



columns

Russell Barton was a leading figure in the unlocking of wards in mental hospitals, in rehabilitation, and the move to community care in the middle of the last century.

As a medical student, Russell courageously worked in the recently liberated, infamous K.Z. Lager at Belsen. He qualified at Westminster Hospital in 1947. After National Service in the Royal Navy, he became a Registrar and Clinical Tutor (medical and psychiatric) at his old hospital. He then moved to the Maudsley Hospital under the formidable Sir Aubrey Lewis.

As a Senior Hospital Medical Officer at Shenley Hospital he led and inspired us to encourage patients with chronic schizophrenia to occupy themselves in small groups. He succeeded in unlocking wards, so transforming a situation in which half the 2000 in-patients in the hospital had been treated in three blocks of locked wards.

In 1960, he was appointed Physician Superintendent of Severalls Hospital, Colchester. He collaborated with Mapperley and Netherne Hospitals in a study, the results of which were published by Professors J. K. Wing and G. W. Brown in 1970. During the 8 years of the study, one-third of the long-term patients with schizophrenia improved clinically. The industrial work introduced at Severalls accounted for much of the clinical improvement there.

In 1971, he was offered financial incentives to relinquish his post and remain as one of the four consultants at the hospital: a firm believer in proper clinical leadership, he declined and moved to Rochester (NY) where he became Director of the State Hospital and Clinical Professor of Psychiatry at New York School of Psychiatry. He published *A Short Practice of Clinical Psychiatry* in 1975. In

due course, he retired from Rochester Psychiatric Center but continued to undertake medico-legal work. It is interesting to quote a press cutting in 1989 which recorded him as saying in Court, 'Translated literally, Mr Cleary, "distinguished colleague" means "bloody fool"'.

A certain extraverted flamboyance led some to underestimate him. Many of his aphorisms would put life into this account. On one occasion he said to me 'Not having been at the Maudsley, you will not have heard of Occam's razor'. I quoted the fourteenth-century original, at which his scorn deepened; 'At the Maudsley, it would have been regarded as a ridiculous affectation to quote it in Latin'.

Russell was a good friend and colleague and will be much missed.

Lindsay Hurst

reviews

Putting Assertive Outreach into Practice. A Development Tool for Team Leaders and Project Managers

By D Davidson and J Lowe
Brighton: Pavilion Publishing. 2001.
42 pp. ISBN: 1841960721

Leonard Stein, one of the original proponents of assertive outreach, was keen to reduce the 'pathological dependency' he felt was implicit in the individual keyworker model. Thus developed the 'whole team approach'; all the members of a team work with all the patients and share clinical responsibility. This aims to reduce both keyworker stress and the 'dependency' of the patients.

This pack, for developing assertive outreach teams, emphasises the importance of such an approach. However, many authorities in the area do not buy into this model. They argue that the road to independence is via a period of dependence and that forming individual relationships is important. On a practical level, trying to routinely rotate visits between all team members is inefficient and labour intensive. Engagement, so crucial to successful assertive outreach, can also become more difficult.

That there is any debate about this issue would be a surprise to those using this pack in isolation, as it sticks very much to the mantra that the whole team approach is the crux of successful assertive outreach. It is aimed at leaders of developing teams, and concentrates on

putting issues into practice. It consists of a training pack accompanied by a video. Also included are some clear, simple handouts covering the background and core components. The emphasis is on practical issues such as the daily hand-over, and training sessions are suggested.

The video presents footage of two teams, both in the voluntary sector, with no medical involvement. The 'whole team approach' is explained and the video demonstrates the degree of communication necessary to enforce this rigorously. Team members discuss the model from their perspective and you get a feel for their enthusiasm and dedication. However, the lack of medical input is reflected in the case histories; in one, a patient is left in his room not eating or drinking for 4 days and not having seen a doctor, while the team try to engage him and his family.

This pack may be of interest to developing assertive outreach teams, but will only be relevant to those who have already made an informed decision to adopt the whole team approach. The emphasis on teams in the voluntary sector does not reflect the self-contained teams with active medical membership suggested by the government's Policy Implementation Guidelines. Assertive outreach needs to be flexible, and many teams have found in practice that, rather than sticking rigidly to the ideology of the whole team approach, a mixture of both models has evolved.

Aileen O'Brien Lecturer in Community Psychiatry and Specialist Registrar to the Wandsworth, Assertive Community Treatment Team, St George's Hospital Medical School

A Suitable Space. Improving counselling services for Asian people

By Gina Netto and others
Bristol: Policy Press/The Joseph Rowntree Foundation. 2001.
34 pp. £10.95 (pb).

This is a well-written account of a qualitative investigation into counselling services and their suitability for Asian people. Interviews were held with 38 Asian men and women to explore their perceptions and views about counselling, examine their experiences of accessing and using counselling services, explore their preferences for all types of service, and examine the cultural sensitivity of counselling provision.

Although respondents often put forward family and friends as confidants, it was clear that at times of distress they valued an independent source of support, and professional help, in particular. Understandably, those who had experienced counselling were greatly in favour of it and those with no such experience knew little of the services. Coping mechanisms included maintaining a semblance of normality and continuing as if nothing untoward had happened. This may explain non-presentation of distress to health and counselling services. Those with experiences of counselling had found it useful and were able to articulate the relief they experienced both metaphorically and in concrete terms, sometimes very shortly after beginning counselling. Interestingly, this relief was partially manifest as better sleep, less panic, less chest pain or fewer coughing fits. These



are particularly important improvements considering the generally held view that South Asian people present with physical complaints. None the less, some respondents did complain of unequal and unfair treatment, of being made to feel inferior or intimidated, and feelings of frustration and helplessness. Visiting and engaging with clients in their own homes, engaging with their families, and being flexible about offering advice and practical support, were all valued. These devices were all used to engage the clients in treatment which later took on a more conventional form. Not all clients, however, wanted to be ethnically matched. A complaint often heard by health professionals is that Asian people 'don't get it' and want a different form of intervention, perhaps more concrete forms of advice and instrumental or practical help. This report illustrates how providing an innovative response to such requests can lead to effective use of counselling services, and that Asian people do 'get it' after all.

Kamaldeep Bhui

Clinical Guidelines in Old Age Psychiatry

By Alistair Burns, Tom Dening and Brian Lawlor. London: Martin Dunitz. 2002. 208 pp. ISBN: 1-84184-029-7

First there was the publication of *Assessment Scales in Old Age Psychiatry* in 1999, providing a comprehensive collection of scales to measure the various manifestations of mental and physical diseases affecting older people. Now, the formidable duo Burns and Lawlor return, having teamed up with Tom Dening to produce another user-friendly companion.

Clinical Guidelines in Old Age Psychiatry provides a source of direct and systematic advice to people working in, and responsible for, services for older people. It aims to improve the quality of patient care as well as achieving more standardised and consistent practice. Furthermore, it invites us to challenge and reflect upon our own clinical practice. It also serves, as before, to put old age psychiatry firmly on the agenda of those involved with commissioning, planning and financing services for older people.

It includes chapters on dementia, depression and other disorders and conditions such as delirium, schizophrenia, Parkinson's disease and learning disability. In addition, there are general statements varying from the *National Service Framework for Older People to Home Alone*.

Inevitably, many guidelines are consensus statements or practice policies, due to the lack of evidence from randomised controlled trials and other research studies. Most guidelines currently in use originate from professional bodies such as the various Royal Colleges and diverse national and international organisations.

The use of the single assessment process will certainly increase. Hopefully, public agencies and patient groups will have a greater involvement in the preparation of future editions of this book.

Considering the wealth of guidelines and statements on a multitude of aspects relating to older people's lives, the absence of any guidance on sexual health and relationships remains remarkable, particularly as the prevalence of sexual dysfunction is highest in this group. However, this is a minor criticism and no doubt the next edition will expand on this topic.

I highly recommend this book, not only to all aspiring and practising colleagues in the field, but to everyone aiming to improve both quantity and quality of services for older people in the broadest sense.

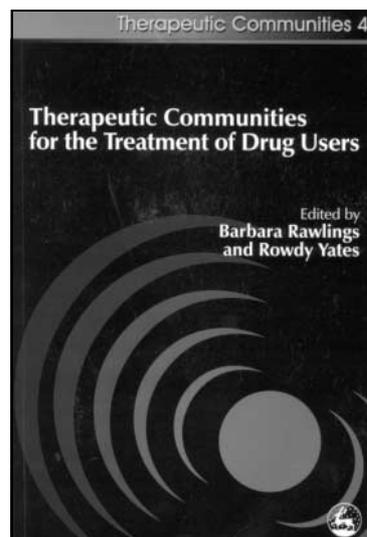
Walter Pierre Bouman Consultant Psychiatrist for Older Adults, Health Care of the Elderly, University Hospital, Nottingham

Therapeutic Communities for the Treatment of Drug Users

Edited by Barbara Rawling and Rowdy Yates. London and Philadelphia: Jessica Kingsley Publishers. 2001. 240 pp. £17.95 (pb). ISBN: 1-85302-817-7

This multi-author review by British editors is divided into background, history and current situation, 'life-in', variations on the model and, finally, research and evaluation. Multi-authorship has led to overlaps. It was pleasing to see the early pioneers described as 'charismatic free-thinkers . . . imbued with ideological viewpoints and passion . . . experimenting'. Were there no evidence-based practice protocols?

Within a referenced history, there are ample quotes from residents outlining the changes leading to the 'new therapeutic communities'. Central throughout have been the Encounter Groups with the experience evolving; the move from behaviour modification to social learning, from confrontation to motivation. Also, there is the tension between professional input and the focus of the community being 'self-help' and 'here and now', plus the gradual erosion of insider/outsider divisions, to becoming part of the wider community.



Authoritative, prescriptive and inflexible chapters are balanced by more personal portraits of therapeutic communities. Alan Woodham's closing personal view of working in a therapeutic community is not covered elsewhere, yet needs to be heard by those thinking of this field or funding these groups. As for residents' experiences, Keith Burnett provides a flowing association of thoughts with quotes from individuals. He addresses the problem of high drop-out rates, and offers solutions, not just leaving the responsibility on the ex-resident as being 'not motivated'.

Examples of how to, and how not to, set up a therapeutic community in prison, are given. Re-integration within the community has been neglected for too long and Paul Goodman and Karen Nolan give a frank view of resettlement.

The chapter by Barbara Rawlings on evaluation, essential in any review, is an overview of the evidence beyond 'improvements were greatest for those that stayed the longest'. Edle Ravndal gives details of one outcome study in Norway showing a methodology which others could well copy if they wish to remain financially sound.

This book is essential for those in this field.

Malcolm Bruce Consultant Psychiatrist in Addiction, Community Drug Problem Service, Edinburgh

The Human Rights Act and Mental Health

By W. Armstrong, J. Cummings, K. Gledhill and P. Edwards (2nd edn), plus accompanying video. Petworth: Mensana Consultants and The Institute of Mental Health Law. 2000. 30pp. £282.00.

It seems fashionable these days to combine the written word with an audio-