Book review – Are you passionate about paediatrics?

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Introduction
Over the last half century, the practice of primary care for children has evolved tremendously. Although paediatrics is a relatively young field compared to other specialties, like a child, it has grown to become an integral part of the health system. The previous international award-winning third edition, *Paediatrics and Child Health* [1] is succeeded by the latest edition *Essential Paediatrics and Child Health* [2], which includes twenty-six chapters that are covered in a 520-page textbook. This beautifully presented book combines Prof. Mary Rudolf’s four decades of experience as a consultant paediatrician and Professor of Child Health at Leeds University with that of Prof. Anthony Luder and Dr. Kerry Jeavons who both are experts in the field of paediatric medicine.

Summary of Contents
The authors carefully combine the core principles and practice of paediatrics into one book, which is perfect for medical students. The textbook begins with an introductory chapter on getting the most out of a paediatric rotation and how to perform well in paediatric assessments, examinations, and objective structured clinical examinations (OSCEs).

The book is structured into four main parts. The first part addresses health education and health promotion in children, long-term paediatric conditions, the importance of early years and parenting, and a child’s neurological, emotional, physical, and psychological development. It also discusses how nutrition, physical activity, sleep, and social determinants can play pivotal roles in children’s development and health.

The second part takes the reader through a thorough paediatric history and performing clinical examinations. For the first time, this fourth edition includes new content on how best to communicate with children, their parents, and colleagues. The authors explore ethical dilemmas that involve children and their parents, taking into consideration the best interest of the child. For example, the principle of autonomy refers to the right of the patient including the child/adolescent to exercise control over his/her body. However, a paediatric patient’s capacity to take part in the medical decision-making process is limited to some extent. This textbook describes how to best manage challenging medical situations that are beyond the doctor’s control.

The third part includes clinical chapters that are well-structured into systems including respiratory, gastrointestinal, cardiac, neurological, endocrine, musculoskeletal, renal, genitalia, dermatology, and hematological disorders. Each system covers signs and symptoms, history, examinations, investigations, diagnosis, management and treatment, patient education, follow-up, and prognosis. The layout of this textbook is carefully arranged to benefit students’ learning including ‘Diagnosis’ boxes that enable students to understand and differentiate one condition from the other, which is key for making a successful clinical diagnosis. There are ‘Key-points’ boxes that help students remember concepts, ‘At a glance’ boxes that summarise important concepts relating to that condition, and diagrams and flow charts for visual learners who prefer quick facts. There are clear ‘Red flag’ boxes that help depict important signs and symptoms of serious conditions that cannot be ignored. If you are a lover of *Murtagh’s General Practice* [3], then this comprehensive paediatrics textbook is for you, as it takes a simple problem-based approach that is easy to follow and well-organised.

The fourth part contains over two hundred multiple choice questions (MCQs) including two MCQ practice examination papers with answers and cross-references to relevant pages for a more in-depth explanation. Perhaps in the next edition, it would be beneficial to include short
explanations with each answer to ensure that students can clinically reason through the answers.
Nevertheless, it has often been said that active learning is more effective than passive learning
when it comes to exam preparation and revision and, as a medical student, I could not agree more.

Review
This interactive textbook comes with free access to Wiley E-Text, which allows readers to
highlight information, make digital notes next to the text, and even share notes with friends.
There are icons displayed throughout the textbook that link readers to evidence-based guidelines
and videos that show a step-by-step approach on how to examine children with important signs
indicated to reach the diagnosis for each system. For the first time in this edition, there are
scenarios that allow readers to clinically reason through common problems and diagnoses before
managing conditions. This interactive textbook comes with downloadable images that students
can copy and paste into their own documents.

Whether you are planning, practicing, preparing, or have a passion for paediatrics, this textbook
is perfect for medical students who may like to specialise in this field or for readers who need a
vital guide for quick referencing during their paediatric rotation in medical school. This textbook
provides a comprehensive resource for readers who would like to obtain a deeper understanding
of the world of contemporary paediatrics and to keep up to date with the latest technological
advances that are available in diagnosing and treating diseases in children.

References
Sons); 2011.
Wiley & Sons); 2020.
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