

Smoking: What All Healthcare Professionals Need to Know

Graham F Cope
M&K Publishing
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Based on research by the author, this book makes clear the effect of smoking on every system in the body and its contribution to many diseases.

The aim is to enable healthcare professionals to provide 'helpful, accurate advice and feedback to reduce smoking among patients'. This intention is met through the clear summary on the back cover and the well-defined structure of each chapter.

An introduction explains the detrimental risks of smoking, while a chapter on smoking cessation includes therapies to help and a useful section on motivational interviewing. Subsequent chapters focus on a different physiological system and most conclude with a summary of the main points.

Although not specific to nurses, this book will be of value to all nurses, whether they are students learning about the effects of smoking or nurses working in health promotion or clinical areas who require information to educate patients and families. It will be a worthwhile addition to academic libraries, wards and services.

Reviewed by Janice Logan, lecturer in palliative care at St Columba's Hospice, Edinburgh

APP



Cancer Genetics

Guy's and St Thomas' NHS
Foundation Trust clinical genetics
team with UBQO
Free | iTunes and Google Play

The Cancer Genetics app is a hereditary cancer risk assessment and referral guide developed by the clinical genetics team at Guy's and St Thomas' NHS Foundation Trust with technology company UBQO.

The tool provides evidence-based risk assessment tools, a reference guide to specific hereditary conditions and links to further information and useful websites. Its aim is to provide streamlined referral guidance.

The app also provides a framework of questions that can be used when managing patients who are concerned about an inherited predisposition to cancer.

Healthcare professionals can use the app to assess a person's risk and, if necessary, refer them to cancer genetics services.

Overall, this is a useful app and easy to use.

Reviewed by Layla Haidrani



POINT OF VIEW

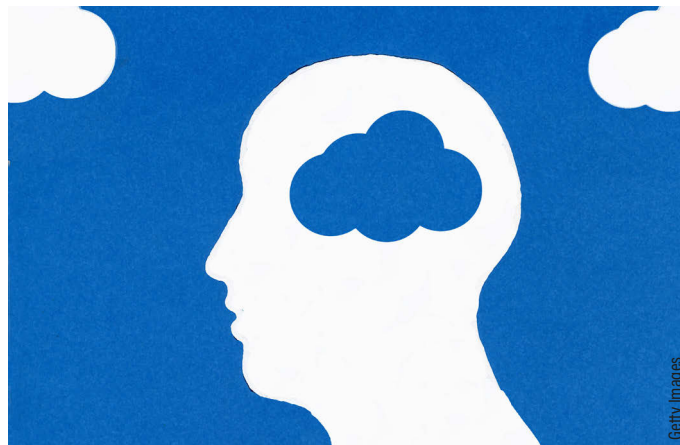
Richard Henry

UK Oncology Nursing Society
president elect

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'This is no dream world'

It is not all as grim as a disheartened student might think



Getty Images

One of my students presented her beautifully crafted, articulate and passionate argument – people like you, she said, are living in a dream world. You continually discuss and write about the potential of cancer nursing, building and sustaining therapeutic relationships, and advancing practice and holistic care. It all sounds great but far removed from the reality of most nurses' working lives, she maintained.

Let's face it, she said, the state of health care is grim and the possibilities for nursing are dire. She demanded to know which trusts are not close to the point of collapse because of nursing shortages. How many of these trusts, she asked, are scouring the world for nursing talent?

She pointed to the EU referendum and its ugly rants about immigration and unscrupulous use of the NHS. The advent of loans for nursing students will only dishearten the most talented and able recruits, she went on, while arguably,

in the post-Francis era, nursing is in danger of losing public confidence. It is sad that a young nurse has such pessimism and there is a real danger that nursing might allow itself to be overwhelmed by relentless bad news.

It is equally important, however, to remember that there is still much to celebrate in nursing.

Extending boundaries

There are countless examples of dedicated professionals striving to maintain high quality services and many others extending the boundaries of practice. This is particularly the case in oncology, where nursing is continually adapting to changes in treatment delivery and provision of care.

It is worth reflecting that nurses have never been as well educated as they are today, nor so highly skilled and certainly not so empowered. This translates into much more effective and efficacious treatment and care. This is no dream world – this is reality and we should be proud of it.