Book reviews

Falls: the facts

Adam Darowski


This is an excellent and concise book that divides the complex area of falls into bite-size chunks. The book takes the reader through the basic science of falls in older people and describes the assessment, management and prevention of falls. Each chapter is designed to stand alone and covers a single topic. The writing is clear and can be read by a general clinical audience without being simplistic or patronising. There is a good balance between evidence, description and clinical scenario, and the book manages to be factual without being overly dogmatic. The book as a whole spans the subject with appropriate breadth and depth for all but the most advanced or specialised practitioner. The book is mainly geared towards falls nurse specialists and allied health professionals but should be of interest to trainees, general practitioners and consultants. Anyone looking to prepare a teaching programme on falls, for patients or staff, would be well advised to use this book as a starting point. In short, this book lives up to its title.

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Elderly medicine: a training guide

Gurcharan Rai and Graham Mulley


The advent of the e-portfolio and speciality certificate exam for higher trainees in geriatric medicine has placed an increased emphasis on the curriculum, which may not have been as marked in previous years. As a result, texts that embrace the syllabus as a whole are much in demand. *Elderly Medicine: A Training Guide* is divided into four main sections covering clinical and non-clinical aspects of geriatric medicine. Multiple short chapters address subjects ranging from ‘biological ageing’ to ‘when to treat hypertension’ to ‘professional issues.’ The chapters are brief but informative, with pertinent points box-highlighted, and each concluded with self assessment questions. Of major use is the recommended reading list at the end of each chapter, with texts and articles differentiated into essential reading, and interesting but not vital.

This clear, comprehensive and concise textbook provides an ideal starting point for study in geriatric medicine, acting as both a quick reference guide and a prompt for further reading. It is essential reading for those in training posts within the speciality, and could be recommended for anyone working in elderly medicine.

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