Chapter 1 is about defining what to teach and learn and describes the important Calgary–Cambridge Guide, for which these authors are well known. The next six chapters provide a detailed exposition of the skills of this framework: ‘Initiating the session’, ‘Gathering information’, ‘Providing structure to the interview’, ‘Building a relationship’, ‘Explaining and planning’ and, finally, ‘Closing the session’. There is a final chapter dealing with specific issues, such as breaking bad news and age-related issues. The layout of the chapters is good and clear, and there are useful shaded boxes to summarise some aspects together with boxes which include snippets of patient–doctor dialogue to emphasise particular points.

The authors make much of the fact that this volume is research-based and provide references for many of the points that they make. Chapter 6, ‘Explanation and planning’, is particularly well referenced. In some places, however, they have the slightly irritating habit of saying ‘we know from research...’ and then fail to provide a reference to the relevant work. There is a further reading section and a reference section which includes around 450 entries.

The main effect this book had on me is that now, when I speak to patients, I find myself checking that I have given them enough time to respond and check that they have understood what I have said. In short, I believe that use of the advice in this book cannot help but make you a better doctor.

Adrenal Glands: Diagnostic Aspects and Surgical Therapy

DIMITRIOS LINOS, JON VAN HEERDEN

EXTENT P/H	362 p, hardback
PRICE/ISBN	£138.50 3540410996
PUBLISHER	Springer (Berlin), 2004
REVIEWER	Richard Collins
STAR RATING	*****

This book has joint editors, one from Kifissia in Greece and the other from the Mayo Clinic in the US where most of the contributors have passed through or been close associates of Jon van Heerden.

In his preface, van Heerden asks why there is a need for yet another test book. I am not too sure that the question has been answered but what is produced is in fact a wonderful atlas of modern, up-to-date, adrenal surgery. There are excellent chapters on the anatomy, physiology and biochemistry of the adrenal glands as well as on adrenal imaging. The various syndromes associated with the adrenal gland are described in great detail and this book brings together a wealth of experience of some extremely rare conditions.

There are excellent up-to-date chapters on incidentaloma and its management and, finally, chapters on the various

forms of surgery appropriate for the management of adrenal conditions. The illustrations are clear and the text valuable.

All in all, this is an excellent monograph on the surgery of the adrenal glands and is to be recommended to all who have an interest in the management of the rare conditions associated with them.

Orthopedic Principles: A Resident's Guide

DAVID IP

EXTENT P/H	300 p, paperback
PRICE/ISBN	£30.50 3540232591
PUBLISHER	Springer (Berlin), 2005
REVIEWER	John Henderson
STAR RATING	***

The author, who is from Hong Kong, states in his preface that the purpose of this book is at least three-fold. Firstly, it should be helpful to read before professional examinations, grand rounds, vivas and long case examinations. Secondly, it is aimed not only at surgeons-in-training but also at surgeons requiring re-certification and, in particular, surgeons in developing and under-developed countries. Thirdly, it is directed at the specialised surgeon who wishes to know the latest concepts of management in other fields of orthopaedics.

It is set out in eight chapters: Basic Science and Common Sports Injuries, Paediatric Orthopaedics, Hand Surgery, Foot and Ankle Surgery, Spine Surgery, Total Joint Surgery, Orthopaedic Infections and Musculoskeletal Tumour Principles. Each consists of lists of bullet points and brief discussions relating to the topics in each section. Although this sounds rather dry, it is surprisingly readable.

The information is generally well organised, providing pertinent revision material for trainees, particularly in the chapters on hand surgery, spine surgery and total joint replacement. There are also interesting chapters for those of us who have subspecialised and need a ‘quick fix’ of, for example, hand surgery or spinal surgery before discussing problems with colleagues more learned in these fields.

However, a significant omission from the book is a chapter on elbow and shoulder problems. There is no mention of degenerative and inflammatory conditions of these joints and no mention either of rotator cuff tendinopathy, impingement syndrome, acromioclavicular joint problems or atraumatic shoulder instability. This deficiency needs to be remedied if the book is to be presented as a comprehensive guide.

There are inconsistencies in the use of classifications. For instance, in the section ‘How to use this book’, the author states that he expects the reader to know the classifications used for most of the common orthopaedic conditions but then goes on to outline numerous classifications in the text, missing out others just as pertinent to the trainee.