

The book begins by providing an overview of why it is important to prevent and treat cardiovascular risk, how to achieve this and the key cardiovascular guidelines available. It includes core guideline recommendations and areas of discrepancy between guidelines, the different risk calculations, treatment recommendations and emerging risk factors and therapies, as well as treatment plans for individuals with diabetes who are at high risk of developing cardiovascular disease.

The second half of the book provides specific, practical, evidence-based chapters on the management of modifiable risk factors—lifestyle changes to reduce cardiovascular risk, pharmacotherapy for improving lipid profiles, for lowering blood pressure and for lowering blood glucose. The book concludes with a chapter on the long-term management of cardiovascular disease, giving consideration to the barriers and issues

which prevent many patients from reaching guideline goals, and ends with a glimpse into the management of cardiovascular risk in the future where strategies based on consideration of total cardiovascular risk and targeted at high-risk patients with good chronic care management systems in place are likely to prove more effective than the current opportunistic approach of treating individual cardiovascular risk factors.

This book will appeal to many primary care clinicians because it is a short and easy read, with succinct practical advice drawn from an extensive guideline and reference base. The layout is easy on the eye with many large figures, tables, diagrams and a few flow-charts. Each chapter topic can be read as a standalone reference which is particularly useful for the busy clinician who may wish to get to the nub of an issue quickly, and I found the chapters on pharmacotherapy

of lipids, blood pressure and blood glucose particularly useful updates for daily clinical practice.

There are references to the same key regional guidelines in a number of chapters, which may seem repetitious when reading the book in one sitting, but make sense when dipping back into a particular chapter to refresh one's memory or look something up.

This is an excellent practical reference on a very topical issue for all those working in primary care, and I recommend it highly. An essential addition to every general practice library for 2009.

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## Australia and New Zealand Community as Partner: Theory and Practice in Nursing

by Karen Francis, Karen Hoare, Ysanne Chapman and Jane Mills

Reviewed by **Dr Lisa Whitehead**,  
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'Australia and New Zealand Community as Partner', based on the fourth US edition, defines and examines the role of the contemporary community nurse. This easy-to-read text provides exemplars from Australia and New Zealand to present a national context to the theory and policy relating to primary health

care, without losing sight of the international perspective.

Part 2 provides a practical framework for conducting a community assessment, with strong emphasis on working with local communities to address identified health care issues within the Australian and New Zealand environment.

Part 3 explores working with vulnerable groups, including rural and indigenous communities, and provides practical

tools for working with communities to improve health.

Case studies and critical thinking questions are used to good effect and web resources are provided for each chapter. The book is comprehensive, yet highly readable, and I would recommend it to undergraduate nursing students and practitioners alike.

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