

Boekresensies

NUTRITION AND DIET THERAPY (Tweede Uitgawe), deur Sue Rodwell Williams (723 bladsye) (C.V. Mosby Co. St. Louis)

Omdat daar so 'n noue verband tussen voeding, gesondheid en siekte bestaan, is opleiding in voedingsleer en dieet-terapie ook vir die verpleegster van groot belang. In dié boek word die basiese beginsels van voeding, die toepassing daarvan in die gemeenskap, die voedingsbehoefte van verskillende groepe, asook voeding in siektetoestande behandel.

Die boek dek 'n wye veld en die meeste onderwerpe word breedvoerig bespreek. 'n Uitsondering is egter byvoorbeeld die gedeelte oor babavoeding — 'n gebied waar die verpleegster veral 'n belangrike rol speel, omdat sy dikwels die enigste persoon is van wie die jong moeder voorligting ontvang. Die onderwerp word baie oppervlakkig behandel en die voordele van borsvoeding bo bottelvoeding word nie genoeg beklemtoon nie.

'n Volledige indeks maak dit maklik om enige onderwerp gou en maklik op te spoor. Van verdere hulp is die woorde-lyste na die eerste paar hoofstukke wat fisiologiese en dieetkundige terme verduidelik of omskrywe, asook die bylaes agter in die boek wat verskeie nuttige tabelle bevat.

Die boek is in 'n gemaklike trant geskryf en die inhoud word boeiend en interessant aangebied — dit sal die student prikkel om verder te wil lees. Die boek is dus 'n goeie handleiding wat aan die verpleegster die basiese agtergrond en inligting oor voeding — waarmee sy in haar beroep te doen sal kry — bied en word sterk aanbeveel.

M.E. VAN STUIJVENBERG

CURRENT PERSPECTIVES IN PSYCHIATRIC NURSING

(Issues and Trends) Volume 2

deur C. L. Kneisl en H. S. Wilson (ed)
(C.V. Mosby Co. St. Louis, 1978)

Hierdie geredigeerde publikasie is 'n tweede in die reeks waar daar gepoog is om te kyk na verskeie fasette van psigiatriese verpleegkunde.

Soos tans ook in Suid-Afrika te bespeur is, alhoewel meer gevorderd in die VSA, hou psigiatriese verpleegkundiges introspeksie, wat as noodsaaklik beskou kan word in die evolusie van psigiatriese verpleegkunde. In die eerste vol-

Book Reviews

ume het die volgende 3 afdelings aandag geniet:

- Perspectives on ourselves
- Perspectives on our practice
- Perspectives on our theory.

- Perspectives on ourselves
- Perspectives on our practice
- Perspectives on our theory.

In volume 2 is die volgende indelings gemaak:

- Perspectives on therapies and strategics
- Perspectives on dynamics
- Perspectives on roles.

'n Verskeidenheid van menings word weegegee in die publikasie wat 'n stimulerende invloed op die leser het.

Die gebruik van Amerikaanse begrippe en terminologie moet noodwendig met groot versigtigheid bestudeer word voordat dit sonder meer vergelyk of toegepas kan word in 'n Suid-Afrikaanse milieu.

Dit is egter juis hierin waar die waarde van die publikasie verval is en waarom dit aanbeveel kan word vir gebruik deur:

- dosente in die psigiatriese verpleegkunde praktyk vir indiensopleidings-besprekings,
- verpleegonderwysstudente wat vakverdieping doen in psigiatriese verpleegkunde as deel van voorgeskrewe literatuur.

A. BRUWER

SOCIOLOGY AND NURSING

by James P. Smith

(Livingstone Nursing Texts)

This is a useful text, particularly to the teacher; but for students it requires the guidance of a tutor with a greater depth in sociology, to explain the implications of the multiple references to recent sociological literature, if the work is to be really meaningful.

The book commences in classic manner — What is Sociology? — What is a science and scientific method? It plunges into research in nursing at a suprisingly early stage, dealing with research tools and ethical considerations, and briefly discusses a selection of research studies, which are interesting; the chapter may contribute to an understanding of research.

The third chapter focuses almost exclusively on the art and science of nursing, professional criteria, associations, ethical

dilemmas. It is well documented with many references to reports on nursing or nursing education in the United Kingdom. The links with sociology are not made explicit: this is also the case in a short, rather superficial chapter on "Roles — Patient and Nurse".

The chapter on demography deals systematically with the characteristics of population, using statistics for England and Wales, which could provide good comparative figures. However the material is not always related to health or social policy and the implications are not necessarily highlighted for the inexperienced reader.

The section on organisation has a strong sociological bias. The executive role of the nurse is identified; social change is handled well and reference to the health services of different countries is valuable; likewise the last chapter — "The British Welfare State" has relevance for students of administration and community health.

Socialisation of the individual and the influence and implications of socialisation in society are dealt with in some depth, and are followed by a useful chapter on socialisation in the hospital social system with a dual perspective on becoming a nurse and a patient.

This small soft-cover book (approximately 170 pages) does not attempt to embrace the whole field of sociology. However it is certainly of value to senior nursing students, tutors and administrators, and should be available in reference libraries.

S.B. WILLIAMSON

**NUTRITION AND DIET THERAPY —
A LEARNING GUIDE FOR STUDENTS**
by Sue Rodwell Williams (186 Pages)
(C.V. Mosby Co. St. Louis).

This book is presented in an original way and although it does not deal with the basic principles of nutrition and diet therapy it is a good supplement to the basic handbook.

The book is divided into three sections. The first section deals with an approach to the learning process. Learning takes place within the individual, and we learn only from the things we discovered for ourselves. Learning cannot be forced on us.

The second section contains questions in regard to the basic principles of nutrition. This is intended to stimulate, and is a guide to students in how to ask questions. A space is left after each question in which to write down ideas, as well as any further questions which may arise.

Lastly, the student is given an opportunity of applying her theoretical knowledge. This section contains 28 case studies which include the most common nutritional problems and diseases. The medical and home background of each patient is sketched, followed by a series of questions which are an incentive to the student to think and to attempt to find a solution to the situation himself. The book on its own, however, is not adequate, and should be used with a basic handbook on nutrition and diet therapy.

M.E. VAN STUIJVENBERG

INFECTION — PREVENTION AND CONTROL
by E. C. Dubay and R. D. Grubb
(C.V. Mosby Co., St. Louis, 2nd Ed. 1978)

This softcover book runs to eleven chapters, five of which, covering the familiar administrative aspects of policy, procedures, planning, organisation and record-keeping, are written by the authors. Other contributors include an attorney, an environmentalist, a psychiatric social worker and nurses in specific fields.

The subject is introduced by a microbiologist who reviews briefly some aspects of bacteriology and epidemiology of community- and hospital-associated infections.

A very long chapter covers in great detail every aspect of **prevention** in high risk areas of the clinical units and ancillary departments like the dispensary and canteen. Isolation technique and the care and disinfection of all nondisposable equipment which could be contaminated is included under **control** measures.

This chapter produces ample information from which the nurse at any level could compile checklists for work appraisal, evaluation of quality care and for selfevaluation purposes.

An educationist contributes a chapter containing much sound and useful knowledge on the methods of teaching, the tools, techniques and teaching aids relevant to this subject, programme outlines and a section on patient teaching.

A welcome inclusion in this text is the chapter on meeting the emotional needs of the patient in isolation — an aspect of communicable disease nursing that we may well be aware of but which is seldom spelt out *per se*. Particularly pertinent are the sections on the needs of the teenager and those of the family and other visitors who are seldom, as members of the lay public, conversant with procedures and precautions during isolation that are positively geared to the wellbeing of all.

Finally readers are alerted to the legal aspects of hospital-associated infection. This section is written by an attorney and there is much common sense in the simply-phrased discussion of what amounts to medico-legal hazards that could as well apply to our hospitals.

The book reads easily — the language is simple and very factual — for it is a factual text in which extravagance of expression would have no place. However, one or two colourful American terms did catch my eye, viz "nosocomial" infections from the early hospitals of Christian times, "code-arrest cart" (cardiac-resuscitation trolley) and "multiple occupancy units" — outpatient departments.

Although the arrangement of chapters does not seem entirely logical, there is a comprehensive index, a useful glossary of terms and several pages of documented source material which should encourage further reading.

Covering as it does, aspects of administration, education and care, this book is highly recommended for all nurses and other health professionals seeking information on infection from whatever angle.

E.B.I. BROWNLEE