

## Evidence-Based Orthopaedics: The Best Answers to Clinical Questions

Editor: James G. Wright, Published by Philadelphia: Saunders-Elsevier  
Year 2009; 702 pages.  
\$99.00. ISBN: 978-1-4160-4444-4.

Orthopaedic surgery progresses very rapidly and new treatments are reported continuously. This is the era where there are so many claims and new evidences on treatment come out in the internet, journals and publications of its kind. The management of orthopaedic disorders is becoming more confusing, especially for new surgeons. Unfortunately, many opinions are based on weak evidences and therefore should be practiced with caution. Many of us, orthopedic surgeons, are still not familiar with research methodology and its association with power of the study. It is common for a surgeon to defend his treatment preference based on his knowledge extracted from a 'popular' journal, rather than the strength of research articles. A book that deliberates evidence-based managements of common orthopaedic disorders is really welcome.

I found this book accommodating because it covers most of the common issues in orthopedics practice. This is a collection of best-evidenced treatment for common orthopaedic conditions. There are 100 chapters in this book and arranged into 7 sections; spine, upper extremity, pediatrics, trauma, foot and ankle, arthroplasty and sports medicine. The first chapter is on evidence-based orthopaedics, written by Dr Wright himself, an expert in the area of evidence-based medicine. This chapter is relevant as it facilitate those unfamiliar with "evidence-based orthopaedics" "level of evidence", "grade of recommendation" etc. This chapter forms the basis of understanding for the subsequent chapters of the book.

The titles of the chapters are arranged in question forms that are clear, current and precise. They are subjects of interest to many practicing orthopaedic surgeons. Typically these topics are the common issues that are always raised in conference discussion, VIVA examination and during ward rounds. Titles like, "Should Patients Undergoing Decompression for a Grade 1 Degenerative Spondylolisthesis Also Have an Instrumented Fusion?" (Chapter 2) and "What is The Optimal Treatment for Thoracolumbar Burst Fractures?"(Chapter 6) can easily attract the readers to go through the chapters. Most

importantly, the questions are well answered and discussed based on evidences available in the literatures. This is how I was attracted to this book when searching for an answer to a question: What is the best treatment for a 10-year old boy suffering from Perthes disease, with 50-60% of femoral head collapse. Chapter 40 in the book entitled "Legg-Calve-Perthes Disease: How Should It Be Treated?" had helped me to decide with sufficient confidence. True enough, the outcome of the treatment was satisfactory.

The structure of the chapters may be similar to 'Current Concept Review' in a peer review journal; however, an addition of 'strength of evidence' and 'grade of recommendation' of the treatment becomes the essential features of this book. It certainly helps the surgeons to offer reasonable management approach for their patients.

The authors had attempted to address common issues in this area and providing the best available evidence in the literatures and summarize them in the simplest way possible. Relevant study outcomes and recommendation are highlighted. However the readers should be aware that not all treatments can be proved by Level 1 study due to their rarity and other reasons. They should be able to rationalize the treatment options even from level III study, which probably sufficient to support the decision.

This book is recommended to those who are committed to improve the patients' care. This book may provide answers to many common issues raised in conference discussion, VIVA examination and grand rounds. As correctly said by the author, this book was written and dedicated to all orthopaedic surgeons who always strive to do the right thing and provide the best available treatment for their patients.

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