This revised edition draws on historical health and social care policy agenda as well as current trends. Keeping abreast of this subject is challenging due to the divergence in the political landscape and underlying health and social care structures across the four UK countries.

The layout is easy to follow, allowing the reader to focus on one topic at a time – chapter eight, for example, specifically focuses on partnerships and health policy.

The purpose and content are outlined in the introduction and summarised as key points, presented as bullet points in the conclusion and followed by key questions. These questions have various uses, such as further reflection on the topic, discussion points with colleagues or students and a guide to further reading.

This edition provides a comprehensive overview of the bigger picture that drives health care across the UK. It is relevant to nurses working at all levels and is most likely to become a source of reference.

Much of the content can already be accessed through online references or from a library, but this is an informative, strategic text that would be of benefit to many nurses. The challenge for those who buy this book, however, is the short lifespan before it is out of date and requires another update.


Reviewed by Lindsey J Hayes, learning and development facilitator, RCN

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Coping with a Mental Health Crisis

This slim volume focuses on different approaches to mental health from the broad perspective of viewing such events as a psychospiritual crisis.

Seven steps are noted as ways in which healing and growth can occur, encompassing different elements of psychosocial support, validation, reduction in ‘toxic’ or stressful incidents, and active practices such as mindfulness and meditation, among others.

While not always mainstream practices (with the exception of mindfulness), the core ethos of these approaches – self-kindness, creativity and healing – provided useful reminders for readers to pause and take space in their stressful lives.

The book is accessible and wide ranging, though some of the approaches described as potentially helpful remain controversial, including detoxification and homeopathy.

However, the book promotes choice, individualisation and the potential of hope – all useful elements in whichever field of psychiatry staff are working in.

The most powerful element was the use of personal narrative to illustrate different aspects. In this way, the book explores different ways of viewing mental health and crisis as opportunities for growth and change, while also acknowledging the potentially devastating and distressing experience and effects of such crises.

This publication provides a useful viewpoint for those interested in the psychospiritual aspects of mental health and wellbeing.


Reviewed by Charley Baker, lecturer in mental health and academic lead for safeguarding, the University of Nottingham, and associate editor of the Journal of Psychiatric and Mental Health Nursing

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Managing Long-term Conditions and Chronic Illness in Primary Care (Second edition)

This revised second edition is relevant to modern nursing practice, enabling holistic care for patients with long-term conditions and chronic illnesses.

Reflecting changes in nursing roles and patient journeys, the text now has chapters on rehabilitation, palliative care and non-medical prescribing.

It sets out the social and political climate in the UK, and considers their impact on those with long-term conditions and chronic illnesses.

The chapters move from guidance on identifying relevant patients to considering effective management, finding high quality evidence and then applying it in practice. A chapter on self-management offers practical guidance on health behaviour and motivational interviewing.

Case scenarios encourage reflective application of what is covered in each section, while the final chapter addresses nutritional and medication management, issues that will become increasingly significant as the population continues to age.

Each chapter is clearly laid out, with plenty of subheadings and figures.

This highly readable resource offers a wealth of practical guidance in an easily accessible format.


Reviewed by Anita McBride, clinical supervisor and trainer, South West Ambulance Service