



**A Sonographer's Guide to the Assessment of Heart Disease**

Bonita Anderson  
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 507 pages

The long anticipated release of a text book that addresses the echocardiographic assessment of cardiac pathologies written from the

viewpoint of a cardiac sonographer has been worth the wait. The second text to be published by well-known author and lecturer Bonita Anderson, titled *A Sonographer's Guide to the Assessment of Heart Disease* is a well presented hard cover text that provides a contemporary perspective on the application of echocardiography in the current diagnostic imaging realm.

The general structure of most chapters provides a logical flow of information from the aetiology, pathophysiology, clinical manifestations through to the role of echocardiography in various cardiac disease states. By presenting the content of the chapters in this sequence, the understanding of the importance of the role of echocardiography in the evaluation of the presenting pathology is enhanced. Furthermore, this format highlights particularly to the student sonographer, that an understanding of each of these facets of the presenting pathology is essential for a thorough and accurate sonographic study.

There is no shortage of reference texts already available on the market that cover the content presented in this current text, however, the strength of this particular text lies in the quantity of high quality sonographic images which are used to illustrate the pathology and aid in the understanding of the content. In comparison to other available texts, the techniques and methods described in *A Sonographer's Guide to the Assessment of Heart Disease* provide the basis for a comprehensive sonographic protocol, emphasising essential techniques to ensure an accurate assessment of the presenting pathology.

The readability and usability of this text are excellent, with the features of the 'key concepts' boxes summarising and highlighting the important points of the chapter, as well as the 'technical tips' boxes highlighting the limitations of measurement

techniques. The use of flow charts in most chapters also makes for a quick and easy review of concepts. These inclusions aid in the decision making process required in determining when an echocardiographic measurement can be considered useful and accurate. Appendices 5, 6 and 7 provide quick reference guides that are extremely useful in the setting of a busy clinical department, where time is of the essence.

With reference to particular chapter content, Chapter 4 (Hypertensive Heart Disease) provides a clear differentiation between pulmonary arterial hypertension and pulmonary hypertension including clinical classifications and defining values. In Chapter 5 (Ischaemic Heart Disease), a good inclusion is the concept of caveats in the echocardiographic assessment of regional wall motion abnormalities as well as defining current classifications of myocardial infarction (NSTEMI vs STEMI) while still explaining historical classifications of myocardial infarction (Q wave vs non-Q wave). Of note, are Chapters 10, 13, 14 and 15 which each provide an extensive review of the concepts within each chapter. These chapters in particular are outstanding examples of the theme of the entire text, providing information for the sonographer from the sonographer's point of view.

With the direction of current online technologies, a suggestion for future editions would be to provide a patient case study format either through on-line use or CD, which would further reinforce the concepts presented in the text. On-line real-time images are provided on the publisher's website: [www.echotext.info](http://www.echotext.info).

The aim outlined by the author was to provide a comprehensive review of the echocardiographic assessment of cardiac pathologies with an intended readership ranging from student to established sonographers, with the intention of providing a reference for daily clinical practice. This aim has been commendably achieved. Used in conjunction with the earlier publication by this author, (*Echocardiography The Normal Examination and Echocardiographic Measurements*), *A Sonographer's Guide to the Assessment of Heart Disease* provides a reference which will equip a sonographer of any level of experience with a comprehensive knowledge base.

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