



## Books and resources

### Psychosocial Nursing Care: A guide to nursing the whole person

Dave Roberts

Open University Press

(2013)

ISBN: 978-0-3352-4414-0

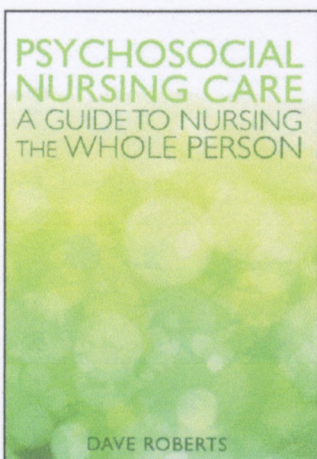
184 pages

£24.99

This is an excellent book for both students and qualified nursing staff to help develop knowledge and skills in caring for the 'whole person'.

The book considers different aspects of therapeutic nursing care that include both physical and psychosocial needs of the patient.

This book captures a skills-based approach to improving nursing care and would help to improve nurses' confidence in delivering psychosocial interventions to include the engagement process, a systematic assessment along with the management of the disorder.



The book is logically laid out, with nine chapters that begin by assisting the reader to understand the personal experience of illness followed by the importance of communication skills and development of the nurse-patient relationship.

The systematic format continues and embraces the process of psychosocial assessment and psychotherapeutic approaches to working with anxiety, depression, psychosis and those who display challenging behaviours from a whole person perspective.

There is a chapter that discusses the main psychotherapeutic models and approaches that are relevant to nursing practice and each of the disorders covered in the book is discussed in terms of these models and approaches.

Case studies and personal stories are included throughout and help to illustrate practice opportunities such as psychological assessment format; problem solving treatment; relaxation techniques for anxiety and so on.

Each chapter identifies its learning outcomes at the start and the text that follows is clear and straightforward allowing for an easy read.

There are frequent reflection points that allow for themes to be understood in the context of practice situations and to guide the reader towards self reflection to aid further learning.

Each chapter clearly summarises its topic in a succinct manner along with providing key points that encourage the reader to retain the salient information.

The author is a practising nurse and an academic for other nurses in practice

and clearly aims to support development of nursing practice and individual confidence in delivering it.

I would recommend this book to those nursing staff who wish to develop their practice to incorporate a more integrated psychosocial model of nursing care.

Helen Froggatt

### But Then Something Happened: A story of everyday dementia

Chris Carling

Golden Books (2013)

ISBN: 978-0-9573-0790-2

240 pages

£10.99

This is a well written and readable account of a daughter's experience of caring for two parents with different forms of dementia.

It is a book for every mental health nurse who works with people with dementia or their carers.

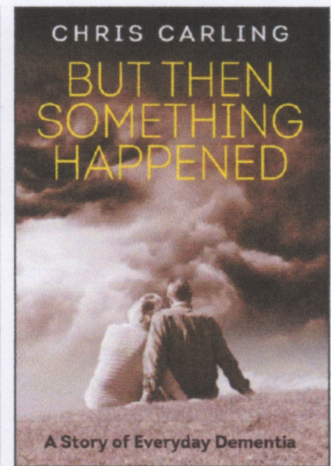
It is also a book that general practitioners, staff working in A&E and staff working with older inpatients on the general wards would find helpful.

It is in two parts. Part 1 is entitled 'Fred, Mary and Me' (Fred and Mary being Chris's father and mother).

This is an amusing and poignant account of Mary's acute illness that leads to a hospital admission for investigation.

This is followed by realisation that Mary is suffering from a dementia (probably of the Alzheimer type though never formally diagnosed) that makes it impossible for Fred to continue caring for her at home.

Fred has already been diagnosed with vascular



dementia, which manifests itself in withdrawal and a degree of apathy.

Mary is duly admitted to a 'home' and Chris manages to choose a good one.

Before long Fred is also in need of residential care and fortunately gets placed in the same 'home' as his wife.

Eventually, he deteriorates to a point where he also needs to be placed in the specialist dementia unit.

Chris, with the help of staff, even manages to arrange a 70th wedding anniversary celebration for them both in the home.

The account is deeply insightful and always honest, sometimes criticising the insensitivity of doctors and others, but also giving praise where praise is due.

Reading this account gives a clear understanding of two of the most common types of dementia and how they affect people in different ways.

It also gives a clear account of how confusing this can be for relatives, as problems are dealt with as they arise and the underlying deterioration in the person with dementia is not fully grasped.

Part of the problem is the sheer unhelpfulness of the system that is supposed to support people with dementia



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and their caring relatives. As one who, for much of his professional life, has struggled to set up good services for people with memory impairment and dementia, I was saddened to read how fragmentary and unhelpful services were, from the point of view of this carer at least.

I hope that the memory services I was associated with would have done better. On the positive side the care home described<sup>1</sup> was clearly a very good one.

Part 2 of the book is entitled 'Standing Back', and this reflects on lessons learned and why 'we didn't see it coming'.

This section is thought-provoking and contains many helpful ideas about how we can improve the care of people with dementia and the support their relatives receive.

The book will be helpful to anyone caring for a relative with dementia and also to all clinical and care staff who come

into contact with people with dementia, especially those in hospital and general practice.

I think it is useful book for mental health nurses to read and then recommend to other colleagues, as they would also benefit from this excellent and extremely readable book.

**John Wattis**

**Doing a Literature Review in Nursing, Health and Social Care**  
 Michael Coughlan, Patricia Cronin and Frances Ryan  
 Sage (2013)  
 ISBN: 978-1-4462-4961-1  
 168 pages  
 £18.99 (paperback)

My first impression when reading the title of this book was that it may not appeal to many readers in the mental health nursing workforce.

However, the book is very informative and well written

and is one of those books I wish I had read many years ago before undertaking literature reviews and struggling.

Students irrespective of level and course who undertake reviews of the literature will find this book very useful, to the point that I read the first three chapters in one sitting.

Chapters one and two provide a valued background in how to go about the review process, which leads to systematic reviews in chapter three.

I thought I understood systematic reviews, but was clearly not the case and this book brought clarity and really gets to grips with them.

Chapters four to ten accompany the reader and bring the literature to the forefront of reader understanding that facilitates the critical examination process and made clear links for me regarding evidence-based practice.

The synthesis and interpretation of the literature into health care and academic study is an area that some struggle with, although one that is important to understand.

The text is an essential read for those who are embarking on programmes that demand a robust understanding of reviewing the evidence base and the processes that are required to complete this with confidence and competence.

It is suited for BSc or MSc level courses and I only wish I had read this book before I undertook systematic reviews earlier in my career.

**CALLING ALL AUTHORS**

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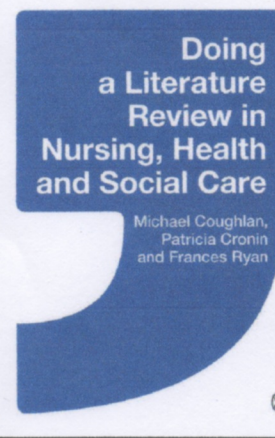
*Mental Health Nursing* welcomes submissions on all aspects of mental health nursing theory and practice.

Please send your ideas/articles to *Mental Health Nursing* editor via email to: [mhneditor@gmail.com](mailto:mhneditor@gmail.com)

If you are considering or undertaking literature reviews then I would recommend this book, which is clear and well presented, and not overly onerous either.

So for academic study this is a must when appraising the literature and raising levels of critical examination through the literature and forms firm foundation to build upon.

**Steve Jones**



Books, CDs, DVDs or websites relevant to mental health nurses



If you have been involved in the creation of a resource relevant to mental health nurses, then why not send it to your journal for review? We are interested in all materials that support the education, continuing professional development requirements or practice of mental health nursing – from academic reference books to CDs, DVDs and innovative websites. Don't hide your achievements – communicate and share them with your colleagues. To discuss a resource review, contact the journal editor via email to: [mhneditor@gmail.com](mailto:mhneditor@gmail.com)