

## BOOK REVIEW

# CARDIORESPIRATORY PHYSIOTHERAPY: ADULTS AND PAEDIATRICS

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Full title: Cardiorespiratory physiotherapy: adults and paediatrics; Publisher: Elsevier; Year of publication: 2016; Edition: 5th; Pages: XXI, 790; Illustrations: 180, including additional full-colour photographs; Editors: Eleanor Main, Linda Denehy. ISBN 978-0-7020-4731-2.

The title of the book *Cardiorespiratory physiotherapy: adults and paediatrics* can directly attract the attention of healthcare workers, especially those in the field of cardiology and cardiac surgery, who are in search of answers regarding how to improve the early rehabilitation and quality of life of cardiac patients.

This is the 5th edition of the textbook and it presents a more extensive and comprehensive overview of clinical practice in cardiorespiratory physiotherapy compared to previous editions. The editors, Main and Denehy, point out that the concept of this book is based on the practical questions regarding why early rehabilitation is important in health practice when it comes to cardiac diseases or post-surgery treatments. The contents of the book are intended for effective and appropriate use in clinical practice and convey knowledge that can be applied to and will have an impact on the quality of health care.

The added value of the book's usefulness is a comprehensive and detailed assessment, not only of adults, but also of infants, children, and acutely ill patients or patients whose condition is deteriorating. The book highlights the increase in

research efforts and the improvement in clinical evidence-based practice, where the patient is at the center and the approach is focused on addressing the main problem.

This book brings together a total of 66 contributors guided by experienced editors and it represents a truly international perspective on cardiorespiratory physiotherapy.

The structure of the book is organised into 13 chapters addressing the following issues: the basics of anatomy and physiology of the respiratory and cardiac systems, where the respiratory system is described in detail, with particularly interesting insights into lung capacity measurements and numerous illustrated pictures that contribute to an adequate assessment (Ch. 1. *The anatomy and physiology of respiratory and cardiac systems*); a clinical assessment that gives us insight into the patient's condition before physiotherapeutic treatments, as well as the follow-up after receiving treatment in both adults and children (Ch. 2. *Clinical assessment*); numerous pictures illustrating chest X-ray images in adults and children showing specific features and providing a clearer insight into the problem (Ch. 3. *Thoracic imaging*); a detailed approach and knowledge of the types of heart and cardiovascular diseases in order to be able to use appropriate rehabilitation strategies to solve and identify the problem (Ch. 4. *Cardiac and cardiovascular diseases*); diseases of the respiratory system divided into acute and chronic, highlighting specific symptoms and the

influence of certain drugs on the treatment of the respiratory system (Ch. 5. *Respiratory diseases*); outcome measurement in cardiorespiratory physiotherapy practice to highlight not only the degree of efficiency, but also the changes that are experientially measured and stated by the patient (Ch. 6. *Outcome measurement in cardiorespiratory physiotherapy practice*); the role of the physiotherapist in the early phase of rehabilitation, which is clearly established through physiotherapy interventions (Ch. 7. *Physiotherapy interventions*); knowledge of the problem in order to optimise engagement and adherence to therapeutic interventions (Ch. 8. *Optimizing engagement and adherence with therapeutic interventions*); intensive care of adults, including knowledge of invasive and non-invasive ventilation (Ch. 9. *Adult intensive care*); paediatric intensive care providing insights on assessment, intervention, and clinical knowledge of ventilation (Ch. 10. *Pediatric intensive care*); types of abdominal and cardiothoracic surgery for adults showing the effects of preoperative physiotherapy and prehabilitation (Ch. 11. *Upper abdominal and cardiothoracic surgery for adults*); physical activity and rehabilitation (Ch. 12. *Physical activity and rehabilitation*), and finally, cardiorespiratory treatment of special populations, including descriptions of a variety of cardiosurgical procedures on the open sternum, as well as heart defects both in adults and children (Ch. 13. *Cardiorespiratory management of special populations*).

The essential features of the previous editions of this textbook (1993, 1998, 2002, 2008) remain intact. This edition contributes updated information in the form of new chapters: the first chapter provides a comprehensive overview of cardiorespiratory anatomy, there are two chapters dedicated to understanding cardiac and respiratory problems or pathology, a chapter focussing on outcome measures, a chapter on the principles of exercise and physical activity in the cardiorespiratory population as well as a chapter on cardiorespiratory rehabilitation in special populations. Topics related to the care of children with cardiorespiratory problems have now been incorporated into appropriate sections of text throughout the book.

The stratification between the adult and paediatric ICU-related information remains intact. Furthermore, expert clinicians have contributed important new material regarding cardiorespiratory care.

This book is well-designed, with boxes throughout the text highlighting key issues. Along with the textbook, the reader gains free access to the collection of 350 images at [evolve.elsevier.com](http://evolve.elsevier.com) in Elsevier evolve platform. Each chapter begins with a chapter outline and ends with references. The book ends with an Appendix, which includes normal values, conversion tables, abbreviations, and a comprehensive index. Regardless of the quality of readability and illustrations, the statistical interpretation of the results are not always completely clear from the graphs. The book should be made available in libraries and bookstores because the field of cardiorespiratory physiotherapy is not comprehensively recognised and the availability of this book would help improve the quality of knowledge on the subject. The paperback edition of the book uses paper that is manufactured from sustainable forests. It is also important to note that this valuable book is also available as a Kindle ebook.

This book is intended to serve physiotherapy professionals in cardiorespiratory care around the world. So far, this edition is not available in Croatian medical libraries. The book can be highly recommended, both as a textbook and a reference book, because it is intended for both experienced and new practitioners involved with cardiorespiratory care. It recognises physiotherapists as skilled independent practitioners who are integral members of interdisciplinary health care teams. Such holistic approaches to patient care represent a valuable contribution to the development of the medical profession at the international level. We expect that this review will contribute to the visibility, citation, and application of this book in practice and help facilitate further education in the field of cardiorespiratory care.