

Lessons from the ICU
Under the Auspices of the European Society
of Intensive Care Medicine

Series Editors

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Lessons from the ICU is a Book Series published by Springer under the auspices of the *European Society of Intensive Care Medicine* (ESICM). The aim of the Series is to provide focused and state-of-the-art reviews of central topics in Intensive Care. Ultimately, its mission is to transfer the latest knowledge to the bedside in order to improve patient outcomes. Accordingly, the ESICM has also developed *Lessons from the ICU* with the vision of providing the best resources for everyone working in Intensive Care.

Each volume presents a comprehensive review of topical issues in Intensive Care. The volumes are intended to cover the majority of aspects that intensive care professionals are likely to encounter in the course of their career. Books offer an excellent guide for residents who are new to the ICU, and for allied professionals, senior consultants as well as nurses and allied healthcare professionals.

The chapters are organized in a way that allows the reader to quickly familiarize or reacquaint themselves with the pathophysiological background before moving on to diagnosis and treatment. Each chapter includes a list of Take Home Messages, as well as practical examples that apply theoretical knowledge in real clinical scenarios. Each volume in the Series is edited by international Key Opinion Leaders in Intensive Care, and each chapter is written by experts in the field.

In summary, this Series represents a valuable contribution to fill the gap in the current Intensive Care literature by providing top-quality literature reviews that can be easily digested and used at the bedside to improve patient outcomes.

****Indexed in Scopus****

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Intensive Care Fundamentals

Practically Oriented Essential Knowledge for Newcomers to ICUs

Second Edition



Springer

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Foreword

I am delighted to write this foreword for the Second Edition of *Intensive Care Fundamentals*. This book, produced under the aegis of the European Society of Intensive Care Medicine, is an excellent introduction to the pathophysiology of critical illness and the principles underlying critical care management. Critical care practice is evolving at a rate of knots as more is understood about mechanisms and treatment. This new Edition is thus a most welcome follow-on and update from the very well-received First Edition.

It is specifically aimed at the newcomer to intensive care, be it a doctor, nurse or other allied health professional. It walks the reader through the problems faced in managing the critically ill patient from (often challenging) diagnosis through to treatments and organ supports, both pharmacological and mechanical. We must accept that in the absence of hard evidence on many aspects of care, and the wide heterogeneity of the patient population, management is still based to a large extent on consensus. The relative minutiae may thus vary across countries, ICUs or even across clinicians working in the same Unit. The book steers an excellent middle ground, adopting a common-sense, pragmatic approach that focusses on current, generally accepted, best practices. It covers important general aspects of care such as sedation, nutrition and identification of new complications. Sections on organisation, intra-hospital transfer, ethical dilemmas and end-of-life care are also included. An important component of the book is its coverage of physiology, biochemistry and drug actions; understanding the basics helps to appreciate derangements and to guide optimal treatment.

A big thumbs-up for this essential and highly recommended guide to critical care.

Mervyn Singer

University College London
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March 2026

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