

Book Reviews

Ophthalmology for Primary Care. By Gloria Wu. 197 pp, illustrated. Philadelphia, WB Saunders, 1997. \$35 (paper). ISBN 0-7216-5078-3.

This first-edition textbook of ophthalmology is designed for primary care physicians. Its focus is on common eye complaints. The text, which begins with an overview of the anatomy of the eye and examination techniques, discusses common eye disorders, sudden vision loss, eye emergencies, systemic disease, optic nerve disorders, tumors of the eye, and ophthalmic emergencies. An additional chapter is devoted to examination of the pediatric patient. Each chapter includes examination and management summaries highlighting important clinical issues within each section. Before the text are 12 pages of color plates, each page containing six clinical findings. The appendix includes important information on commonly used eye medications, commonly performed tests, and common surgical techniques.

The book is understandable for learners at any level. The index is detailed and easy to follow. The use of drawings and black-on-white photographs to assist and focus the reader is especially effective when drawing the reader's attention to clinically important findings. The author's strategy of starting with basic anatomy and examination skills and following with common disorders is very effective. There is no formal bibliography, nor does the book include references.

I believe that this reference book is useful for clinicians and residents, as well as medical students looking to build a foundation in the ophthalmologic examination. Best of all, the book is relatively inexpensive, which should allow even those on a limited budget to include it in their personal library.

Scott A. Fields, MD
Oregon Health Sciences University
Portland

Pediatrics. An Approach to Independent Learning. Third edition. Edited by C. William Daeschner, Jr, and C. Joan Richardson. 421 pp. Baltimore, The Johns Hopkins University Press, 1997. \$65 (cloth), \$34.95 (paper). ISBN 0-8018-5604-3.

When I did my pediatrics rotation 20 years ago, my fellow medical students and I were told that we needed to learn everything in Nelson's massive pediatric textbook. This injunction was reinforced by weekly tests on material from random sections of the book. Fortunately, medical education has made some advances since my undergraduate days. This textbook for students doing their pediatrics rotation is one of them.

The purpose of this book is to teach students the essential knowledge, skills, and attitudes needed for the care of children most likely to be seen by a general physician. Thus the focus is on common outpatient pe-

diatric problems. Much of the material is written in a case-based format. Each of the 30 chapters includes objectives, questions, and answers. The entire book can easily be read during a month-long pediatrics rotation.

The book's chapters have many different authors, which causes some difficulties. For example, many chapters have no explanations accompanying the answers. Although the editors state they want to encourage students to develop a lifelong habit of referring to other references, only three chapters list reading resources. The use of case-based format varies tremendously between the chapters. Many chapters are written entirely in a case-based format, making it difficult for readers to find and review the content. In contrast, the chapter on abdominal pain contains no cases at all.

Despite these faults, this textbook is an excellent choice for medical students doing their pediatrics rotation. Resident physicians will not find this text helpful, nor should it replace even a decades-old Nelson's on a practicing physician's shelf.

Diane J. Madlon-Kay, MD
Minneapolis, Minn

Chronic Musculoskeletal Injuries in the Workplace. By Don Ranney. 352 pp., illustrated. Philadelphia, WB Saunders, 1996. \$49.95. ISBN: 0-7216-6841-0.

As primary care providers, family physicians examine and treat patients who have a variety of chronic musculoskeletal injuries. Because these injuries are common in the workplace as well as everyday life, a book providing information about various types of overuse injuries would be extremely relevant to the practice of family medicine and could serve as a primer as well as a reference book in this area.

Well written and well organized, *Chronic Musculoskeletal Injuries in the Workplace* provides useful information to the practicing primary care physician on many of the common overuse injuries. The book is divided into three sections—Scientific Basis, Diagnosis, and Management. The section on scientific basis introduces background information on many of the specific injuries found in the occupational setting, and the diagnosis and management sections offer practical aspects of these problems to the practicing physician while successfully integrating several social and philosophical issues. As an added benefit, the appendices display useful information, forms, and tools that can be implemented easily into practice.

This interesting and well-written introduction to chronic musculoskeletal injuries found in the workplace and encountered during everyday practice is much more readable and enjoyable than the average reference book. The author discusses specific information while maintaining a personal and practical perspective, and the illustrations, though simple, emphasize and ex-

pand upon key points from the text.

Though not a reference book by the purist definition, *Chronic Musculoskeletal Injuries in the Workplace* provides an excellent overview of specific occupational maladies as well as an interesting discussion and philosophies of occupational injuries. While it would not serve physicians heavily involved in occupational medicine, this book is valuable reading and a good reference for most family physicians.

Peter J. Carek, MD, MS
Medical University of South Carolina
Charleston

Primary Care Psychiatry. Edited by David J. Knesper, Michelle Riba, and Thomas L. Schwenk. 456 pp, illustrated. Philadelphia, WB Saunders, 1997. \$39 (paper). ISBN 0-7216-6509-8.

This textbook of psychiatry is unusual because it is co-authored by general internists, family physicians, and mental health specialists and edited in a fashion to make it particularly applicable to primary care physicians. Physicians dedicated to the delivery of comprehensive health care have always been involved in the diagnosis and management of mental disorders, and building competency skills in the management of common psychiatric and behavioral disorders in office practice is a major goal of primary care residency programs. Hence, such a textbook is a very much needed addition.

The editors have succeeded in their goal to make this book user-friendly; in the process they deliver many practical take-home messages. Furthermore, the contributing authors are faculty almost entirely from the University of Michigan, and their collaboration is especially apparent as one reads the many scripts that illustrate strategies that physicians can use in counseling their patients. Italicized messages highlight important concepts and rules while the charts and tables throughout the text offer brief outlines of the content of each chapter. These features allow the clinician easy access to information for immediate use.

The book is divided into five sections: Part I—Principles of Practice, Diagnosis and Treatment deals with such issues as psychopharmacology, common psychiatric emergencies, dealing with the difficult patient, counseling for behavioral change, and how to use the referral system. Part II—Specific Neuropsychiatric Disorders addresses practical approaches to the diagnosis and management of depression, both minor and major; anxiety disorders; psychoses, including schizophrenia; common emotional and behavioral problems of children in adolescence; Alzheimer's disease; and insomnia and sleeping disorders. Part III—Neurobehavioral Medicine deals with a challenging array of clinical disorders, including chronic fatigue syndrome and fibromyalgia, pain syndromes, nicotine and smoking and other drug-related problems, eating disorders, and obesity and sexuality issues, as well as domestic violence and abuse.

Part IV—The Information Highway provides a succinct and cogent introduction to the use of the Worldwide Web and how to acquire psychiatric information, particularly relevant to the primary care physician. Part V is the appendix section, which provides useful patient handouts describing major side effects of psychotropic drugs, a guide to self-help books about primary care psychiatric problems, resource service catalogues, and a guide to organizations dedicated to specific primary care psychiatry and referral information.

This is a book I can recommend heartily for medical students, primary care residents, and any practitioner who maintains an active practice in the primary care arena. It is highly readable and can be used easily by both the novice and experienced generalist or psychiatrist. It is certainly worth the cost, and the editors and authors can be congratulated for a job well done. It will become a major resource in our residency program's library.

Nikitas J. Zervanos, MD
Lancaster General Hospital
Lancaster, Pa