

Books

Becoming a learner in the workplace**What is it?**

This book is aimed at students on placements in health and social care settings, and is written to support learning in work-based contexts.

Who is it by?

Dr Mark Wareing, director of practice learning in the department of healthcare practice at the University of Bedfordshire

What does it say?

The book provides clear explanation and differentiation between work-based and practice-based learning. The chapters aim to develop practical skills and suggest strategies to maximise workplace and practice-based learning opportunities. There is also advice on approaches to empower, enthuse and enable aspiring health and social care students to secure and establish their first senior post in health and social care.

Published by

Quay Books

Management of chronic insomnia: A guide for the health professionals**What is it?**

A practical guide for nurses and other healthcare professionals to treat patients with insomnia.

Who is it by?

Antonio Ambrogetti is the clinical director of sleep medicine at Warners Bay Private Hospital.

What does it say?

A comprehensive overview of insomnia, its treatments, and how healthcare professionals can help a patient to minimise the condition's impact on their quality of life. It provides a number of case studies, as well as assessment and management strategies. It also details various ways to treat chronic insomnia in a practice setting. For added practical value the appendix also contains a set of useful resources. These include questionnaires for the patients, as well as a 'sleep diary' which professionals can use to monitor the condition.

Published by

Quay Books

The ugly truth about cigarettes – with no filters

SMOKING – WHAT ALL HEALTHCARE PROFESSIONALS NEED TO KNOW

An interesting and extremely informative read, this book by *Independent Nurse* contributor Graham Cope provides a detailed insight into the health issues around smoking.

The book is easy to read and in the first section we are reminded of the detrimental effects of cigarette smoking on health and that every organ in the body can be affected. Tobacco products pervade the whole body so several methods are required to measure the level of smoking and nicotine addiction.

It was easy to digest the statistics in the book. We know that smoking is still common, with more than 10 million British adults smoking on a daily basis, and the cost of smoking-related healthcare in the UK is estimated at somewhere between £3-£6 billion. This includes hospital admissions, GP consultations and prescriptions. However the cost to society is much greater. This has been estimated at over £13 billion and includes the loss in productivity and increased absenteeism.

Historically, the easiest way to assess smoking habits was simply to ask the smoker about their daily usage. Cope suggests that this method provided some useful information, but tended to be unreliable and subject to bias. The Fagerstrom Test for Nicotine Dependence was clearly set out and easy to read and understand. It would appear that there are still patients that may feel embarrassed or guilty in disclosing some information on the questionnaire. The Fagerstrom Test is certainly one of the questionnaires that we use within our practice.

The book tells us that although cigarette smoking is the most important and preventable cause of illness and premature mortality worldwide, smoking cessation is seldom a priority for physicians and nursing staff. When I read this I was a little surprised. In my own practice all of the doctors and the nursing staff always ask the patients about their smoking habits.

If time constraints don't allow us to give lengthy advice, we give brief advice.

The author argues that the most valuable smoking cessation service is counselling, with the emphasis on building a rapport and boosting the individual

SMOKING

what all healthcare professionals need to know

Graham F. Cope

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PUBLISHING

Fact file

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Author Graham Cope

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smoker's motivation, assisting with the choice of drugs, and ensuring that the patients have realistic expectations for how they can improve their chances of quitting.

The book also delves into the effects of smoking on the various systems in the body. This is detailed, though easy to understand. I would agree with the author that members of the public are aware of the dangers in relation to lung cancer and heart disease but are ignorant of the many other diseases and health problems that may arise from smoking cigarettes.

For a newly qualified nurse, this book may provide just too much information and could be daunting. But after reading it I feel better educated in providing up-to-date, evidence based information to my patients and would recommend this book for other experienced nursing colleagues.

Maureen Anderson is a practice nurse in Glasgow