

## BOOK REVIEWS

*Professor William Mapleson Anaesthetics Series Programmes 1–5. Devised and presented by W. W. Mapleson. Produced by Cardiff University Video Unit, supported by Abbott Laboratories (June 2009). Price: £10 + VAT.*

This DVD consists of five individual teaching programmes, each authored and presented by Professor Bill Mapleson. The programmes total nearly 3 h in length and cover key topics which tend to be the cause of much consternation to novice anaesthetists and junior anaesthetists preparing for the Primary FRCA examination—namely the uptake and distribution of volatile anaesthetic agents and the classification of breathing and circle systems. A measure of the quality of the tutorials delivered is that the viewer is left wondering how anyone could not have understood the principles discussed!

The first programme covers the uptake and distribution of volatile agents, predominately through illustrations using body compartment models based upon simple electrical circuits. The second examines the induction of, and recovery from, volatile anaesthetic agents, with an emphasis of how intraoperative events such as a reduction in cardiac output or tidal ventilation affect tissue concentration of volatile agents. The third tutorial deals with breathing and circle systems, whereas the principles of breathing systems relating to low-flow anaesthesia are discussed in the final two sessions.

Professor Mapleson has more than 30 years of anaesthetic teaching experience and as a result has developed the rare ability to make the most difficult of principles seem quite straightforward. This is perhaps best demonstrated when he discusses body compartment models; the subtleties of the model are clearly explained and elucidated—something which is often lacking in textbooks. Messages are delivered clearly and succinctly, and wherever possible, related to real-world situations in clinical anaesthesia. Principles are illustrated with real-time graphics, which is of particular value in the illustration of the body compartment models and the movement of fresh and exhaled gases in anaesthetic breathing systems. Some viewers may find that the unusual choice of green line drawings on a black background a little indistinct, but thankfully the use of this colour scheme is limited. The teaching is also interspersed with some good-humoured remarks and some interesting historical references, such as how ether inhalation inductions were performed and the classification of circle systems.

The DVD will be of greatest value to the junior anaesthetist, but consultants will find the examples demonstrated useful for their own teaching and examining of trainees. The DVD can be ordered direct from the Video Unit at Cardiff University, and although unlikely to be purchased by

individual trainees, this DVD should find its way into every departmental library.

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*Morbid Obesity Peri-operative Management, 2nd Edn. A. Alvarez, J. B. Brodsky, H. J. M. Lemmens and J. M. Morton (editors). Cambridge University Press, Cambridge, UK. Pp. 246; indexed; illustrated. Price £55.00 (US\$ 95.00). ISBN 978-0-521-51884-0.*

This book has contributions from 47 predominantly North American authors with three new editors joining Adrian Alvarez in an attempt to retain and build on the broad foundations of the first edition published over 5 years ago. The 246 page book has 25 chapters (fewer than its predecessor), divided into five distinct sections, Pathophysiology, Preparation and pre-operative evaluation/management, Intra-operative management, Post-operative complications, and Special topics. This represents considerable consolidation over the first edition, yet new topics of the pathophysiology of pneumoperitoneum, rhabdomyolysis, informed consent, and bariatric surgery for adolescents have been added. Each chapter is well referenced, there is a comprehensive six-page index at the end and an almost complete (EGD page 167 was missing), and necessary, list of abbreviations. The book is intended for a wide audience of professionals involved in the perioperative care of patients with obesity.

I enjoyed reading this organized, appropriately illustrated, concisely written, and well-referenced book. It has been professionally edited with relevant cross-referencing to other sections within the text giving a polished appeal. There is minimal inappropriate overlap or repetition with the exception of Chapters 7 and 8 on preoperative management which I think should have been amalgamated. The clinical content derives mainly from bariatric surgery experiences and is presented predominantly from a North American perspective. I was disappointed that the authors missed the opportunity to debate recent meta-analyses showing poorer weight loss outcomes after laparoscopic band compared with roux-en-y bypass or the increasing evidence of the relative safety of laparoscopic bariatric surgery compared with open. At no point did I find reference to a liver diet to reduce hepatic steatosis before bariatric surgery, nor discussion about the significant benefits of stopping smoking for at least 6 weeks before operation! Perioperative

temperature management for these patients was also largely omitted appearing only in the context of the use of humidification of laparoscopic gases and possible improved analgesia.

I would encourage others to read Chapter 6 on 'Informed Consent' which, despite its American legal framework, highlights a number of subtle ethical and legal issues of universal significance. I would also recommend having a copy of the list of abbreviations handy, as some chapters are littered with them. The well-illustrated section on airway management of the obese patient will appeal to anaesthetists and intensivists, but I would have liked greater description on choice of face masks and airway management before the dominant emphasis on intubation, given recent evidence of reduced morbidity and mortality since introduction of airway algorithms! The postoperative section of the book makes invaluable reading for those involved in the care of bariatric surgery patients especially the much needed overview in Chapter 21 of anaesthetic considerations for patients who have previously undergone bariatric surgery.

The chapter on positioning gives a comprehensive overview of the anaesthetic implications of various positions, but fails to include details of the transport and preoperative preparation of obese patients for surgery and lacks specific illustrated reference to safe moving and handling and positioning on the operating table after induction. Interestingly, some of these important issues are emphasized under the neuropathy section in Chapter 16. Accordingly, specific issues relating to surgical access, anaesthetic access, likely range of table positions for a given procedure and how to secure the patient, access for imaging, laparoscopic screen positions, and the use of retractors are not considered. Moving and positioning after operation should also be discussed. The editors might also consider introducing a chapter on administrative aspects of setting up a bariatric service in the next edition including recommendations for level of care requirements before and after surgery.

This book is a comprehensive guide that will have international appeal to the wide variety of clinical specialists involved in the care of patients with obesity. Although this, by intention, is not a textbook of anaesthesia for obesity, it contains a wealth of anaesthetic-related information and I have no reservation in recommending it as essential reading for any anaesthetist involved in the care of patients suffering obesity. In my opinion, it will also appeal to surgeons, physicians, intensivists, theatre, recovery and ward nursing staff, psychologists, dieticians, and managers involved in the care of these complex and frequently challenging patients.

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*An Introductory Curriculum for Ultrasound-guided Regional Anesthesia: A Learner's Guide.* B. A. Pollard and V. W. S. Chan (editors). Published by the University of Toronto Press, Toronto, Canada. Pp. 81; illustrated. Price Can\$ 95.00. ISBN 978-0-7727-8735-4.

The technical practice of ultrasound-guided regional anaesthesia requires good practical skills, manual dexterity, and hand-eye coordination. As such, training may be seen simply as the accumulation of practical skills of increasing difficulty. However, competency for independent consultant practice also requires knowledge and attitudes including professionalism, communication skills, and decision-making ability. This book presents a welcome departure from manuals concentrating on technical performance to a publication attempting to promote critical thinking and judgement, using the principals of modern medical education.

The book is divided into five sections. The first section 'Foundation of Ultrasound and Needling Techniques' is divided into three chapters: (1) Physics as applied to ultrasonography, (2) Introduction to ultrasound scanning, and (3) Fundamentals of ultrasound-guided techniques. By emphasizing the basic principles and practice of ultrasound-guided regional anaesthesia, the authors fully justify half of the book's content being accommodated within the first section.

The subsequent four sections consist of: Introductory, Intermediate and Advanced ultrasound guided techniques, and Ultrasound-assisted neuraxial blocks. All nine chapters within the book are well written and beautifully illustrated with diagrams and ultrasound and cross-sectional magnetic resonance images. Each chapter ends with a summary, recommended readings, and knowledge keys.

Unfortunately, I have two criticisms. The book omits the axillary block, probably the most popular peripheral regional block in the UK, and there is an overemphasis on in-plane injection techniques rather than a healthy mix of both. I am not aware of any great difficulty experienced by my own trainees when, for example, performing a femoral block in our standard out-of-plane approach.

In conclusion, my feelings are that this book represents an excellent attempt at trying to impart a philosophy of learning and professional attitudes for competency-based training within regional anaesthesia, and for this the authors should be congratulated. The first section on the principles of ultrasound should be mandatory reading for all anaesthetic trainees embarking on regional anaesthesia. However, the exclusion of out-of-plane blocks at the expense of unfamiliar in-plane techniques will cause confusion. Expansion of the book to include axillary block and upper limb catheter insertion would have been desirable.

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