

Managing stress in emergency medical services

By: Seaward BL

Jones and Bartlett Publishers Inc., 40 Tall Pine Drive, Sudbury, MA 01776, United States

US\$23.75, pp 88, ISBN 0 7637 1008 3

Despite the book's title, material covered in *Managing Stress in Emergency Medical Services* is generally applicable to any individual in a society filled with stress. The book has five chapters—namely, the 'Stress of emergency medical services' (EMS), 'Negative effects of stress', 'Effective coping skills', 'Relaxation techniques', and 'A healthier lifestyle'. The framework is psychologically based, and the EMS setting is used in examples or illustrations. The use of simple descriptions, subtitles, and figures makes the book easy to read.

The section on 'Critical incident stress debriefing' is worth mentioning. After an incident, we often concentrate on the effectiveness or the ineffectiveness of our management of it, while the frustration and stress of the front-line personnel are often not even mentioned. Unfortunately, coverage of post-traumatic

stress disorder is only one page long; a more detailed description of the different symptoms may allow EMS readers to seek help should they experience it. The practical advice in the book resembles material taught in stress management workshops, including various relaxation techniques such as diaphragmatic breathing and progressive muscular relaxation. The attempt to cover most subjects about stress in only 88 pages makes each section simple and concise. While the book provides a good summary of stress management workshops, those seeking a discussion about stress specific to EMS may find it lacking.

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Photographic atlas of practical anatomy, volumes 1 and 2

By: Thiel W

Springer-Verlag Hong Kong Ltd., 1702 Tower I, Enterprise Square, 9 Sheung Yuet Road, Kowloon, Hong Kong
HK\$1073.00, pp 429 and pp 435, ISBN 981 4021 46 6

Photographic Atlas of Practical Anatomy was written and edited by Prof Walter Thiel of the University of Graz, Austria. He prepared most of the dissections and photographs himself, assisted only by a couple of medical students. The atlas consists of two volumes: the first covers the abdomen and lower limbs, and the second covers the head, neck, back, and upper limbs.

The dissected cadaveric specimens were prepared by a special preservation technique, which—the author claims—has caused little change in the natural appearance of anatomical structures. The photographs thus provide readers with a sense of clinical reality. Beside each gross anatomical photograph is a companion black and white photograph that contains the labelling. In most sections, the photographs depict beautifully the layers of gross anatomy from the skin, subcutaneous

nerves, fascial layers, and muscular planes, down to the deep vascular, neural, and visceral structures. In addition, various surgical approaches have been included, such as the anterior approach to the cervical spine and the lateral approach to the hip joint. Although the gross anatomy is well illustrated, the surgical approaches used are unfortunately not commonly practised. For instance, the cervical spine can be approached much more easily from the anteromedial to the carotid vessels rather than posterior to them, as described in the atlas.

A short instruction as to how to use the arrows on the black and white photographs would be useful for first-time users of these books. The text that accompanies the photographs is very concise, and the important names are bold-faced for easy reading. Unlike