehabilitation and its effect on the patient and family, than any other member of the health profession. This book would be helpful to him in assuming and continuing his proper role in the care of the disabled patient and his family.

George E. Burket, Jr., MD
University of Kansas
Kansas City

Psychological Medicine in Family Practice. A. R. K. Mitchell. *The Williams & Wilkins Company, Baltimore, 1971, 197 pp., \$8.00.*

This book is a small readable collection of pages taken from a series of tape-recorded talks which the author prepared for the Medical Recording Service of the Royal College of General Practice. By accident or intent, the final product emerges with an intriguing mixture of fiction and science. The fiction shines through in the liberal use of "folksy" clinical cases; the science sneaks through in the use of simplistic diagrams and numbered points.

In the preface, the author justifies the importance of his subject by stating that "many general practitioners have only a very sketchy knowledge of the psychological and emotional aspects of human disorder. Yet it has been estimated that 34 to 40 percent of all people who consult their family doctors are suffering from a significant degree of psychological and emotional disturbance." He defines his subject by comparing two interpretations of psychological medicine: first, the specialty under the general heading of descriptive psychiatry, in which a detailed study is made of all the mental disorders seen by a psychiatrist; and second, the understanding and treatment of psychological and emotional disturbances as they are reflected in illnesses of all kinds. It is this latter definition that is the focus of this book. The author's intended audience is the young family doctor just starting his career. However, because of the increasing sophistication of medical education, I suspect that for the United States at least, the materials will be more appealing to the medical student and the resident than to the beginning practicing family doctor.

The chapters cover a variety of topics including: "Psychological Emergencies"; "Adolescent Conflicting Confrontations"; "The Anatomy of Melancholia"; "Schizophrenia, the Divided Mind"; and "Suicide, the Great Escape." The other chapter titles reflect the whimsical nature of the book. For example, "Who's Afraid of Virginia Woolf?" is a review of the psychological and emotional results of marital conflict; "A Little Bit of Magic" could be retitled

"Science and Folk Medicine" or "Physicians and Medicine Men." Other titles that exhibit a touch of humor are "The Housebound Housewife" and "Old Age - Sans Everything."

My initial reaction to this book was, "I know most of what has been presented - there's nothing new in this book." With further reflection, however, this reaction had to be extended to, "But I hadn't put the information together in this simple but workable format." Furthermore, I realized that this was a book that I thoroughly enjoyed and that I could read out of the office for both education and recreation.

F. Marian Bishop, PhD
University of Alabama
Huntsville

Twenty Years of Community Medicine - A Hunterdon Medical Center Symposium. Hiram B. Curry et al. *Columbia Publishing Company, Frenchtown, New Jersey, 1974. 183 pp., \$15.00.*

The forbidding title of this slim and very readable volume is somewhat misleading. A clue is to be found in the subtitle. This is not a review of community medicine per se, but rather a selection of essays on a successful community endeavor 20 years ago which resulted in the establishment of a community hospital to meet the county-wide health needs of Hunterdon, New Jersey. This program has become one of the better known health care experiments in the United States, and this volume is the report of the Twentieth Anniversary Symposium of the Hunterdon Medical Center.

The details and the retrospective analysis of this joint enterprise between a community and the medical profession makes this collection of essays required reading for medical school deans and family practice program directors now struggling to extend medical education beyond the walls of the academic medical center. The symposium was not a self-congratulatory exercise; the failures are recorded as well as the successes. There was a failure to establish public health and community medicine as a department in the Center, and there was no development of a prepaid insurance plan for the county with the Center as its base. But the achievements far outweigh the failures.

Hunterdon, which in 1969 was among the first community hospitals to be approved for family practice residency training, was based on four basic assumptions which make good reading for those of us concerned with the development of the discipline of family medicine: (1) The family physician's role is essential to health care systems, (2) Hospital-based specialists are present as family physicians' backups, (3) Medical education in a community hospital insures quality care, and (4) Community hospitals have a wide spectrum of responsibility in health care services beyond their inpatient responsibilities.

The quality of the papers is high. Dr. Richard McGraw presents the many complex problems of medical education in the community with clarity, and expresses his views and proposes solutions with humanity and much wisdom. Dr. Sam Wolfe discusses money and divisiveness and issues a challenge to other communities to replicate Hunterdon. Ann Somers paints a gloomy picture of trends in hospital practice away from the community, while Dr. Hiram Curry reports on the remarkable growth of family practice. In the final paper, Dr. John Millis considers the new demands, needs and opportunities that will face Hunterdon and many similar communities in the years ahead.

I enjoyed reading this well produced book with its useful selected bibliography. I hope it will find its way into the hands of many students, residents, and program directors. This success story will inspire those working to advance family practice.

Robert Smith, MD
University of North Carolina
Chapel Hill

Consultations in Dermatology II. Walter B. Shelley. *W. B. Saunders Company, Philadelphia, 1974, 333 pp., \$12.00.*

This delightful book is volume II in a series of "rounds" in dermatology. It contains 50 short chapters of four to ten pages each describing individual dermatologic disorders. Each chapter opens with a brief, typical case history followed by a general clinical discussion, a photograph of the lesion, a description of pathophysiology, a discussion of treatment, and references. Dr.

Shelley has a unique way of writing that makes dermatology exciting. Although not a complete reference book for a specific topic, this work complements the standard texts beautifully and is filled with pearls of wisdom and therapy. Each chapter contains a great deal of otherwise hard-to-come-by information presented in a clear and succinct manner. I had difficulty putting the book down between readings. It should be a most valuable addition to reference material in dermatology for practicing family physicians and family practice residents.

Herbert R. Brettell, MD
University of Colorado
Denver

Aspiration and Injection Therapy in Arthritis and Musculoskeletal Disorders: A Handbook on Technique and Management. *O. Steinbrocker and D. H. Neustadt. Harper and Row, Publishers, New York, 1972, 116 pp., \$5.95.*

This book should certainly be of interest and of great help in practice since musculoskeletal pain and arthritic problems are frequently seen in a family physician's office. In the preface of this short book, the authors indicate that it is a handbook providing a readily available compilation of indications and techniques in which unnecessary discussion has been avoided. The authors have accomplished their purpose. An introductory chapter deals with analgesic and anti-inflammatory agents, together with a number of instruments in addition to the syringe presently used for their administration. A brief discussion follows relating to the rationale, indications, contraindications, and hazards for both local analgesics and corticosteroids. General techniques for local injections are described as well as techniques for specific regional injections. Many photographs and diagrams are used to add clarity to the descriptions of specific regional injections. This booklet is a valuable addition to the family physician's library and should allow him to relieve musculoskeletal and arthritic pain more effectively.

H. J. Gardner, MD
McKay Dee Hospital
Ogden, Utah

The Diagnostic Interview (2nd edition). *I. Stevenson. Harper and Row, Publishers, Hagerstown, Maryland, 1971, 290 pp., \$6.00.*

This book is primarily directed to the medical student who is beginning to develop knowledge and skills in patient interviewing techniques. The text is certainly relevant to family practice despite a maximal emphasis on behavioral science and a minimum content related to organic processes. The family practice resident and young practicing physician will find valuable suggestions from an easily read, well-organized presentation. The book contains many examples of interviews and several figures which are most appropriate and enhance readability. The student will of necessity adapt, from this idealistic format, a workable and realistic technique of patient care.

William A. Fisher, MD
University of Oregon
Portland

The Child With Disabling Illness; Principles of Rehabilitation. *John A. Downey and Niels L. Low, W. B. Saunders Company, Philadelphia, 1974, 627 pp., \$22.50.*

Chronic and disabling illnesses and injuries in children are relatively less frequent than brief curable ones and also less frequent than such problems in adults. They do occur in family practice, however, and when they do, are of great significance because of the child's longevity. Rehabilitation of the child to as productive a life as possible is important for obvious reasons. This type of care must deal with the whole family complex and involve recognition of the importance of family interaction that can add to or detract from the rehabilitation.

Even though there are 28 contributors for the 27 chapters, the text is uniformly well written. Most family physicians will not be able to read it rapidly, however, because of the complexity of the subject matter; they will most likely use the book as a source of information and will study a particular chapter when they have a child with that problem under their care.

The book is divided into five sections: Selected chronic medical illnesses, disorders of the neuromuscular

system, disorders of the musculoskeletal system and injuries, dentistry, and psychosocial aspects. The text is extensively illustrated with 174 figures (diagrams and photographs), 27 tables, and a large number of case histories. These are of high quality and contribute greatly to the value of the book.

It is undoubtedly intended for use by pediatricians, family physicians, family practice residents, and all other health care personnel who occasionally have children with disabling or potentially disabling illnesses under their care, especially those amenable to rehabilitation.

As an example of the book's contents, one chapter is entitled "Childhood Orthopedic Syndromes; Representation in Three Developmental Age Periods." The authors selected three important orthopedic hip diseases to discuss, each with an onset with predilection for a different portion of the childhood span of growth and development: Infancy — congenital hip dislocation; Childhood — Legg-Calvé-Perthes disease; and Adolescence — slipped epiphysis. On 33 printed pages and with 27 figures (photographs and x-rays) one finds subsections on etiology, clinical identification (or characteristics), radiographic changes (or characteristics), management (or treatment), prognosis, and references for each of the three syndromes.

Many individual practitioners may wish to purchase this book. It definitely should be available in each family practice residency library and in that of every community hospital.

Leland B. Blanchard, MD
San Jose, California

NOTICE

The American Board of Family Practice announces that it will give its next two-day written certification examination on November 1-2, 1975. It will be held at five centers geographically distributed throughout the United States. Information regarding the examination may be obtained by writing to:

Nicholas J. Pisacano, M.D., Secretary
American Board of Family Practice, Inc.
University of Kentucky Medical Center
Annex 2, Room 229
Lexington, Kentucky 40506

Please note: It is necessary for each physician desiring to take the examination to file a completed application with the Board of office. Deadline for receipt of application in this office is June 15, 1975.