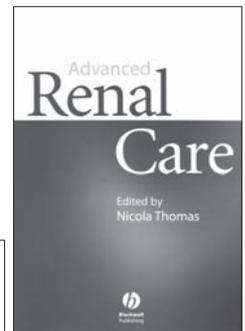


Book Review: Advanced Renal Care



Editor // Nicola Thomas **Publisher** // Blackwell Publishing
Reviewed by Paul N Bennett

“to give those who have renal failure the best possible quantity and quality of life, and to care with sensitivity and understanding”

This text, edited by well known UK renal nurse educator, researcher and clinician Nicola Thomas, has been written for advanced renal clinicians. It draws on the experience and knowledge of 19 well recognised European authors successfully addressing many areas relevant to the experienced nephrology professional. Many of the authors use their British experience to exemplify their texts, much of which is relevant to the Australasian context.

The text maintains a wonderful patient-care focus throughout using short readable chapters with clear sub-headings to guide the reader. The use of novel terminology such as established renal failure (ERF) rather than the more morbid end stage renal failure is a refreshing characteristic. In addition, the editor has addressed the inevitable challenge of the text quickly dating by offering further readings and useful websites in most chapters.

The text is divided into 12 chapters ranging from haemodialysis, peritoneal dialysis (PD) and transplantation through to specific issues such as care of the older person, infection control, sexual (dys)function, care of minority groups, nutrition, psychological care, clinical governance and caring for staff. The following review will aim to give a brief summary of the content with an effort to discuss the highlights and strengths of the text.

The **Physiology** chapter gives a very good overview of two of the more complex renal diseases, lupus and polycystic kidney disease while the **Advances in Haemodialysis** chapter addresses the important issue of dialysis frequency in addition to an overview of recent technical advances such as haemodiafiltration, blood temperature monitoring, blood volume monitoring,

urea clearance monitoring and sodium and ultrafiltration (UF) profiling. Mahon's **Advances in PD** chapter covers catheters, solutions, UF failure, adequacy, cardiovascular disease and sleep issues. In addition, there is an excellent reminder of the issues related to education of PD patients.

Ray Trevitt's **Transplantation** chapter exposes the reader to many ethical aspects of kidney transplantation. Trevitt provides expert advice and challenges the advanced renal clinician. Areas of discussion include xenotransplantation, buying organs and reimbursement issues.

Thomas's decision to include a chapter on the **Care of Older Patients** was an excellent decision. The ever-increasing age of our patients requires most of us to review some of the care that we provide. The author of this chapter, Jane Bentley, provides the reader with a practical and sensitive read encouraging greater openness and reflection relating to ageist attitudes and older patients. Following this are the two chapters addressing **Diabetes and Infection Control** in renal care. Judith Hurst offers a very practical approach to the complex issues involved in infection control and the ERF patient.

The physiological and psychological **Effects of Renal Disease on Sexuality** has been a challenging area for many renal clinicians. Steggall and Gann suggest that it is the health professional's responsibility to place sexuality on the agenda rather than leaving the subject for the patient to raise. They discuss female and male issues and offer a sexual dysfunction assessment and guide on how to approach sexual health in the renal setting.

The text includes a **Renal Nutrition** chapter that is outstanding. Debbie Sutton provides an excellent, practical approach and suggests our aim should be “transforming the prescription into a selection of foods suited to each patient's individual preferences, tastes, finances, cooking ability and social circumstances”

(p.167). Conservative management, haemodialysis, PD, transplantation and acute renal failure are covered. A particular highlight is the application of Prochaska and Diclemente's model of change process to the behavioural aspects of renal nutrition education (p. 176).

Although dominated by the psychological care of the donor, Kelly, Gallagher and Eggerling give an insight into **Psychological Aspects of Renal Care**. They propose that it is important to acknowledge that the “unit of care” is not only the patient but the patient's family. They encourage the integration of psychological services as an integral part of renal care.

Keogh and Ashwanden offer renal managers and leaders some valuable guidance in their chapters on **Clinical Governance and Caring for Staff** respectively. Keogh applies the principles of clinical governance to the renal environment emphasizing a culture of openness and stressing that leadership can happen at any level of an organisation. In addition she highlights the importance of the renal patient in the application of clinical governance. Cordelia Ashwanden acknowledges that renal nursing may be significantly unique citing the complexities frustrations, skills, stressors, chronicity and continuity of care as affecting the renal clinician's role. She follows on from Keogh's theme of the importance of good leaders in the renal field.

In summary, this text will make an excellent addition to the library of any renal clinician and any renal unit in Australasia. It both challenges and supports the advanced renal clinician addressing many areas that will assist us in our clinical areas. Nicola Thomas has been successful in editing a text that assists the senior clinician “to give those who have renal failure the best possible quantity and quality of life, and to care with sensitivity and understanding”. After all, as renal clinicians, that is exactly why we do what we do.