Dignity in Healthcare—
A Practical Approach for Nurses and Midwives

Dignity is a principle that healthcare professionals aspire to achieve and maintain in the work environment, and it is an issue of importance for all patients of all ages, as shown by the high profile of recent media reports exposing indignity. But dignity has no universal definition. It can mean different things to different people.

The authors start by analysing the concept and the importance of dignity in hospitals and community settings. Professional and ethical expectations for dignity in care are examined, as are environments that support dignity. The authors consider staff behaviour and attitudes, and dignity for patients with mental health issues and learning disabilities, as well as for children and older people. They examine maternity, community palliative, acute and critical care. Approaches to practice development and education for promoting dignity in care are outlined.

The chapters are well set out, combining evidence-based theory with scenarios for practical application. This book will be a useful resource on wards and will provide a good grounding for pre-registration healthcare students. It is written for nurses but is an invaluable resource for all healthcare professionals, including students.

Tired But Wired—
The Essential Sleep Toolkit

This is a useful handbook for anyone in need of a good night’s sleep.

Sleep therapist Nerina Ramlakhan explains how sleep works, offers an extensive toolkit to battle sleep deprivation and uses case studies to show how such techniques can be put into action.

She argues that insomnia is rife because we all go to bed ‘tired but wired’. Her solutions to sleep deprivation range from the adoption of traditional techniques – such as counting in your head, a variation of counting sheep – to pre-sleep yoga. The book’s language is presented in a clear and uncomplicated fashion.

The cover shows tired people in an office environment. Similarly, while the content is aimed at anyone with sleep problems, much of the background advice will be specifically useful for working people and those who work shifts.

Buzz words for urbanite professionals and phrases such as ‘firing on all cylinders’ are common, but this in no way detracts from the usefulness of the advice.

This is a comprehensive guide to the science of sleep. There is advice on dealing with extreme sleep deprivation, and what the author terms the ‘nuts and bolts’ of sleep.

ARMY OF ANGELS

Army of Angels is a new charity, registered last year, to support former members of Britain’s armed forces who have experienced physical or psychological injury in conflicts.

It supports those leaving the services and offers assistance to immediate family members of service personnel who have been killed in action. Its website gives background details of the charity, an online application form, details of where funds are spent, ways to help and how the charity has helped people.

An online shop offers items such as T-shirts, mugs and car windscreen stickers to raise money for the charity. It is also seeking old mobile phones, used postage stamps and items it can raffle. Any money raised allows the charity to buy furniture and household necessities such as cookers and fridges, as well as home alterations and rehabilitation equipment, for people with physical injuries.

Stephen Valentine explains on the site why he founded the charity. He was a driver in the Royal Corps of Transport, but after he left the army in 1992 he drifted, was diagnosed with depression and prescribed antidepressants.

The veterans’ mental health charity Combat Stress offered him a place at its treatment centre in Shropshire, where he met many former service personnel. These included a veteran of the Falklands War who had become reclusive after failing to adjust to civilian life and with few of life’s necessities in his flat to make life more bearable.

Mr Valentine writes: ‘I determined to make the lives of such people better in any way I could.’

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www.armyofangels.org.uk
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