

Skolnik NS, editor. Essential Practice Guidelines in Primary Care. Totowa, New Jersey: Humana Press; 2007. 388 pages; ISBN 978-1-58829-508-8; price: US \$30.00

> doi: 10.3325/cmj.2007.6.888

Fields of medicine: Primary care and related disciplines..

Format: Hardcover book.

Audience: Primary care physicians, residents, medical students, as well as faculty members involved in their education and training.

Purpose: To facilitate the implementation of nationally recognized clinical guidelines by primary care physicians, with the final aim to improve the quality of medical care.

Content: This book puts the important evidence-based, nationally recognized clinical guidelines together in one place, and represents well-organized, concise collection of the selected clinical guidelines useful for primary care physicians. The book is divided into seven parts: Cardiology, Respiratory System, Infectious Diseases, Endocrinology, Gynecology, Neurology, and Psychiatry. At the end of the book, there is a well-structured Index.

Each part consists of several chapters, written by world experts in the respective field. Each chapter begins with an introduction presenting the highlights of the text and ends with a list of references, cited as sources for possible further review.

The first part includes six chapters, with important topics such as high blood pressure, hyperlipidemia, management of newly diagnosed atri-

al fibrillation, antithrombotic therapy for venous thromboembolic disease, antithrombotic therapy for atrial fibrillation, valvular heart disease, management of elevated international normalized ratios (INR), and perioperative management and prevention of bacterial endocarditis.

The respiratory part summarizes the initial assessment and diagnosis of asthma, control of factors contributing to asthma severity, pharmacotherapy, and education for a partnership in asthma care.

The infectious diseases part has six chapters, which cover important topics such as diagnosis and treatment of community-acquired pneumonia, diagnosis and management of otitis media, appropriate antibiotic use for treatment of nonspecific upper respiratory infections, rhinosinusitis and acute bronchitis in adults, group A streptococcal pharyngitis, prevention of perinatal group B streptococcal disease, adult immunizations, rabies prevention, management of infectious diarrhea, tuberculosis testing and treatment of latent infection, sexually transmitted disease treatment, updated United States Public Health Service Guidelines for the management of occupational exposure to hepatitis B and C virus and HIV, and recommendation for postexposure prophylaxis.

The endocrinology part summarizes screening for osteoporosis in postmenopausal women;

and the gynecology part summarizes the management of abnormal cervical cytology and cervical intraepithelial neoplasia.

The neurology part consist of four chapters, which cover dementia, diagnosis and treatment of migraine headache, concussion guidelines in athletes, and restless legs syndrome.

The last, psychiatry part, consist of four chapters covering pharmacological treatment of depression, attention deficit hyperactive disorder in school children, delirium, and panic disorder.

Highlights: This book is an excellent summary of the most important evidence-based, nationally recognized, clinical guidelines, made with an aim to improve the quality of medical care. The book presents understandable, useful, and easy to implement single source for questions that are best answered by an existing clinical guideline. Together with its electronic version, it should facilitate the implementation of na-

tionally recognized clinical guidelines by primary care physicians.

Limitations: A guideline should provide excellent, up-to-date, evidence-based guidance for the diagnosis, management, and prevention of specific diseases and conditions, and should be intended to improve patient care. Electronic media are much more accessible, much more thoroughly indexed, and have the potential to be much more up-to-date than paper-based resources. Only updated, electronic version of guidelines can meet this purpose. Every physician should remember that practice of evidence-based medicine integrates physician's individual clinical expertise, best available research evidence, and patient unique values in the process of decision-making about health-care, and always should be accompanied by evidence-based patient choice.

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