

### Clinical Cases in Obstetrics, Gynaecology and Women's Health

Caroline De Costa, Paul Howat  
McGraw-Hill Australia Pty Ltd, 2007  
ISBN 978 0 0747 1640 3, \$44.95



■ **Clinical Cases in Obstetrics, Gynaecology and Women's Health provides a practical, clinically orientated approach to common presentations of women's health problems in Australia.**

This book is a great resource for medical students and doctors entering into obstetrics and gynaecology rotations, general practice or community based terms. The cases described are common and realistic, yet incorporate a broad range of all women's health topics from young women requiring contraception, complications of pregnancy to menopause related issues. The text successfully combines clinical examples with medical knowledge and practical management advice. Each case is completed with genuine 'clinical pearls' of wisdom to remember and comprehensive list of references and further readings.

I would highly recommend this book to those preparing for any clinical examinations containing women's health issues including undergraduate exams, DRANZCOG, FRACGP and FACCRM. It would also be a useful reference for those providing women's health education for students and registrars.

My favourite quote is one of the opening statements: 'Around every womb there is a woman'.

Ewa Piejko  
Bendigo, Vic

### Leadership and Teambuilding in Primary Care

Clare Mullins, Graham Constable  
Oxon: Radcliffe Publishing Ltd, 2007  
ISBN 9781 84619 105 3, \$63.00



■ **This readily digestible book is a practical guide for GPs who yearn to reinvigorate the lost arts of leadership and teamwork in their practices. It strikes a balance between understandable theory and implementable practice and could find a home in any general practice surgery. It would also be useful in other primary care settings, such as specialist consulting rooms.**

This book sets the scene by introducing 'the case for leadership and strong teams' (chapter 1), time management (chapter 2), leadership theory and practice (chapters 3–9), self improvement (chapter 10 – 'five steps to become a better leader'), teamwork theory and practice (chapters 11–13), and finally leadership development and 'situations needing extra strength leadership'. References are minimal but readable and useful.

Although written in the UK, this book oozes relevance for general practice in Australia. The profession is at a crossroads where we can either enhance our leadership skills or risk losing control to government, big business, or expensive consultants. As doctors, we can no longer assume we are leaders unless we demonstrate leadership competency and development. Time management is an important part of this and chapter 2 should be essential reading for all GPs, particularly registrars. Practice principals and managers would benefit from chapter 5, 'Leading by example', especially the exercise on self awareness.

A novel idea for GPs would be to use this book as an active learning module. There are a number of written and group activities (including a model for 360 degree feedback) that on their own meet several of the domains of general practice. To reinforce messages, practices could undertake rapid PDSA (plan, do, study, act) cycles inspired by the learning activities in the book.

In summary, this book is a welcome addition to any GP's library. It is an excellent read and an ideal self paced learning activity that will inspire personal and practice improvement.

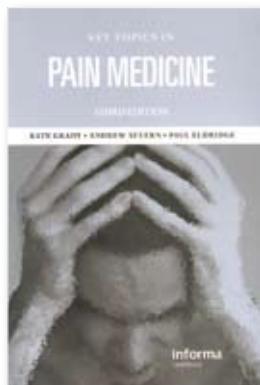
Isaac Seidl  
Townsville, Qld

### Key Topics in Pain Medicine

Kate Grady, Andrew Severn, Paul Eldridge

Abingdon, Oxon: Informa Healthcare, 2007

ISBN 13 978 0 415 38620 3, \$126.00



■ This book is written by a group of pain specialists in the United Kingdom. It begins with an overview of the scope of pain services, pain as a disease and of the anatomy and physiology. It moves through the assessment of chronic pain; of history and examination, but strangely, psychosocial management comes 150 pages later. It then sets out to place pain treatments in the realm of evidence based medicine.

It is very broad, covering headache, burns, chest pain, pelvic pain, multiple sclerosis and postherpetic neuralgia; to mention just a few. It also looks at the role of nerve blocks, neuromodulation and neurosurgical techniques.

This book deals briefly with commonly used drug therapies paracetamol, NSAIDs, opioids and anticonvulsants. I was somewhat surprised that the most recent reference for this chapter was an article from 2000.

I must declare my bias as a palliative care specialist. After the introductory chapters I switched to the chapter on cancer pain. It is only five pages long and, despite mentioning opioid rotation, steroid enemas for tenesmoid pain and the role of bisphosphonates, it gives no references for the evidence behind these.

There is a separate chapter on ketamine, which is now widely used in cancer pain management, so cross referencing would have been helpful.

The information itself is solid, but I struggled with this book. I was unable to easily dip into it for details on a specific topic and was disappointed at the lack of evidence given. The references could have listed useful websites, such as Cochrane database, to encourage readers to seek the most up-to-date studies.

It has much useful information, but I don't see where it will usefully sit on my shelf or that of a busy GP. Perhaps it is more aimed at those considering training in pain medicine.

Sarah Pickstock  
Nedlands, WA

### The Cardiovascular System at a Glance

Philip I Aaronson, Jeremy PT Ward, Charles M Wiener

Malden, Massachusetts: Blackwell Publishing Ltd, 2004

ISBN 1405 1 1327 8, \$49.95

### The Gastrointestinal System at a Glance

Satish Keshav

Malden, Massachusetts: Blackwell Science Ltd, 2004

ISBN 0632 05472 7, \$52.95



■ With so many different textbooks to choose from, it is difficult for a student to find the right book that suits them. These two books offer a succinct, summarised and well written introduction to cardiovascular and gastrointestinal physiology.

The preface clearly states the intention of these books. The abbreviations page at the beginning was useful; it provided a quick and useful reference when reading the text. The outline is well planned with diagrams on the left and text on the right. This allows the reader to consider the text in relation to the picture. However, the pictures in The Cardiovascular System at a Glance were a little too small for the information contained therein.

I have a few minor criticisms; first, there is little space to annotate; perhaps greater gaps between the lines of the text would provide adequate space to jot quick notes. Also, it would be useful if the text described the Latin and Greek origins of names. They usually describe for their place, anatomically, or their function, physically. And for some of the more difficult words it would help show the pronunciation.

Overall, these books are well researched, concisely written and with helpful diagrams. I would recommend them to other medical students.

Stefanie Johnstone  
Mansfield, Vic