

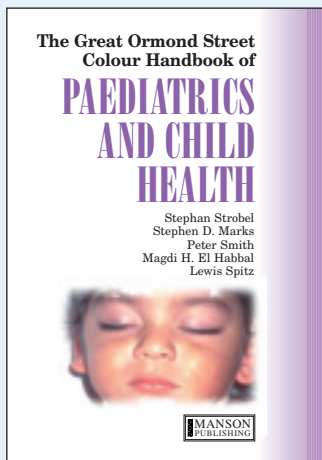
Great Ormond Street Colour Handbook of Paediatrics and Child Health

Stephan Strobel, Stephen D Marks, Peter Smith, Magdi H El Habbal, Lewis Spitz

Manson Publishing 2007
Price £49.95 Pp 640
ISBN 1874545278

This compact, well-presented handbook is aimed at hospital and community health-care workers, as well as medical students and I believe the authors have successfully achieved this. The information is easily referenced, concise and comprehensible regardless of what stage you are in your career.

The first chapter covers acute emergen-



cies. It gives a clear description of the recommended management in each situation, including doses of vital medications. However, it also extends to answering the question 'what now?' once a patient has been stabilized using a further management section. This contains valuable information for the less experienced junior doctor. The rationale for therapy is well explained and common pitfalls in

management are highlighted by the inclusion of text boxes.

There are several chapters covering topics where the reader's level of experience and knowledge may be less extensive, such as child protection, tumours, genet-

ics, and speech and language therapy. As with other sections in the book, the content is detailed and up to date.

The text is complemented by a variety of illustrations and summary boxes throughout. X-rays, electrocardiograms and electroencephalograms are also included, making this book ideal for quick reference.

I feel the only downside is its price, although this can be justified by the quality of its presentation and the contributions from many authors. I believe this book merits consideration by all child health-care providers in training. The information it contains is easily referenced, concise and understandable irrespective of the reader's previous level of experience.

Sarah J Maredia, QEII Hospital, Welwyn Garden City

Know Yourself – The Individual's Guide to Career Development in Healthcare

Anita Houghton
Radcliffe 2005

Price £23.50. Pp 184
ISBN 1 85775 714 9

This is an excellent book and I would recommend it to those who are feeling confused about their career path. It would also be of use to career advisors and counsellors who are advising health-care professionals on career planning. The book mainly assumes that you are already established in a health-care career and want to develop or revive inner satisfaction in your career and life choices

As Houghton points out in her introduction, this book is different from many career planning books, centred as they are on success, the western definition of which tends to be high status and money. She points out that this book is centred on helping you find fulfilment and happiness, as few of us want status and money at any price. She goes on to say that this is true for any profession, but in the case of health care it is especially unlikely that high status and earnings will be the primary motivation for entering its ranks. This book will help you reflect on what is important for your own career success.

It is particularly relevant for those who are interested in self-reflection and who

want to take control of their career planning. It will help you reflect on what sort of person you are, what is important to you, typical career problems and how to translate this reflection into practical action to map out your ideal career.

The book uses exercises designed to help the reader form a conscious picture of their values, attitudes and priorities. It comprises three main sections, first looking at your own particular circumstances and the influences which have led you to where you are today. It then explores the relationship between job satisfaction and personality type based on the Myers-Briggs Type Indicator. Finally, in the third section of the book practical aspects are considered, ending with top tips for a happy and successful career.

Christine Waddelove, University of Liverpool, Liverpool

Get through MRCPsych Part 2: Clinical Exam: Long Case Presentations

Sree Prathap Mohana Murthy
RSM Press 2006

Price £22.50. Pp 155
ISBN 1853156841

This is the first book specifically for the long case of the MRCPsych clinical exam. However, competition exists from the popular MRCPsych courses which give lectures and handouts on how to tackle this part of the exam.

The major drawback of this book is its presentation of information. Apart from on the cover there is no colour, which for a book retailing at over £20 for only 150 pages represents a bad deal. There's no shading or information boxes and only sporadic tables and box diagrams break what would otherwise be a continuous flow of text and lists. Consequently this is significantly harder to read than most modern books.

The content of the book is mixed. The sections on diagnosis, observed interview tasks and prognosis are thorough and at an appropriate depth. However, some sections are over-inclusive and because of the minimal time (and brain space) left after the written exam to prepare for the clinical exam, excess information can hinder you.

Getting your timing right is critical in this very rushed exam and it would be helpful to have more practical advice on this. For example, the physical examination section doesn't point out that there is only time for a cursory examination, unless there are compelling indications from the history. Similarly, tips on what is essential to cover – and equally importantly what can be omitted – for specific cases would be very helpful.

Most of the information needed for the exam is in this book but its poor presentation and over-inclusive nature make it hard to get to.

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