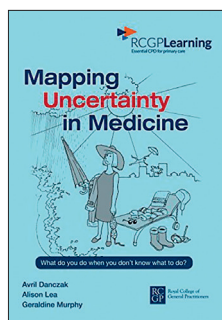


Out of Hours Books

Mapping Uncertainty in Medicine: What to Do When You Don't Know What to Do?

Avril Danczak, Alison Lea,
Geraldine Murphy

RCGP Press, 2016, HB, 332pp, £29.99, (for
RCGP members £24.99) 978-0850844054



MAPPING THE TERRAIN

Do you like to draw mind maps? Do you find conceptual tools built around acronyms (SWOT, SMART, and so on) help you find your way along life's complex path? If so, this book may be a useful addition to your library.

Its purpose is to help doctors answer the question 'What do you do when you don't know what to do?' — or *WDYDWYDKWTD* as it is usually referred to in the book. It seeks to do so by organising situations involving uncertainty that GPs can face into four quadrants; the MUM (Map of Uncertainty in Medicine). Situations are classified according to whether they concern diagnosis, involving just the doctor and the patient (ANALYSING), or the team (NETWORKING), or management, involving just the doctor and the patient (NEGOTIATING), or the team (TEAMWORK).

The book contains a lot of interesting theoretical material, useful ideas and techniques and is illustrated by stories of situations where clinicians find themselves facing uncertainty along with discussion of how they dealt with it. The stories are well-crafted and realistic, although I found the values implicit in the naming convention used somewhat disturbing. Patients are called things like Granite or Amber, after rocks or gemstones; doctors are noble trees like Birch, Oak, or Willow; while other health professionals (lower ranking?) are named after small plants like Heather or Lily.

I am an auditory learner; I think in words and stories, not in images. For me it is

obvious that one word is worth a thousand pictures. Perhaps this is why I found the 'map of uncertainty in medicine' unhelpful, and the sketch map of 'the land of the sick' merely comical. Or perhaps it was because I found its premise — that one can divide situations of uncertainty and the skills you need to tackle them neatly into 'quadrants' — unconvincing, and consequently, the material poorly-organised, that the book failed to enthuse me.

I would have found the book more appealing as something to sit and read if the stories had been the starting point from which to explore theoretical perspectives and strategies to deal with uncertainty, working from the particular to the general rather than the other way round. A reference book with a '50 ways to' format would be easier to use to look up theoretical frameworks or conceptual tools.

There are several books on uncertainty in clinical medicine and I am sure every training practice should have one in its library. Whether it should be this one I am less certain.

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<http://www.rcgp.org.uk/bookshop/professional-topics/being-a-gp/mapping-uncertainty-in-medicine.aspx>
<https://mappinguncertaintyinmedicine.org/>

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Gluten Attack: Is Gluten Waging War on Our Health? And If So What Can We Do About It?

Professor David Sanders

Vermilion, 2016, PB, 208pp, £12.99,
978-1785040160



AGAINST THE GRAIN

Ever since Novak Djokovic announced that he was going 'gluten free', there has been controversy surrounding the role of gluten in health and wellbeing. Is it a panacea for the worried well or are we unfairly branding a cohort of patients 'neurotic' because of deficiencies in our own understanding?

It is well known that sufferers of coeliac disease should avoid gluten for clearly-defined medical reasons, but what about others? Does gluten have more widespread effects on the body and mind? A lot of misinformation is spread via the Internet about the role of gluten in health and wellbeing and this book separates the — er — wheat from the chaff.

Professor David Sanders, as one of the UK's leading experts on coeliac disease with an international reputation among his peers for his research, is best placed to guide us through the latest evidence. He uses his vast depth of knowledge to outline the very latest research, with great humility and in ways that our patients can understand. Interspersed with a series of 'rules' that separate fact from fiction, he helps you, the reader, to draw your own conclusions.

This very readable book has everything and takes you from the historical role of gluten in society, via the physiological effect of gluten on the gut, through to the latest understanding of some of the more widespread effects. He also dips into the subject of IBS and how a variety of diets, including the FODMAP diet fit into the equation. What emerges is a feeling that we're on the brink of a possible shift in our understanding of the role of gluten in a whole host of diseases. The book concludes with a selection of gluten-free recipes.

Highly relevant to primary care, I cannot recommend this book enough to both clinicians and patients. It will change your practice.

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