

Clinical Practical Procedures for Junior Doctors

Nisha Patel and Daniel Knight,
edited by Mark Palazzo
Churchill Livingstone Elsevier 2009
Price £22.99. Pp 206
ISBN 978 0 443 06806 5

Clinical Practical Procedures for Junior Doctors is a handy pocket guide outlining the common practical procedures encountered on a daily basis by junior doctors.

It is broadly divided into four sections (airway and breathing, circulation, genitourinary and other miscellaneous procedures), which are covered over 196 colourfully illustrated pages. Each section is sub-divided into individual skills and procedures in concise, bite-size chapters.



Each chapter is introduced with the historic origin of the procedure, whether that is therapeutic venepuncture by Hippocrates in 400BC or Frederic Foley's design of the modern catheter in the 1930s. The current clinical method is discussed, including indications and contraindications, necessary equipment, complications and any post-procedure investigations. Bullet points make the methods clear and digestible.

Salient points and clinical hints are highlighted in 'tip boxes', adding valuable advice on common pitfalls and ways around them.

Particularly useful is the inclusion of a section on intravenous fluids and infusions; not a practical procedure as such, but prescription of fluids is one of the most common jobs asked of a junior doctor. This chapter sum-

marizes the most appropriate fluid for various clinical situations.

Everyday procedures such as venepuncture and cannulation are explained thoroughly, making this handbook useful for undergraduates at all stages. More complex procedures, such as chest drains, are explained in the same stepwise manner. However, the explanations are in no way a substitute for actual clinical observation and experience. This book would be more suitable either as a reminder following experience, or a simple introduction, rather than an initial teaching tool.

Overall, the book is recommended as a valuable guide for undergraduates and doctors in the first few years of training. It provides a clear, back to basics approach to the skills expected of junior doctors.
Katherine Bridge, Leeds Teaching Hospitals NHS Trust, Leeds

Oxford Specialist Handbooks in Surgery: Otolaryngology and Head and Neck Surgery

Giles Warner, Andrea Burgess, Suresh Patel,
Pablo Martinez-Devesa, Rogan Corbridge
Oxford University Press 2009
Price £42.95. Pp 855
ISBN 978 0 199230228

This multi-author specialist handbook is an easily portable reference that, in the days of white coats, would have been referred to as a pocket textbook. Although the book is small, there are 850 pages of compressed information.

The 26 chapters cover an almost encyclopaedic range of topics, some of which will prove invaluable for preparation for the final specialist examination and the consultant interview. The book is clearly laid out in a logical manner, with some clearly annotated line drawings that enhance the text. Each topic has a series of sub-headings, followed by lists of salient facts. A diverse range of issues are covered including clinical governance, anatomy, physiology, clinical disorders, operations and minor procedures.

The clinical management of a range of disorders, many of which present as ear, nose and throat emergencies, is dealt with by a series of flow charts that will be particularly helpful to the junior trainee. Essential information on imaging is included and there is a good explanatory section on audiology. Cross-referencing

between sections is good. The penultimate chapter presents succinct statistical information about a wide range of conditions.

Much thought must have gone into giving such wide coverage of the subject. With this breadth of content there are inevitably omissions, but these are minor when viewed against the totality of the book.

The book provides an extensive source of reference that is ideal for short frequent reading, particularly in the clinical setting. I would strongly recommend this book to all trainee otolaryngologists as well as those who are gaining some ear, nose and throat experience as part of their surgical rotation.
Andrew Swift, University Hospital Aintree, Liverpool

Practical Paediatric Procedures

Ruth Nia Henderson, Sanjiv Nichani,
Mike Silverman
Hodder Arnold 2010
Price £99.00. Pp 160
ISBN 978 0 340 93879 9

One of the cardinal rules of presentation is don't start on a negative. However, this publication, edited by a team from Leicester, self-professes the aim to capitalize on the current trend towards shorter training programmes in paediatrics. With many trainees feeling increasingly under skilled in less common procedures, a 'multimedia tool' which discusses an impressively wide range of practical skills could provide an answer.

The package comprises a book and DVD. The book is thorough, but well subdivided to make reading easier. Subjects vary from the simple, e.g. pulse oximetry, to the more complex, e.g. nasotracheal tube insertion. Even experienced users may find hints to update their practice.

Perhaps the best reason to recommend *Practical Paediatric Procedures* is the array of less familiar topics. While few of us are likely to regularly, if ever, perform an electroencephalogram, oesophagogastroduodenoscopy or bone marrow aspiration it is our task as clinicians to be able to explain these procedures to a patient or a parent when necessary. Having more insight enables us to reassure and inspire confidence.

The DVD is a commendable achievement – it must have taken a lot of time and effort to obtain consent for and record each procedure. It is disappointing that the picture quality is extremely grainy and the commentary a little bland. The blandness is mirrored in the book, which is printed in black and white and is visually unappealing. Discrepancies between the book and DVD may frustrate some purchasers.

If you can see past these limitations and have £100 burning a hole in your pocket, this book may enhance your practice. However, to paraphrase the book's introduction: there's no substitute for experience.
Richard Harrison, Birmingham Heartlands Hospital, Birmingham