

BOOK REVIEW

Adult HIV: A Learning Programme for Professionals. Developed by the Desmond Tutu Foundation.

This is a locally produced book covering what primary care health care workers (HCWs) need to know about managing HIV both before and after antiretroviral care is necessary. It is aimed at nurses and doctors, but counsellors and even some lay people will find much of the information useful. At its core is a desire to provide continuing medical education to the many HCWs who do not get the chance to receive teaching on an ongoing basis.

The book's strength lies in the fact that it has been written by clinicians who work with people with HIV in a primary care setting in South Africa – which means that the information in it is both real and pertinent to our context.

This book is based on the PEP (Perinatal Education Programme) model that has been successful in teaching skills to many nurses in South Africa around perinatal issues. The adult HIV book covers the basics in HIV care in six chapters or modules: HIV infection, Managing people with HIV infection, Preparation for antiretroviral treatment, Antiretroviral drugs, Management of patients on antiretroviral treatment, and HIV-associated infections.

Each module has a multiple-choice questionnaire that can be done both before studying the module (to see where knowledge gaps are) and after studying the module (to ensure that adequate learning has taken place). Within each module key messages are given in highlighted boxes and more in-depth information is given in italics so that it is clear which messages are essential and which are for interest. Each module also ends with some locally relevant case studies that put the given information into context and ensure that integrated learning takes place.

The book can be studied on the reader's own, but learning is likely to be enhanced if a few individuals meet regularly to discuss each module while working through the book. If one has never worked in the HIV field before this book will give a very good overview of what one

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needs to know when working with people infected with HIV. If one is already working with HIV-infected people it provides a wonderful framework for putting one's knowledge into a coherent form, and entrenching that knowledge in a systematic way.

Beth Harley

This book is available through the Desmond Tutu Foundation for R100 (includes support answering queries and the right to write the final exam). Contact Felicity Cope, 021 650-6962; felicity.cope@hiv-research.org.za