

Introducing Mental Health Nursing: A Service User-oriented Approach, 2nd Edition

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This text is thoughtfully written from a sociologically constructed perspective. Designed as a nursing resource, the authors have written a systematic textbook inclusive of numerous aspects involving mental health nursing, which is relevant to current practice. More specifically, the book is divided into four main parts, which cover a broad overview of conceptual frameworks guiding mental health practice, aspects surrounding diagnosing mental illness, sociological perspectives of mental health and some of the main therapeutic approaches to treatment.

It is evident that the authors all share the same philosophy, pleasingly written from a holistic, sociological and service-user perspective, yet some organisational aspects could enhance the useability of the text. From an editorial perspective, 'key terms' could be added to the margin of each page for ease of use and student review. Additionally, 'main points' are set out at the beginning of each chapter. It may be more useful to have these as summaries concluding each chapter, preceding the more in-depth analysis of such concepts. Despite this, the text presents 'critical thinking' frames and 'case studies', as well as clear visual representations to support reader comprehension and deeper learning.

The text has included international initiatives and gives a broad understanding of existing approaches to treatments (e.g. p. 66), as well as global policy perspectives on mental disorders (e.g. p. 91). This diverse and rich literature serves to strengthen

the text. Exercises for students to utilise in practice are notably included in later sections of the book, for example, medication adherence exercises (p. 220). This is an extremely useful resource for students.

The text covers an extensive range of topics and issues surrounding mental health. For example, chapter five is a well combined and informative section containing excellent practical reference and application to practice. It comprises easy to understand language of key concepts (e.g. pp. 114–115) and this is supported by case studies applying scenarios of situations that students may come across in clinical practice, as well as commentary that details solutions.

Overall the authors, being many well-practiced experts and health professionals in the area of mental health, have created a comprehensive text providing a good overview of the varying skills and knowledge required for providing care for people experiencing a mental health problem. This makes for a well rounded and practical student or graduate textbook to guide and support those intending to work in mental health services.

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