

BOOK REVIEWS

Falls in Older People: Risk Factors and Strategies for Prevention, Stephen R. Lord, Catherine Sherrington & Hylton B. Menz, eds, pp. 250, 2000. Price £29.95, US\$49.95. ISBN 0 521 58964 9. Cambridge University Press, Cambridge.

Falls affect the lives of many old people and constitute a major public health problem. Over the past two decades research on falls in older people has escalated and today falls are considered to be caused by a multitude of factors and are potentially preventable. In this book, the Australian authors have described these new achievements in detail. The 18 chapters, each followed by a comprehensive reference list, are divided into three parts starting with risk factors for falls, followed by strategies for prevention, and ending with future research directions. In reviewing the literature a critical approach has been used, e.g. the fall risk factors are not only put together but also rated according to the

Nursing Practice Related to Spinal Cord Injury and Disorders: A Core Curriculum, Audrey Nelson, Cynthia P. Zejdlik & Linda Love, eds, pp. 532, 2001. Price \$75.00. Eastern Paralyzed Veterans Association, Jackson Heights, NY.

The framework comprises six sections containing different chapters. These are divided into learning objectives, demographics, aetiology and precipitating factors, anatomy, physiology and initial assessment (nursing history, physical examination, and diagnostic studies). The specific nursing process is presented including nursing diagnosis, defining characteristics, expected outcomes and intervention followed by reassessment and health topics. Special issues related to paediatric care are also included. A case study as practical application concludes each chapter.

Background information for spinal cord injury (SCI) nursing practice is given with presentations in philosophy, goals and process of SCI nursing practice, diversity in nursing practice roles and settings, cultural issues and collaboration in team. The following sessions cover the

strength of the published evidence for each factor to be associated with falls. The role of specific intervention strategies such as exercise, environmental modifications and medical management is covered and multi-factorial targeted fall prevention programs are compared and evaluated.

Fall prevention is of a multidisciplinary nature, which is reflected in the content of this book. I enjoyed reading it and I would certainly like to recommend it to both the novice and the expert in this field.

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anatomy and physiology of the spine and spinal cord, and give an overview of the consequences of SCI. Functional alterations in the physical and personal domains are followed by the trajectory of nursing care throughout the care continuum. The last session addresses topics that shape professional practice of nurses in this specialty field.

This book is a comprehensive guide to the practice of spinal cord injury nursing. This care continuum serves as an authoritative resource for nurses in this field.

Some topics are certainly of interest to specialists in physical medicine and rehabilitation.

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