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## Book Reviews

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### **Rapid Interpretation of EKG's 6<sup>th</sup> Edition**

*D. Dubin.* Cover Publishing Co., Tampa Florida, 2000. 368 pages. \$60.50 (CDN) ISBN 0912912065

It was a pleasure to review Dr. Dale Dubin's 6<sup>th</sup> Edition of his classic text "Rapid Interpretation of EKG's". This book has been a best seller for over 30 years. Dr. Dubin has updated the text on an annual basis and the March 2000 6<sup>th</sup> edition is his 'silver' fiftieth printing. The original organization of the material has remained relatively unchanged. The first three chapters provide the student with the basic terminology and principles of electrocardiography. This leads into his classic chapters, which provide the student with a solid fundamental approach to assessing the EKG including rate, rhythm, axis, hypertrophy and infarction. The repetitive "fill-in-the-blanks" question style reinforces and challenges the student to assimilate the knowledge. A coloured illustration, picture or photograph occupies the top half of each page. Chapter ten discusses miscellaneous EKG findings including those accompanying electrolyte disturbances, pulmonary embolism and pacemakers. A final section entitled "Person Quick Reference Sheets" provides the student with pull out summary reference sheets for quick review. In his latest edition, Dr. Dubin has linked his book with a website for physicians and medical students ([www.themdsite.com](http://www.themdsite.com)) which includes simulated EKG monitor tracings and their interpretation.

In summary, this classic text has endured the test of time and I endorse it as an essential tool for medical students and junior residents alike.

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### **Day Care Anesthesia**

*I. Smith* (Ed.). BMJ Publishing Group, BMJ Books 2000. 251 pages. ISBN 0-7279-1422-7

There has been rapid expansion in day care surgery in the United States, Canada, Europe and Australia. Other countries are also expanding their day care surgery programs. Thus, there is a need for an up-to-date and authoritative review of the principal clinical topics in day care anesthesia. The 251 page book covers the funda-

mentals of day care anesthesia but also emphasizes recent development of controversial issues.

This book on day care anesthesia is intended as a convenient and practical guide for anesthesiologists starting out in day surgery or trying to set up a day surgery unit. It is also beneficial to anesthesiologists who may want to modify, update or improve their techniques in day care surgery. The book is intended to be practical with tips in favourite anesthesia techniques by international experts on day care anesthesia.

The book is organized into ten chapters and covers the most common topics in day care anesthesia. The topics are: patient selection, assessment and preparation, principles of general anesthesia; inhalational anesthesia, *iv* anesthesia, regional anesthesia, sedation, postoperative pain and emesis, a systemic approach, assessment of recovery, discharge, and late follow-up; the pediatric day case in the future of day surgery.

The chapter by Dr. Jean Millar on patient selection, assessment and preparation gave the medical criteria, surgical criteria, and social factor in patient selection. It also gave a review on patient preoperative assessment.

The chapter on inhalation anesthesia by Drs Angela Freschini and Ian Smith gave an overview on inhalational anesthesia. The volatile induction and maintenance (VIMA) technique using a tidal breathing induction method and vital capacity inhaled induction techniques were described in detail.

The chapter on postoperative pain and emesis: a systemic approach by Dr. Jan Jakobsson is very useful as it provided a rational approach to postoperative pain care and emesis by strict structured guidelines and protocols.

The chapter on assessment of recovery, discharge and late follow-up by Dr. Ian Jackson is very well written. It provided information on discharge scoring system and postdischarge follow-up. Both are important components to success in day care surgery.

Overall, this is a comprehensive and practical book which will be very useful for both established anesthesiologists and residents.

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**Conducting Research in Anaesthesia and Intensive Care Medicine**

*Alex M. Zbinden, Dick Thomson.* Butterworth Heinemann, Oxford, 2001. 550 pages. \$69.95 (US) ISBN 0- 7506-4544-X

To many would-be readers, a book about conducting research deals with study design and statistics. This multi-authored monograph goes much further and encompasses all the steps required from inception of a project to publication. Issues such as performing a literature search, obtaining funds, considering ethical issues, writing a paper in proper English, presenting at meetings, getting published, performing measurements, setting up studies in animals or volunteers are also covered. The Swiss editors managed to obtain a remarkably uniform style from the 38 contributors coming from three continents. All chapters have a table of contents and summary, bold type to highlight concepts introduced in the text, simple tables or bullet lists, and clear line drawings as figures. Some chapters also include a glossary of terms, web site addresses, equations, and computer programs. The material will certainly be extremely valuable for young investigators, but could also be used extensively by more senior researchers, residents and research assistants. The book contains concise factual information on a wide spectrum of items, such as impact factors, Fourier transforms, pharmacokinetic-pharmacodynamic modelling, high performance liquid chromatography, electroencephalographic monitoring, to name a few. It also includes a lot of expert advice on, among other topics, how to set up studies, consider ethical issues, give a talk, present a poster, respond to reviewers, choose animal models for research... The choice of examples makes the contents of the book particularly appealing to anesthesiologists and intensive care physicians, but the principles described apply to most disciplines in medicine.

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