



Wright LM, Leahey M. *Nurses and families: a guide to assessment and intervention in family*. 5th ed. São Paulo (SP): Roca; 2012

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The book *Nurses and families: a guide to assessment and intervention in the family*, translated to Portuguese, French, Japanese, Korean and Swedish languages, is known as the Calgary Model. The material covers the Family Nursing action aiming to improve clinical knowledge and service skills, with a focus on the family unit, in addition to providing updates on the topic. Published in 2012, is in its fifth edition, with 365 pages, having as organizers Canadian nurses Drs Lorraine M. Wright and Maureen Leahey. Both are professors at the University of Calgary in Alberta, Canada, and members of *Canadian Nurses Association*. Since the late 1980s, they have been developing and improving the Calgary Model, which has been well accepted and has been applied in many parts of the world.

Composed of 12 chapters, the book presents alternatives for assessment and intervention for family, describing the conceptual framework and considering the family unit as a centre of nursing care.

In the first five chapters fundamental concepts for consultations with families are exposed, showing the importance of identifying strengths and concerns, and subsequently by solid concepts relevant to the topic, to perform the intervention in the family, seeking to mitigate pain and suffering. From the sixth chapter to the end of the book, through numerous examples in various environments, we present the clinical practice concerning the "how-to". In short, with respect to chapters, each has its specificity and complementarity of the Calgary Model.

The assessment and intervention, as logic basis in family care, are presented in Chapter 1, which discusses the conceptual schema of the family system of health care, summarizing the indications and contradictions to the assessment and intervention for family.

The second chapter presents the main concepts of systems theory, cybernetics, communication, biology of cognition and change, coming to sustain the Family Assessment Calgary Model and the Family Intervention Calgary Model. It also discusses world views that influence the model in question and presents clinical examples of these concepts application, and clinical circumstances as instruments.

The third chapter addresses the updating and revision the Family Assessment Calgary Model, focused on three broad structures (evolutionary, structural and functional), having as main tools the genogram and eco-map.

The Family Intervention Calgary Model, updated and revised, giving particular emphasis to the cognitive aspects of affect and behaviour in the nurses' intervention in the family, going beyond the assessment is presented in chapter four.

In the fifth chapter, the relevance of the description of the techniques and skills required in interviews in family-centered care is highlighted, being important in the evaluation of education and skills of students.

In the sixth chapter, relevant guidelines to the preparation of interviews with families are stood

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out, during which ideas for achieving hypotheses are developed, it is chosen the best environment for intervention and ultimately establishes the first contact with family. The central aspects of the seventh chapter are the stages of the interview, as engagement, assessment, intervention and termination.

In the eighth chapter, it is stood out how to increase the chances of healing and health promotion, with a focus on conducting an interview in 15 minutes, in a clear and specific way. The ninth chapter aims to highlight the importance of the feedback in the interview between nurse and family as a way to accomplish effective interventions.

In turn, the next chapter is addressing mechanisms and ideas so that common mistakes are avoided in the context of nursing with families, i.e., we define and discuss the errors in pursuit of improvement.

In the eleventh chapter, the aim is to pass on proposals to document a comprehensive amount of results obtained during the evaluation and monitoring the family.

Finally, the last chapter is a form of therapeutic completion of interviews with families, regardless of the frequency or not of meetings with them, concluding with discussions of ideas between nurses and families, resulting in patient discharge and hence the family.

The book as a whole, presents interviews with real families, guiding the use of the model in clinical practice. One of the important aspects of the work is to suggest questionnaires to be applied to families, which have as foundation structural evaluation of two ways: the genogram and eco-map. On completion of the work, we seek to show how the assessment and intervention of family can be configured as a tool to students, nurses, educators and other professionals in the search for concepts and practices that contribute to the health promotion and coping with psychosocial economics difficulties that affect families' life and health.

In the perspective of contemplating the care of family as a unit of care, nurses, professors and students find, in this book, a didactic work of useful lessons of family-centered care approach as a client, in times when the Brazilian Nursing demand specific knowledge and skills of family approach in the face of the Ministry of Health policy program such as family Health Strategy.

Collaborations

Gonçalves LHT and Oliveira MFV contributed to the conception and composition of the text. Baia RSM contributed in the conception, composition and approval of the final text.