

# BOOK REVIEW

## **HYPERTENSION CONTROL FOR NURSES AND OTHER HEALTH PROFESSIONALS**

**by Mahendr S. Kochar and Lynda M. Daniels.  
(Publishers. The C.V. Mosby Company, Saint Louis)**

This book has been written by an American doctor and nurse to meet a need for more comprehensive knowledge of hypertension. It is very well written with clear, concise explanations.

The chapters deal with the following aspects of hypertension (the sequence is that of the chapters):-

Complications; predisposing causes; incidence; normal regulation of blood pressure and pathophysiology at hypertension; chemotherapy; patient evaluation; treatment; counselling of the patient; patient adherence to treatment regime; organisation of hypertension clinics. Each chapter is followed by a brief summary and a list of suggested readings.

Normal regulation of blood pressure and the pathophysiology of hypertension are excellently presented. They are simply phrased and easily understood.

Chemotherapeutics used in the treatment of hypertension are dealt with in detail. The relevant chapter is extremely comprehensive, beginning with a brief history of the drugs previously used in the treatment of hypertension and the development of current drugs. The figures quoted in the incidence of hypertension are of limited use in this country. As they deal with the American population they could only be used as a comparison with our local incidence.

This book is an extremely valuable reference book, and would be an asset in any medical library. It would, however, be too detailed for use as a textbook for student nurses.

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