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Anesthesia: A Comprehensive Review, 4th Edition.

By Brian A. Hall, M.D., Robert C. Chantigian, M.D.
Maryland Heights, MO, Mosby Elsevier, 2010. Pages:
448. Price: \$84.95.

When I asked an anesthesiology resident recently what he expected from a review book, he promptly said, "Something about everything." That is the real challenge any review book writer faces in today's times of pod casts and cell phone apps. The books have to have something about everything. At the same time, they need to be reasonably small, easy to read and carry, and, not to mention, cheap!!!!!!

The authors of *Anesthesia: A Comprehensive Review*, which is in its fourth edition, use multiple choice questions and answers with an explanation format. There are 11 chapters, divided into basic and clinical sciences sections, with a total of 997 questions. Only type A (single-answer) questions are included in this book because this is the pattern of the written board test for the American Board of Anesthesiology. At the beginning of the book, there is a useful credit page listing sources for the tables and figures used. Another useful feature is that the authors also mention the references from leading textbooks of anesthesiology in great detail, down to the relevant page numbers, at the end of each answer and explanation for a question.

Practically speaking, it is difficult to compile a useful review book in any field of medicine, but Hall and Chantigian and their team have done a commendable job. Overall, there is a good mix of questions regarding complexity and clinical relevance. Most questions are in the clinical scenario format, which is useful for different levels of users. The explanations for the answers are the keys to success in any book of this format, and this book does not disappoint in that respect. Overall, the explanations are simple, concise, and easy to read. The detailed references at the end of the explanations from leading anesthesiology texts provide the answers a further sense of legitimacy. This also gives the reader an easy resource for further reading on the relevant topic. The authors have also successfully avoided excessive repetition of questions throughout the book, which can be an easy pitfall in these types of review books.

Shortcomings of this book are few and far between. Could there be more diagrams and figures? Yes. Could there be more chapters and color in the book? Sure. But, considering the target reader is most likely a resident physician and other constraints, such as price and volume, this book does a pretty good job. The user must acknowledge that this is a "review" book and should be used as one. Now, returning to the original "demand" for something about everything, this

book will not make everyone happy but it will come pretty close.

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(Accepted for publication July 13, 2010.)

Physical Diagnosis of Pain: An Atlas of Signs and Symptoms, 2nd Edition.

By Steven D. Waldman, M.D., J.D. Philadelphia, Saunders/Elsevier, 2010. Pages: 376. Price: \$169.00.

The pain medicine literature contains a wealth of information regarding the proper algorithms, techniques, and treatments that practitioners in the field may use. However, there has been a dearth of concise evaluation methods. As the Achilles' heel of our discipline, diagnostics too often rely on either nonspecific and dated physical examination results or indiscriminate radiographic findings to arrive at a diagnosis by exclusion. What Waldman tries to accomplish through his book, *Physical Diagnosis of Pain: An Atlas of Signs and Symptoms*, is to create a compilation of practical physical examination tools that we, as pain physicians, can use in our daily practices. As our field develops into a multidisciplinary specialty, with members of the anesthesiology, physiatry, neurology, and psychiatry disciplines, a book such as this one allows all members the proper diagnostic foothold regardless of their background.

Working cephalad to caudad, this book is arranged anatomically into 11 sections, each focusing on a region of the body (e.g., spine, trunk, extremity, or appendage). Waldman succeeds masterfully. Each section begins with an introduction to functional anatomic features and then works systematically through the visual and tactile clues that each physician may expect to find with painful conditions of the previously mentioned features. Once achieved, Waldman takes cues from the physiatry and orthopedic literature in providing detailed explanations of the specific physical assessment necessary to test for a particular malady. For instance, in section 10 on the knee, Waldman begins by providing illustrative and photographic visuals of the joint and surrounding anatomic characteristics and then explains in subsequent chapters signs on inspection and palpation that should trigger diagnosis by the examining physician. At this point, he explains 24 different physical examination tests in depth, from the common Anterior Drawer Test for anterior cruciate ligament integrity to the atypical Reverse Pivot Shift Test of Jakob for posterolateral instability. Each test has an accompanying picture showing the examination being performed on a patient by a physician, and a supplemental DVD pro-

vides further videographic details for 21 of the more complicated maneuvers. To call this entire atlas comprehensive would be an understatement.

With any medical textbook, no matter how complete, there may always be shortcomings that can be improved on. As a pain practitioner, most complaints are related to problems arising within the spine. Although never easy to truly diagnose by physical examination or cover in a book without enlarging it to twice its current size, perhaps more emphasis on these problems would be beneficial and, thus, make the book more attractive to the pain physician. In addition, better coverage of differential diagnosis and the relevant tests to distinguish between maladies would be a benefit in future editions.

Following in the tradition of Hoppenfeld's *Physical Examination of the Spine and Extremities*,¹ Waldman's *Physical Diagnosis of Pain: An Atlas of Signs and Symptoms* may stand as a standard for the evaluation of pain for clinicians in the field. By thoroughly explaining the structure, inspection, and examination of the varied anatomic components, we are given a rationale for the pain and can, thus, tailor our therapies with a solid understanding of the problem at hand. Far too often as pain physicians, we may make diagnoses not by examination results but by the treatment itself in the hope that we are correct. With the help of Waldman's atlas, we will know we are correct.

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Reference

1. Hoppenfeld S: *Physical Examination of the Spine and Extremities*. Norwalk, CT, Appleton & Lange, 1976

(Accepted for publication July 30, 2010.)

Fundamentals of Anaesthesia, 3rd Edition. Edited by Tim Smith, M.D., F.R.C.A., Colin Pinnock, M.B.B.S., F.R.C.A., Ted Lin, M.B.B.S., F.R.C.A. Cambridge, Cambridge University Press, 2009. Pages: 956. Price: \$141.99.

While reviewing *Fundamentals of Anaesthesia*, I could not help but find myself reading with a British accent. The third edition of this book represents an update of the publication geared toward trainees who sit for part 1 of the Fellowship of the Royal College of Anesthetists (FRCA) examination, taken in the first or second year of training. During the training program, the trainee anesthetist takes an examination in two parts (primary and final).

The editors are contributors to the FRCA examination; in the preface, editor Tim Smith indicates the desire to provide a textbook specifically designed around and correlated closely with the syllabus for the primary FRCA examination. This text accomplishes this goal by its organization and con-

tent, which promote reading and comprehension targeted specifically for that examination. The text includes the competency-based training framework for the examination in the newly created Appendix. All the chapters have been revised, and an update on preoperative assessment is included.

The third edition is organized into four color-coded sections. The first section (Clinical Anaesthesia) begins with preoperative, intraoperative, and postoperative management. It includes a new chapter on resuscitation, with the European Resuscitation Council and the British Difficult Airway Society algorithms. Other chapters include information about clinical anatomy, regional anesthesia, and special patient circumstances. The second section (Physiology) is comprehensive, covering physiologic aspects of all major organ systems and including topics such as cellular physiology, physiology of the nervous system, and the newly added pain physiology. Pharmacology is the third section, beginning with physical chemistry and including enteral, intravenous, and inhalation medications. The section concludes with clinical trial design and evaluation, which are often overlooked in a text this size. The fourth section (Physics, Clinical Measurement, and Statistics) uniquely presents chapters on mathematics, including calculus, vectors, ultrasonography, and magnetic resonance imaging. The section also includes chapters on clinical measurement, anesthetic equipment, and statistics. The Appendix concludes the book, which includes the primary FRCA syllabus. The subjects of physiology, pharmacology, and physics are well represented in the text, correlating to the examination syllabus.

The content of each chapter is clearly summarized on a title page into headings and subheadings. There are 650 black-and-white illustrations throughout the textbook. Although the text is geared toward the FRCA examination, it does provide relevant information for those not taking the examination. However, compared with an equivalent text, *Clinical Anesthesiology, Fourth Edition*, edited by G. Edward Morgan, Jr, Maged Mikhail, and Michael Murray, *Fundamentals of Anaesthesia's* layout may appear nonlinear in that topics (e.g., obstetrics and obstetric anesthesia) may course over several chapters, requiring the reader to review several chapters for completeness on a topic. Although the layout of the topics may appear nonlinear, the intended reader is the trainee taking the FRCA examination, *Fundamentals of Anaesthesia* faithfully adheres to this goal in the organizational schema, and the Appendix facilitates quick cross-references.

Fundamentals of Anaesthesia is highly practical, is an excellent learning text for training clinicians, and warrants its popularity among anesthesiology trainees in the United Kingdom system. The textbook is unique by cross-referencing most, if not all, of the topics contained on the licensing examination. It is a valuable reference text that provides anesthesia practitioners with essential information covering basic science, physics, and pharmacology. The individual chapters certainly serve as excellent sources of information, but the strength of the text lies in the reliability and fidelity to