

Description

Book Review: Health Promotion in Midwifery – Principles and Practice (4th Edition) Edited by Jan Bowden and Sam Bassett

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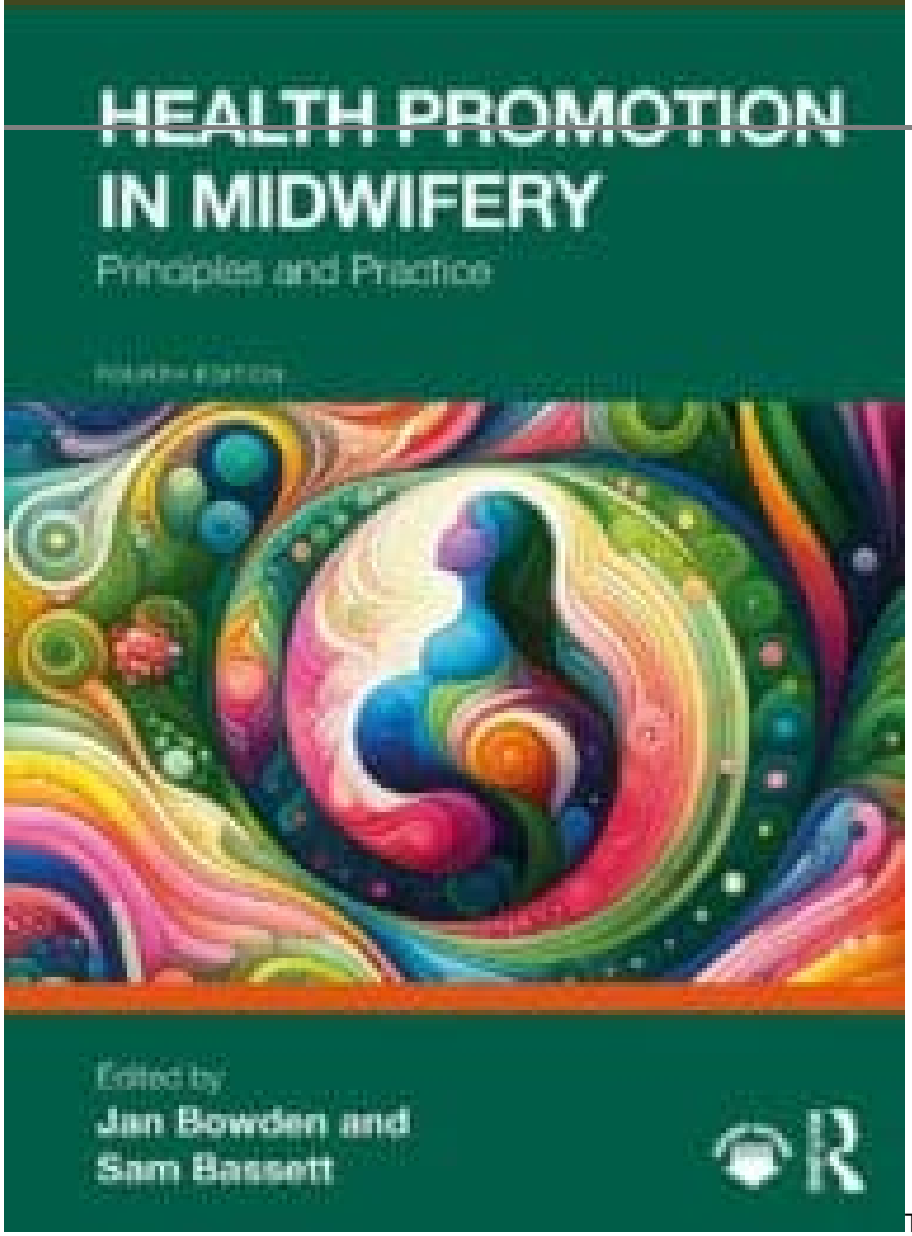
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This book is suitable for all health professionals involved in maternity care. The overriding purpose of this text is to provide evidence-based information, key to promoting improvements in health at a time when people are most receptive. Each chapter covers a specific subject, allowing the reader to dip in and out in any order to suit their interests. The chapters are concise and include vast evidence relevant to current practice without being overwhelming. Pictures, tables, case studies, scenarios and models flow well throughout the text to apply context to practice. There are 19 chapters in total covering common subjects such as breastfeeding, smoking cessation and mental health. Two refreshing chapters were self-care for midwives and sexual health. Self-care is imperative to good practice and often we read of the decline of wellbeing within the workforce; help in how to care for your own wellbeing is harder to come by, so this section sits nicely within this text. Sexual health is also not explored often enough, and this chapter really delves into why assisting families with sexual health is so important and not to be shied away from.

The book is a perfect read for student midwives, allowing them to gain an oversight and knowledge of the role midwives have in health promotion, as well as what best practice should include. An excellent element is each author's ability to share a realistic representation of current struggles and challenges without putting negative light on the profession. For qualified health professionals, the exercises give opportunities to take thoughts and reflection to another level. The information may not be new for all but it is current, acknowledging the challenges of why public health promotion is important yet not achieved to the standard it should be.

Overall, there are some grammatical errors noted in various chapters, but this does not take away from the high standard of writing. For a text rich with information, the flow and layout make for an easy-to-digest read. The information is thought provoking and brings forward important health messages often lost in day-to-day work. **TPM**

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