Since 1961, the British Heart Foundation (BHF) has been the instigator of many of the major developments in the ongoing fight against coronary heart disease. The BHF is almost a household name and certainly anyone who works in cardiac services will be familiar with its work.

The website for the BHF is of a high standard and is visited by professionals and the public. There are few web resources that I feel able to recommend, but this is an exception.

To overcome the problem of pitching the content at the right level for professionals and other interested parties, the site contains a microsite dedicated to resources that are suitable for health professionals. This is where you would probably spend most of your time, but do not overlook the vast range of news and patient information that can be found in the main part of the site. This is likely to be of use to your patients and you may well find yourself recommending they visit the site too.

There is a complete set of factfiles dating back to 1998 that summarise the management and care given to patients. They are all downloadable in PDF format. There are also all the statistics that you are ever likely to need, along with thorough analysis by experts in the field.

This website is the first stop for anyone who requires an insight into the current developments in cardiology and coronary heart disease.

Andrew Sergent is a lecturer in adult nursing at Thames Valley University

The British Heart Foundation website: www.bhf.org.uk

Beauty and Misogyny – Harmful Cultural Practices in the West

Part of the Routledge Women and Psychology series, Sheila Jeffreys’ Beauty and Misogyny examines the way men oppress and brutalise women through the straitjacket of western beauty and culture.

Jeffreys, a revolutionary lesbian feminist, integrates the theory and practice of western ideas of beauty in this, her sixth book. She argues that breast implants for 18-year-olds, hymen reconstruction, and Brazilian waxed pubic hair should be viewed as harmful cultural practices, rather than as a liberating choice for women.

Her critique of beauty practices emerged from consciousness-raising feminist groups in the 1970s. She argues that the brutality of beauty practices has become more and more excessive in the past three decades. Comparison is made between western practices and the United Nations Convention on Human Rights. Concluding that western beauty practices violate the convention, she argues that governments, commentators and all women have a duty to act against the embedded cultural attitudes that underpin harmful practices.

Beauty and Misogyny is essential reading for anyone with an interest in feminism, women’s health and beauty.

Sheila Jeffreys | Routledge | 206pp | £12.95 | ISBN: 0 415 35182 0

Reviewed by Barbara Borwell, independent specialist nurse consultant and lecturer

Primary Care Trust Workforce Planning and Development

Keith Hurst’s book will help managers of all levels understand the breadth of information required to undertake workforce planning and development. It is particularly relevant given the climate of change in primary care initiated earlier this year in Sir Nigel Crisp’s report.

It addresses community and patient dependency and workload, community staff activity, staff mix, efficiency and effectiveness, education and training, recruitment and retention, and determining team size and mix.

Although Hurst has included almost everything to do with workforce planning and development, and addresses a vast subject well, the depth of the information is difficult to convey in a book of 211 pages. But this is more than compensated for by the author’s excellent analysis and synthesis of the subject matter.

This is a guide to enhance planning and development, learn from other trusts and further explore concepts and models. It is a useful resource for all primary care trust managers and students undertaking healthcare management studies.

Keith Hurst | Whurr | 211 pp | £19.50 | ISBN: 1 86156 487 2

Reviewed by Stephen Callaghan, clinical lead and project manager, Central Liverpool Primary Care Trust