

1 Clinical Cases in Obstetrics, Gynaecology and Women's Health by Caroline de Costa,
2 Stephen Robson and Boon Lim: Book review
3
4 Primary author: Miss Chinelo Aghanwa
5 Degree: Bachelor of Medicine, Bachelor of Surgery.
6 University: James Cook University
7 Undergraduate
8 Length of degree: Six years.
9 Current year of degree: Six
10 Mini-Biography: Chinelo is a final year medical student. Throughout her medical schooling
11 she has developed an avid interest in women's health and intends to pursue a career in
12 obstetrics and gynaecology.
13 Correspondence: Chinelo.aghanwa@gmail.com
14
15 Word count: 644 words

Corrected Proof

16 **Introduction:**

17 In any standard five to ten-week long rotation in obstetrics and gynaecology experienced by a
18 medical student or junior doctor, it is unlikely that they will encounter every single presenting
19 complaint pertinent to the specialty. Nor will they always have the opportunity to reflect on
20 the scenario and process important learning points as they occur in real-time. For many
21 medical students who find themselves time-poor on such rotations, a good review book can
22 aid their understanding of the topic at hand. With a wide range of textbooks on obstetrics and
23 gynaecology, the selection of high-yield resources can be difficult. Clinical Scenarios in
24 Obstetrics, Gynaecology and Women's Health by De Costa, Robson and Lim is a textbook
25 that describes 50 cases commonly encountered in obstetrics, gynaecology, and women's
26 health in general practice. The textbook is divided into four parts, with guidelines for history-
27 taking and physical examination in part one. The case-scenarios are divided into three
28 separate sections representing the breadth of obstetrics, gynaecology, and women's health.

29
30 **Summary of argument:**

31 A good review textbook is concise, contains already familiar content, and serves as a learning
32 tool for preparation for exams or the wards. These are features of the pocket-sized case-based
33 textbook Clinical Scenarios in Obstetrics, Gynaecology and Women's Health by De Costa,
34 Robson and Lim.

35
36 **About the authors:**

37 The textbook combines years of experience in obstetrics and gynaecology from Professor
38 Caroline de Costa, Professor Stephen Robson, and clinical Associate Professor Boon Lim, all
39 of whom share an interest in teaching. As an academic currently staffed at James Cook
40 University, Professor de Costa teaches medical students and supervises Honours and PhD
41 research. Professor Stephen Robson has an area of interest in assisted reproduction. Associate
42 Professor Boon Lim is an editor for the British Journal of Obstetrics and Gynaecology.

43
44 **Summary of contents:**

45 A diverse range of scenarios are represented in this textbook with a particular focus on
46 clinical management. This resource also provides perspective on social determinants that
47 impact women's health, which need to be considered by health professionals for the
48 provision of holistic patient-centred care.

49
50 **Strengths:**

51 Through the case scenarios, the textbook illustrates and simplifies concepts in obstetrics and
52 gynaecology for time-poor medical students. Each case covers the patient's presenting
53 complaint, pertinent history, physical examination, and management in a stepwise fashion.
54 The textbook further broadens the reader's understanding of obstetrics and gynaecology by
55 building upon the case scenarios, considering potential complications, and proposing
56 subsequent management. Through this method, the reader is able to gain understanding of the
57 complications commonly associated with certain conditions in women's health and how to
58 manage them accordingly. In addition, cases are interspersed with references to literature and
59 guidelines from the time of the textbook's publication.

60
61 Medical students will most likely benefit from reading this textbook for a number of reasons.
62 The style in which the textbook is written helps to develop clinical reasoning. The textbook
63 frames each case scenario with a vignette on the patient's presentation, followed by a series
64 of questions and potential solutions for the reader to work through. This style of questioning
65 also encourages the reader to develop a framework to facilitate critical-thinking and decision-

66 making, drawn from the experience of the authors. The cases also include questions
67 commonly asked by patients in those scenarios and explains how to approach giving advice.
68 The closing of each case scenario has a subsection called ‘clinical pearls’, which are
69 important revision points for the reader, and reminders to ‘always check the whole woman’.
70

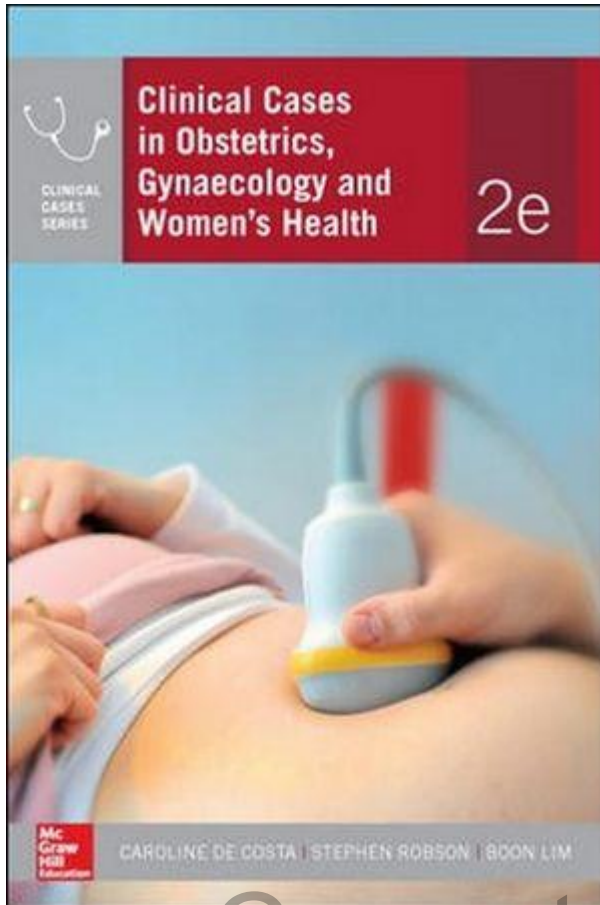
71 **Conclusion:**

72 This pocket-sized textbook is suitable for any student whose learning style is compatible with
73 case-based evaluation. It is a valuable resource for any medical student or junior doctor on a
74 rotation in obstetrics and gynaecology.
75

76 **References:**

77 De Costa C, Lim BH and Robson S. *Clinical cases in Obstetrics, Gynaecology, and Women’s*
78 *health*. Second Ed. North Ryde, NSW: McGraw-Hill Pty Ltd; 2013.

Corrected Proof



79
80

Reproduced with permission.

Corrected Proof