The book *Nursing in geriatrics and gerontology* was organized by the nurses Maria Inês Nunes (PhD in Bioethics from Centro Universitário São Camilo), Renata Eloah de Lucena Ferretti (specialist in Hospital Management from Centro Universitário São Camilo), and Mariza dos Santos (PhD in Science from the School of Medicine of the University of São Paulo). The work relies on the participation of 16 collaborators: 1 physical educator, 1 social worker, 1 pharmacist, and 13 nurses (one of them also has education in Physical Therapy and another in Pharmacy).

The book is divided into 3 parts and it has 21 chapters. The 1st part, “Topics in Gerontology”, consists of the first 6 chapters; the 2nd part, “Fundamentals of geriatric care”, from the 7th to the 11th chapter, addresses aspects that must be evaluated; and the 3rd part, “Nursing care for the elderly”, from the 12th to the 21st chapter, addresses some of the important illnesses, with a focus on care.

The 1st chapter exposes the increasing elderly population and the demand for care that this population will have in the near future, pointing out the socio-political and economic problems that this change has brought in countries like Brazil.

The 2nd chapter addresses the intrinsic and extrinsic factors that trigger the aging process and the theories that justify this process, as well as the biological changes that take place on all systems in the elderly body; in turn, the 3rd chapter addresses the psychological and social changes resulting from the aging process and public policies aimed at the elderly.

The 4th chapter presents successful aging: an active and healthy aging process, with minimal cognitive losses, despite the physiological limitations, unlike the image depicted by society, i.e. an elderly individual affected by some disease, most often, bedridden and sedentary; furthermore, it addresses the role of nursing in health education, promotion, and prevention.

The 5th chapter indicates the need to create further laws that benefit the elderly with regard to their autonomy, their independence, and their rights, emphasizing the importance of investing in health education, promotion, and prevention to improve quality of life and provide professionals with qualification to work with geriatrics and gerontology.

The 6th chapter reports neglect and maltreatment, emphasizing violence as a public health problem and indicating the risk factors of neglect, as well as the profile of the victim, the offender, and the role played by health professionals in prevention, identification, and treatment of situations of violence.

Opening the 2nd part of the work, the 7th chapter focuses on overall gerontological assessment, highlighting its importance and its relation to the systematization of nursing care, and it is complemented by the 8th
chapter, which reports how physical examination must be performed and which aspects must be evaluated. In turn, the 9th chapter portrays the most frequent nursing diagnoses after physical examination, as well as what requires more care for the elderly.

The 10th chapter discusses the growing demand for specialized services among the elderly, highlighting the care modalities currently available for this type of service, aiming at a better cost/benefit ratio.

The 11th chapter reports how absorption, distribution, biotransformation, and elimination of medicines occur in the elderly body, the effects or reactions and nursing diagnoses most commonly found, as a result of the physiological changes inherent to the aging process.

In the 3rd part of the work, from the 12th to the 14th chapters, we have, respectively, considerations about depression, delirium, and dementia, focusing on the pathophysiology, diagnosis, treatment, and nursing care. The latter focuses on its preventive and educational nature, also highlighting the needs of a caregiver.

The 15th chapter presents another highly prevalent condition in the elderly population: parkinsonism. The text details the clinical condition of disease and emphasizes its non-pharmacological management by means of interdisciplinary treatment, with the participation of professionals from Physical Therapy, Medicine, and Nutrition.

The 16th chapter emphasizes urinary incontinence and highlights the major changes in bladder storage in the elderly, as well as the classification of incontinence. Treatment is detailed and the text indicates the drugs with side effects that can lead to urinary incontinence.

The 17th chapter addresses osteoarthritis and osteoporosis and is divided into 2 parts that discuss these themes separately. Etiological and epidemiological issues, risk factors, signs and symptoms, diagnosis and treatment are addressed. Regarding osteoporosis, nursing diagnoses and disease prevention are also presented.

The 18th chapter indicates the infections for which aging increases susceptibility. The most common infections are presented: those of the urinary and respiratory tracts.

The 19th chapter reflects on the surgical aspects of the elderly, focusing on cognitive, neuropsychological, cardiovascular, pulmonary, renal, metabolic and nutritional, integumentary, and anesthetic aspects; it also presents evaluation by means of the systematization of perioperative nursing care.

The 20th chapter presents care in the intensive care unit (ICU), pointing out the factors associated with admission of elderly patients to the ICU, as well as its indication. Nurse’s work along with the severely ill elderly patient is reported, as well as the use of gerontological nursing care systematization in the ICU; furthermore, special situations taking place at this environment are highlighted, such as: delirium, shock, cardiac arrest, infections, mechanical ventilation, and procedures related to probes, drains, and catheters.

Palliative care is presented in the 21st chapter. The cycle of care for the elderly becomes complete by stressing the importance of an interdisciplinary team and by considering aging and the evolution of diseases; furthermore, spiritual support is emphasized, and death must be regarded as a natural process.

Reading this book reveals a new and increasingly growing scenario, given the amount of research conducted in Geriatrics and Gerontology. This is an excellent information resource for professors, students, nursing professionals, and the other members of the interdisciplinary health team, in addition to the general public, since the language adopted and the organization of chapters provide readers with extensive analyses of a comprehensive care for the elderly, resulting from the investigations and the experience of organizers and collaborators.

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