

The personal development plan (PDP) is simply a mechanism for establishing our educational needs and from this we can evaluate the success of our plans and evaluate them.

This excellent book is very readable and relevant, the reader is gently led to overcome any anxieties about preparing a portfolio, and each chapter leads on to the next level seamlessly.

Although this book is aimed at and written for general medical practitioners, the concept is entirely relevant for the whole medical team. All the examples are medical but they are just examples and can easily be adapted to dental scenarios.

There are some interesting ideas that can help the newly qualified, and examples are PUNS and DENS.

These are acronyms for patients' unmet needs and doctors'/dentists' educational needs. This concept is important because lack of experience can mean that our patients are not receiving ideal treatment because the practitioner is simply not aware of the various treatment options.

Amar also describes significant event analyses (SEAs) and how they can help us develop.

SEAs can be examples of things that go significantly right as well as significantly wrong.

He goes on to show how we can use these events to allow whole patient care by discussing this with practice members.

These PDP's have been used in our vocational training schemes for many years and they have evolved and have become a very useful tool for reflection and learning for the individual and the trainers and scheme advisors.

The day must come soon when all doctors and dentists are required to keep a PDP, instead of mere records of lectures attended and books and magazines read.

I can thoroughly recommend this book to all health-care workers and I am sure that all new dental graduates would benefit from reading this book before starting their PDP's for their VT year.

As a scheme advisor for a London VT scheme, I have found much useful information that I will use and refer to for much of the year ahead.

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Holistic Oral Care, A Guide for Health Professionals. By Janet Griffiths & Steve Boyle. Stephen Hancocks Ltd.

At last, a book that does exactly as it says on the cover! The authors capture the reader from the outset. It opens by explaining how to use the guide and it is precisely that, a guide that leads you through the principles of oral health care. It clearly tells you that dental disease is the world's commonest disease and that it is preventable. The book is extremely well illustrated with good clear colour photographs showing periodontal disease, dental decay, and other familiar conditions encountered by dental professionals. The terminology that is commonly used in the clinics is introduced in such a way that, even if you have never previously heard the word it becomes clear in the context and is often supported by an explanation and example.

The book is aimed at people who support others in their daily living. It is designed to give practical advice without being prescriptive or dogmatic and tells the reader how to care for the mouth using proprietary devices and aids. It gives you the permission to be inventive and to develop methods of oral hygiene that encourage oral cleanliness and plaque removal.

The guide teaches the nurse and carer to be diligent in assessing the dental condition and ensure that the teeth, any dental appliance, and other surrounding tissues are cared for as part of the daily routine of whole health care. It reminds you that dental disease has been linked to other debilitating illnesses and that healthy mouth promotes a healthier lifestyle and an increased feeling of well-being and improves social acceptance.

The book is excellent in its discussion of disability and impairment. It gives an insight into how disability is viewed from a global aspect, from a government perspective and from an individual's viewpoint. This is followed by some descriptions of commonly occurring illnesses that are seen in childhood and how these affect dental development and subsequent dental health problems. It goes on to describe adult systemic conditions that have an influence on dental disease processes. The reader is then introduced to acquired disease that has an impact on oral health and gives practical advice on how to deal with its consequences.

It is an easy guide to read and will form an excellent reference book that can be used over and over again to give the owner a valuable tool for the per-

sonal care of others and oneself. It is great value for money, as it is not a book to be read once and left on the shelf to gather dust.

A book that should be a recommended read for all health-care professionals.

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