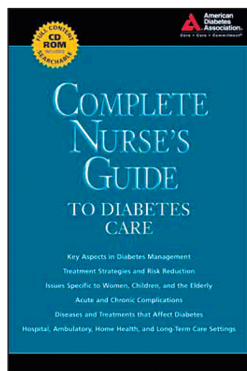




Book Review

Complete Nurse's Guide to Diabetes Care

Belinda Childs, Marjorie Cypress and GERALYN SPOLLETT



Published by American
Diabetes Association (2005)
ISBN 1 58040 200 3
www.store.diabetes.org
American Diabetes Association
Member Price: US \$47.95
Non-Member Price: US \$59.95
468 pages
Full content CD-ROM included

Diabetes is complex and progressive, as it can potentially affect all systems of the body. Any text claiming to be a complete guide must therefore address the multitude of factors associated with care and management.

This book is exactly what it says on the cover – the complete nurse's guide to diabetes care. However, this book is not a beginners guide, but rather a valuable reference for those already involved in diabetes nursing.

The initial chapters are dedicated to what the editors term the 'fundamentals' of diabetes care. There are clear tables illustrating the pertinent points, which help clarify various elements, such as the criteria for diagnosis and classification of diabetes. The subsequent chapters set out the foundations of diabetes care. Prevention and risk reduction strategies are described before addressing lifestyle changes required following a diagnosis of diabetes. The remainder of this section describes treatment strategies for both type 1 and type 2 diabetes and self-management, which plays a crucial role in successful diabetes management.

The second section focuses on complications. In addition to the usual content on acute and chronic complications, there are chapters dedicated to both dental care and dermatological changes.

A substantial portion of this book is committed to the aspects of diabetes care and management in which nurses have a central role. Education of people living with diabetes is pivotal to any management programme, and patient education is comprehensively covered. Of note is the cultural context in which diabetes is viewed, as many diabetes nurses are now caring for people from a range of ethnic backgrounds. An understanding of the way different cultures regard diabetes and how their beliefs can influence

treatment plans is well documented. Some of this information is displayed in tables, making it easy to access. This section also deals with alternative and complementary medicine. The difficulties associated with polypharmacy have also been reviewed.

Diabetes in women, children and the elderly are addressed in separate chapters. The impact of a diagnosis of diabetes on children of different ages, and special considerations for the elderly are well presented. The penultimate section deals with the diseases and treatments that affect diabetes. The influence of endocrine and other related disorders are well reviewed.

This book describes many American practices, therefore it is necessary to read these chapters carefully in order to interpret the information. All values in the textbook are given in both mg/dl and mmol/l.

Publications from the American Diabetes Association are internationally recognised and are the foundation for many practice guidelines. The inclusion of the resource section is a wonderful addition. Patient education tools, professional assessment and information tools and a quick reference guide for oral antidiabetic agents, and anti-hypertensive and lipid-lowering agents are incorporated.

Representatives of all sectors of the multidisciplinary team have contributed and, while this has enriched the book, it has however also led to a variety of writing styles and varying levels of detail. While most of the content consists of evidence-based in depth information, occasionally broad aspects of diabetes care are dealt with superficially. This is most evident in the section entitled *Women and Diabetes*.

The editors, Belinda Childs, Marjorie Cypress and GERALYN SPOLLETT are diabetes nurses with considerable clinical experience and academic exposure. Their contribution helps make the book a significant resource for nurses caring for people with diabetes, rendering it the complete nurse's guide to diabetes care.

Rita Forde
Advanced Nurse Practitioner
Ireland
e-mail: rforde@mater.ie