

BOOK REVIEW

Brown's Atlas of Regional Anesthesia, 6th edn,
E. Farag and L. Mounir-Soliman (editors),
Elsevier (Philadelphia, PA, USA), 2020, 336 pp. Price \$179. ISBN 978-0-323654357.

The first edition of *Brown's Atlas of Regional Anaesthesia* was written entirely by David L. Brown and published in 1992. This latest, sixth edition edited by Farag and Mounir-Soliman, contains contributions from a number of leading experts in the field of regional anaesthesia. As practice changed, each edition of the book evolved to include new blocks and techniques, whilst online resources were also added. The atlas, however, has continued, as the title suggests, to incorporate a large number of beautiful drawings designed to assist in understanding the anatomy that still remains essential to the practice of regional anaesthesia today.

The atlas is divided into 48 chapters beginning with local anaesthetic pharmacology and equipment. The majority of upper and lower extremity, truncal, neuraxial, head, neck, and airway blocks are subsequently addressed, each in sections containing an introductory chapter describing the relevant anatomy. There are also five chapters addressing paediatric regional anaesthesia techniques.

New to this edition are excellent chapters describing PECs, serratus plane, and erector spinae plane (ESP) blocks, whilst a comprehensive chapter on obstetric regional anaesthesia has also been added. Each block chapter describes the relevant anatomy and sonoanatomy, and both traditional landmark-guided and ultrasound-guided techniques. The use of paraesthesia, which is arguably a little outdated, is still described for many of the landmark approaches rather than discussing nerve stimulation and the desired motor responses. Potential problems or complications, key points and a selection of useful and practical clinical pearls, are also included in most chapters.

The major strength of the atlas is the series of superb illustrations that accompany the text describing the relevant anatomy. The artwork clearly demonstrates the relationship of the relevant structures to the surface anatomy, whilst cross sectional diagrams interspersed with occasional photographs and magnetic resonance images further help the reader to

picture and understand the anatomy for each block. Helpful diagrams illustrate ultrasound ergonomics and probe placement, although the actual ultrasound images vary in quality and some, whilst still useful, would benefit from being updated. Furthermore, not every block description is accompanied by ultrasound images. The ultrasound-assisted neuraxial chapter, for example, is well written and informative but does not contain any.

The text is generally concise yet instructive, with each chapter easy to read. Whilst all the important information for each block is discussed, the chapters are not overly detailed. The sciatic nerve block chapter discusses only two approaches. Similarly, not all landmark infraclavicular approaches are discussed. In the majority of chapters no references are included to guide readers who may wish to explore topics in more depth. At \$179.99 this book is perhaps a little expensive as a personal purchase for many but it would definitely be a valuable addition to any anaesthetic department library, serving as an excellent resource for trainees, or indeed anyone new to regional anaesthesia, to help develop an understanding of the essential anatomy required for each block. Experienced regional anaesthetists will also likely appreciate the artwork within, and would be able to use the book to enhance teaching sessions. Included in the purchase price is a digital version of the book with access to more than 40 videos which would serve as a useful tool in clinical block areas or the anaesthetic room. As with the ultrasound images in the textbook, some of the videos, whilst still useful, could perhaps be updated. Additional labelling, or a voiceover, would further enhance the experience for the viewer. The newer videos demonstrating the ESP and stellate ganglion blocks are excellent.

Overall, the sixth edition of *Brown's Atlas of Regional Anaesthesia* is a well-written, well-structured regional anaesthesia text. The atlas is not an in-depth resource of all regional anaesthesia practice, but the outstanding artwork and

anatomical descriptions, knowledge of which serves as the foundation of regional anaesthesia, make the book an important addition to any regional anaesthesia collection.

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