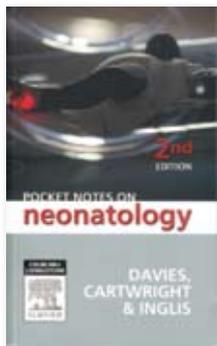


**Pocket notes on neonatology
2nd edition**

Davies, Cartwright, Inglis
Marrickville: Elsevier Australia,
2008

ISBN 978 0 7295 3832 9, \$24.00



■ **This book is a useful reference for anyone working in the area of neonatology. This includes rural and regional general practitioners who occasionally provide vital care for sick neonates. It provides a practical summary of most of the important areas of neonatology from basic infection control and neonatal resuscitation to ventilation of premature babies.**

The authors provide clear instructions on basic procedures in neonatology. The accompanying diagrams would be particularly helpful for rural and regional doctors as a quick refresher before performing a procedure. This book covers peripheral and umbilical vascular access, peripheral arterial line insertion and collection of samples including arterial blood gases, blood cultures, urine and cerebrospinal fluid. It also describes endotracheal intubation, needle aspiration for pneumothorax and intercostal catheter insertion. Accompanying tables detail infusion rates, drug doses and endotracheal tube sizes and insertion lengths for each birth weight. With this book as a companion, the practitioner need not commit these details to memory.

Concise chapters describe specific neonatal conditions including surgical emergencies, seizures, neonatal abstinence syndrome, jaundice, infection and hypoglycaemia. Respiratory distress, the most common neonatal emergency, is covered in some detail. The section on jaundice includes useful tables to guide phototherapy treatment. The infection chapter provides clear guidelines on the sometimes confusing topic of which neonates to investigate and treat with antibiotics.

The very low birth weight (VLBW) neonate is a source of significant anxiety for the occasional neonatologist; this book provides detailed instructions for managing the VLBW neonate while awaiting transfer and beyond. The chapter on neonatal outcomes will be a useful tool to guide informed decision making when counselling mothers before delivery.

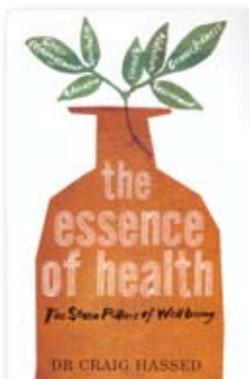
This pocket book will be extremely useful for practitioners involved in neonatal care whether in rural, regional or tertiary hospitals. It will certainly be a constant companion for me when assessing and managing neonates.

Andrew Terrey
Grafton, NSW

**The essence of health – The
Seven Pillars of Wellbeing**

Craig Hassed
North Sydney: Random House
Australia Pty Ltd, 2008

ISBN 978 1 74166 704 2, \$34.95



■ **If every doctor had the time to practise the type of medicine outlined in this book, the health of this nation would be seriously better off! This book should be essential reading for every GP, specialist and health minister in this country.**

Craig Hassed has put together a comprehensive and scientifically validated approach to holistic health care. The 'essence of health' is in three parts. The first part presents the seven basic pillars of health. These are Education, Stress management, Spirituality, Exercise, Nutrition, Connectedness and Environment (ESSENCE). The author presents evidence for the importance of each of these aspects to the health of the individual.

The second is about facilitating change in others and coaching people through mindfulness techniques to develop greater self awareness. Helping patients to institute lifestyle change is one of the most challenging and rewarding aspects of general practice.

The third part of this book is a more detailed account of how the ESSENCE program can be used in the setting of diseases such as cancer, diabetes, arthritis, heart disease and dementia. The science behind the use of lifestyle approaches in both treatment and prevention of disease is overwhelming. Hassed provides solid evidence to support the medicine of the ancients. The ESSENCE program requires a genuine commitment from doctors and patients, but the results are worth it. The program targets wellness and life lived to the full; not just the absence of disease.

This book is a comprehensive guide for all doctors to enjoy and is a must read for anyone wanting to generate positive health in themselves and others.

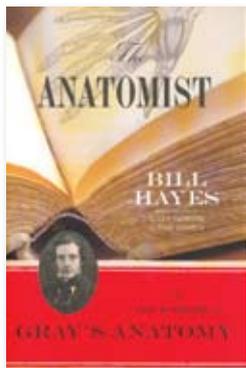
Michelle Woolhouse
Melbourne, Vic

The Anatomist: A True Story of Gray's Anatomy

Bill Hayes

Carlton North, Victoria: Scribe Publications, 2008

ISBN 978 1921 21589 6, \$32.95



■ **Just about every doctor or health professional with anatomy training will be familiar with 'Gray's Anatomy'. The text was originally created as a practical and affordable student dissection aid and has an influence and enduring usefulness seldom seen in a textbook. On the 150th anniversary of its publication, Bill Hayes, author of previous works on insomnia and blood, looks at the story behind its creation.**

Do not expect, however, a treatise on the author of Gray's Anatomy. There remains little historical record of the short life of Henry Gray. What you will find is a fascinating, layered account of Hayes' own exploits as historical detective and anatomy student, as well as insights into Victorian medical life through the diaries of HV Carter, Gray's colleague and illustrator of the Anatomy.

Combining biography, science and memoir, this narrative nonfiction takes a curiously prismatic approach to the thorny problem of the elusive Gray. Seeking a greater connection with his subject, Hayes participates in a series of dissection classes at the University of California. His reflections on this experience provide some of the best writing in the book, and parallel his quest to dissect, metaphorically, the creator of Gray's Anatomy. Hayes' research also leads him to the diaries of HV Carter, the largely unheralded illustrator of the Anatomy. We see glimpses of Gray in these diary entries, but learn far more about Carter, anatomist, artist and ambitious young doctor. Fortunately, Carter is a talented diarist and an interesting subject in his own right. Carter details his daily work life and explores other concerns such as religion, self worth, sex and scandal.

The Anatomist is a fascinating read even if, in the end, we find out more about Carter and Hayes himself than the eponymous Gray.

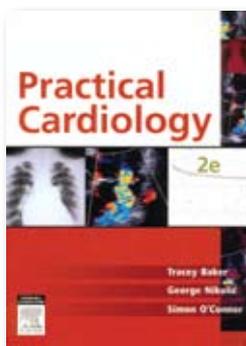
Susan Gardiner
Melbourne, Vic

Practical Cardiology

Tracey Baker, George Nikoli,
Simon O'Connor

Chatswood, NSW: Churchill Livingstone, 2008

ISBN 13 978 0 7295 3841 1, \$89.95



■ **Practical Cardiology is very relevant to general practitioners and other doctors involved in the care of patients with cardiology problems in the inpatient or ambulatory care setting. This book begins with an outstanding chapter on the risk factors for ischaemic heart disease, which sets the scene for the rest of the book. This book is particularly strong in covering electrocardiogram interpretation and arrhythmias. High quality images and videos complement the update of new technology in diagnostic and interventional cardiology.**

The authors approach cardiology from a presentation based approach. The management of conditions then follows, using a combination of practical treatment advice and a strong evidence base. It flows nicely, and a good index means that a particular problem can be easily found – a good reference text while on the job. Referral or admission guidelines are not emphasised. However, this is reasonable as the approach to patients would be slightly different depending on the setting and local variations in practice.

The authors occasionally use a very informal style. This is great, as it feels like you have an expert giving the same advice you would get 'on the job' or in practice. I'd highly recommend this book as an excellent resource to prepare for undergraduate or postgraduate exams.

Jaycen Cruickshank
Ballarat, Vic