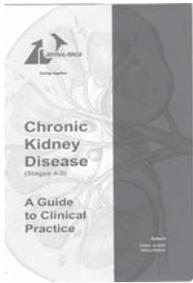


Book Review



Reviewed by: Jacqui Moustakas, Chronic Kidney Disease Coordinator Royal Prince Alfred Hospital and Concord Hospital and Tanya Smolonogov, Pre Dialysis Clinical Nurse Consultant Sydney West Area Health Service

Chronic Kidney Disease (Stages 4-5): A Guide to Clinical Practice

Editors: Karen Jenkins and Althea Mahon

Publisher: EDTNA/ERCA

This publication is a small, lightweight book that you can carry with you to use as a reference guide in your daily work. The book's aim is to link various disciplines (renal nurses, dietitians, counselors, social workers and pharmacists), which we believe is a positive move. It is suitable for beginners and skilled professionals alike. The book references European guidelines which could easily be adapted to Australian guidelines and standards. There are ten chapters covering the care of patients with stages 4 and 5 renal disease, from timely education, psychological effects, to treatment choices and management of complications.

It is easy to read and understand without being too technical that your mind wanders. Each chapter begins with learning outcomes that you should complete once each chapter is completed. Some of these objectives are covered comprehensively, whereas others are only briefly reviewed. For example, in chapter 2 the final two objectives have only half a page of information related to them.

Chapter One titled "Giving Choice Through Timely Education" provides a very comprehensive overview of the importance of early education. Learning styles of people was discussed in great details which is good revision for all. It makes you remember that not everyone learns the same and we need to adapt our teaching styles to each individual appropriately.

Chapter two dealing with the psychological effects of CKD was detailed and screamed the importance of providing CKD patients and families with psychological support not only at diagnosis but right through the life cycle of a renal patient where major life and health decisions are constantly being made. It reminds us that we as health care professionals need to understand the psychological impact of CKD and be able to provide effective education to patients and their families to enable them to make informed decisions, participate actively in their care and empower them to live as normal a life as possible. The chapter on conservative management was brief

and showed that there is little evidence as yet on survival in conservatively managed patients with Stage 5 CKD. It discussed prognosis, symptoms, models of care, withdrawing from treatment psychological, social, and spiritual issues very briefly and we were left wanting for more on the management of those patients who chose not to have dialysis. This chapter suggested that we need to further research this topic and then maybe we could extend this chapter in the future.

Overall the book is great for staff with an intermediate knowledge on stages 4 & 5 kidney disease and would provide a useful tool for the more advanced practitioner. Many tables are provided throughout the book, which are relevant and simple and direct to understand. We would recommend this book to all staff working in the field of educating patients with stages 4 & 5 CKD.



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