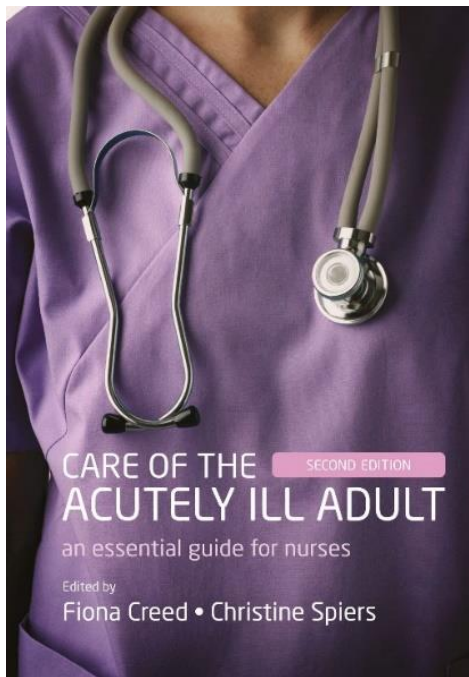


BOOK REVIEW

CARE OF THE ACUTELY ILL ADULT-An essential guide for nurses. Second Edition

Publisher: Oxford University Press; 2nd edition
 Paperback: 448 pages
 ISBN-13: 978-0198793458
 eTextbook: \$31.75; Paperback: \$43.01–45.95



Second edition of Creed and Spiers book continues to address the difficult subject of caring for the rapidly deteriorating patient. Updated National early Warning Score-2 is used in this edition and enables the nurse to respond effectively to the quickly changing needs of such patients. Each chapter is divided into separate sections of Contents, Learning Outcomes, Multiple Choice Questions for self-assessment and an End of Chapter test with separate sections for knowledge and skills assessment. Each chapter ends with a complete list of references used that add to the scientific quality in addition to giving an evidence base to the information presented.

Each chapter addresses a body system, beginning with relevant knowledge from anatomy and

physiology. Authors provide comprehensive descriptions of pathophysiology of commonly seen disorders of each system. Required standards of nursing assessment contain sections on History Taking with well-rounded review of commonly seen symptoms in acute care. It is interesting to note that some rarely occurring conditions are addressed very well in order to make sure that the reader develops a high clinical index of suspicion. One such example is the description of Takatsubo cardiomyopathy on Page 72, in the section on cardiovascular disorders.

This book is easily distinguishable from similar works from the past because of the authors' attempt at completeness of information presented. There is ample coverage of common investigations performed in such patients in separate sections. Drugs, their mechanisms of action, side effects, important interactions and indications are presented in a friendly and easy-to-remember format. Special procedures in ICU, for example, caring for a patient with chest drain are addressed in relevant chapters.

Sepsis and septic shock are dealt with careful attention to detail that this topic merits. This book gives detailed account of physiologic changes during sepsis and septic shock enabling the reader to apply special septic care bundles and provide escalation in support as and when needed. There is a full section dedicated to the seven-point strategy of the Surviving Sepsis Campaign. There are separate sections dedicated to descriptions of the Sepsis Six and the Red Flag Sepsis.

There are separate chapters on Nutrition and Fluid and Electrolyte management. Education about these aspects of patient care is essential for frontline staff working in acute care and ICU settings.

The chapter on pain assessment and management in acute care surpasses any similar account from

other books currently being used by nurses in emergency care and ICUs. Pain physiology is described with focus on different mechanisms of pain and the “Biopsychosocial” model of pain. Pharmacologic pain management is described in adequate detail starting with NSAIDs. Opioids, patient controlled analgesia, Clonidine, Ketamine, regional and spinal analgesia is discussed along with major side effects, nursing assessment and early recognition of complications. Separate section is given to epidural analgesia, Continuous Perineural Blocks and non-pharmacologic pain management.

Acute care is different from other medical care protocols, mainly because of the rapidly changing condition of the patient and the need to anticipate deterioration before it actually happens. Patient escalation is taught and practiced diligently in all acute care settings. This book focuses on patient assessment according to ABCDE format, the Early Warning Score by the Royal College of Physicians, an updated Track and Trigger system and the New UK Early Warning Score, NEWS2. Red Flag criteria from NICE Guidelines are also discussed. There is a short section on acute care in the community aimed at reduction in avoidable deaths.

Chapter 11, titled, “Acute Emergency Situations” covers all aspects of basic and advanced cardiorespiratory life support. Heart rhythm abnormalities and their management is discussed in detail. The ABCDE approach to resuscitation, cardiorespiratory arrest, CPR and the clinical management algorithms of the Resuscitation Council of UK are all covered in adequate detail. Drugs used during advanced life support and their dosages are given as well. Anaphylaxis and its clinical algorithm are given in a separate section.

The authors’ attention to detail is evident from the fact that this book has a chapter on patient transfer in acute care setting. Safe transport of acutely ill or rapidly deteriorating patients is a difficult task, even in best hands. An entire section describes the

transport team composition and their ability to communicate with the patient, the family and with each other. In addition to the usual requirements for nursing care of patients who are being transferred, the reader finds practical advice for safe transport, such as oxygen cylinder preparation with integral valve. Details such as safe arrival of the patient and communication during patient handover are adequately covered and well explained.

Last chapter of the book, titled “Planning for Emergency Care and Treatment when Recovery is Uncertain” addresses the history, politics and economics of healthcare in acute care settings. Two unique and seldom addressed areas that are discussed very well in this chapter are nursing advocacy for family and patient support and calling for help right at the outset in cases where recovery is uncertain. An entire section is dedicated to ethics of withholding and withdrawing treatment. This is one of the most comprehensively written sections in the entire book, complete with examples of legal precedents in withholding and withdrawing medical treatment.

This book is an excellent source of readily available knowledge and practical tips required for quick decision making in acute care settings. Medical and nursing students, nurses, ICU technical support staff and emergency care nurses and support staff are likely to benefit from this book. It should be made available in all medical and surgical units dealing with patients who are likely to deteriorate quickly. Daily tutorials based on its chapters using the references quoted will form an excellent academic activity for any of the patient care teams mentioned above.

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