NURSES! Test Yourself in Non-medical Prescribing
Noel Harris and Diane Shearer
Open University Press
240pp | £15.99
ISBN: 9780335244997

THIS USEFUL book covers all facets of the non-medical prescribing curriculum. Topics include consultation skills, clinical decision making, pharmacology, drug calculations, legal and ethical issues, safe prescribing, adverse events and concordance. The mathematical section is particularly useful with calculations building in complexity as the questions progress. The self-testing format of the text includes explanations of the answers, which allows the reader to cover gaps in their knowledge.

It would be suitable for any healthcare practitioner pursuing a non-medical prescribing qualification. It could also help nurses seeking to ensure their prescribing qualifications are current.

I would recommend it to all nurses who want to enhance their knowledge and awareness of medication, whether or not they are planning to undertake a prescribing qualification.

Karin Cannons is a nurse consultant in pain management at Frimley Health NHS Foundation Trust

What is the secret of a long, healthy life?

ACCORDING TO the Book of Genesis, Abraham lived for 175 years with perfect cognitive performance; and his father, Terah, died at the age of 205. What was the secret of their longevity? Why do we, contemporary humans, not live for so long? Is it feasible nowadays to be healthy, have fun and live a long life?

In several places around the world, people live relatively long lives, almost entirely free of dementia and chronic diseases due to lifestyle and culture. Such healthy centenarians often advise us to be careful and selective with food and to avoid consuming too many calories. In other words, they call us to eat a balanced diet for health and prosperity.

The human body can be compared with a well designed and organised machine in that it runs on food from which it produces energy to keep it going.

If ‘we are what we eat’, why do we keep eating processed products and consuming ‘plastic food’ that contains additives and synthetic hormones or vegetables grown out of traditional season? Is the adage ‘garbage in, garbage out’ true?

What is the best available evidence on nutrition and healthy ageing, today, when every decision is, or should be, evidence based?

The rapidly increasing ‘grey’ population with cognitive impairment problems is a public health issue that is threatening future generations, although growing evidence shows that poor nutrition plays a fundamental role in cognitive decline and dementia in older people.

Living a healthy lifestyle is an investment for current and later life. Experiments show that modifying nutritional habits and lifestyles helps us to have better, longer and healthier lives; healthy minds live in healthy bodies.

For ‘longevity hotspots’ around the world, go to tinyurl.com/oghepa4

See also art & science, pages 27-34

Anastasia Mallidou is assistant professor, school of nursing, University of Victoria, British Columbia, and a member of the Nursing Management editorial advisory board

NURSING MANAGEMENT
June 2015 | Volume 22 | Number 3
Opinion

Vantage point

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