Thoughtful Health Care: Ethical Awareness & Reflective Practice

This easy-to-read book is a must for nurses seeking to improve the quality of care they provide.

It challenges many of the belief structures within the NHS, as well as how healthcare professionals see the NHS. It also examines clearly and honestly where policymakers have made mistakes.

Fictional scenarios, stories and ‘stop and think’ statements are used throughout the text to challenge the reader’s views and encourage them to think independently, explore their own beliefs and those of others, develop their problem-solving abilities, improve their critical decision-making skills and reflect on their own practice.

The eight chapters explore subjects such as values, the use of simplistic labels, how healthcare professionals view patients, and the purpose of the NHS.

At the end of each chapter there is a useful summary of the issues raised. The format used throughout also helps readers to think, review critically and reflect on these issues.

The final chapter provides a practical and useful toolkit that can be used by nurses to develop and provide appropriate, high-quality treatment and care.

Readers are also encouraged to join the book’s online community to share their opinions and access extra activities and support.

Reviewed by Karen Sanders, senior lecturer, adult nursing, London South Bank University

The Lives of Older Lesbians: Sexuality, Identity & the Life Course

The author of this book suggests that older lesbians enter a kind of cultural ‘Bermuda Triangle’, into which they disappear without trace.

She conducted a survey of more than 300 lesbians aged 60-90 from around the world, interviewed them face to face and documented their lives and experiences. The book provides context to the participants’ lives by discussing the variety of domestic and personal relationships among older lesbians.

The survey covers the disclosure of their sexual orientation in the past and today, and reveals that older lesbians tend to trust friends more than family and health workers to a similar degree as neighbours. About one third of the participants had come out to professionals providing care.

While not aimed specifically at nurses, the book is an engaging read and offers specialists in gerontology a fascinating account of the lives of this ‘hidden’ group of women.

Reviewed by Julie Fish, chair in social work and health inequalities, De Montfort University.

This guidebook for family carers of people with learning disabilities who have dementia covers diagnosis, health changes, support strategies and future concerns.

It is informative and discusses a range of issues carers are likely to want to know more about, such as signs and symptoms, communication methods and living arrangements.

Because the book is intended to be relevant to lay carers, nurses with a specialist interest in this area may find it limited and lacking critical appraisal of clinical practice.

However, it does explore important topics, including terminology, pain, medication, how to recognise health changes, support after diagnosis and individualised care planning.

As such, I would recommend this guide for all those who either care for or support people with learning disabilities who have dementia.

Reviewed by Robert Jenkins, independent trainer

Intellectual Disabilities and Dementia: A Guide for Families

Karen Watchman

This guidebook for family carers of people with learning disabilities who have dementia covers diagnosis, health changes, support strategies and future concerns.

It is informative and discusses a range of issues carers are likely to want to know more about, such as signs and symptoms, communication methods and living arrangements.

Because the book is intended to be relevant to lay carers, nurses with a specialist interest in this area may find it limited and lacking critical appraisal of clinical practice.