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14
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1 **Book review – Are you passionate about paediatrics?**

2

3 **Author Contribution**

4 **Teresa Sheng En To**

5 BMedSc(Hons), PhD

6 Doctor of Medicine

7 Year 2 of 4 (2020)

8 University of Notre Dame Australia

9

10 *Teresa completed a Bachelor of Medical Science degree at the University of New South Wales*
11 *before undertaking an Honours project at Children's Cancer Institute as part of her Honours*
12 *program. She went on to complete a PhD in cardiovascular health with an in-depth study into*
13 *the role of myeloperoxidase in endothelial dysfunction and its treatments. Teresa is now a*
14 *second-year medical student at the University of Notre Dame Australia and is currently Director*
15 *of the External Team at the Australian Medical Student Journal.*

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17 **Corresponding Author**

18 Correspondence to T SE To: godbless4eva@hotmail.com

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1 **Introduction**

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

11 **Summary of Contents**

12 The authors carefully combine the core principles and practice of paediatrics into one book,
13 which is perfect for medical students. The textbook begins with an introductory chapter on
14 getting the most out of a paediatric rotation and how to perform well in paediatric assessments,
15 examinations, and objective structured clinical examinations (OSCEs).
16

17
18 The book is structured into four main parts. The first part addresses health education and health
19 promotion in children, long-term paediatric conditions, the importance of early years and
20 parenting, and a child's neurological, emotional, physical, and psychological development. It
21 also discusses how nutrition, physical activity, sleep, and social determinants can play pivotal
22 roles in children's development and health.

23
24 The second part takes the reader through a thorough paediatric history and performing clinical
25 examinations. For the first time, this fourth edition includes new content on how best to
26 communicate with children, their parents, and colleagues. The authors explore ethical dilemmas
27 that involve children and their parents, taking into consideration the best interest of the child. For
28 example, the principle of autonomy refers to the right of the patient including the
29 child/adolescent to exercise control over his/her body. However, a paediatric patient's capacity to
30 take part in the medical decision-making process is limited to some extent. This textbook
31 describes how to best manage challenging medical situations that are beyond the doctor's control.
32

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

46
47 The fourth part contains over two hundred multiple choice questions (MCQs) including two
48 MCQ practice examination papers with answers and cross-references to relevant pages for a
49 more in-depth explanation. Perhaps in the next edition, it would be beneficial to include short

1 explanations with each answer to ensure that students can clinically reason through the answers.
2 Nevertheless, it has often been said that active learning is more effective than passive learning
3 when it comes to exam preparation and revision and, as a medical student, I could not agree
4 more.

5

6 **Review**

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

15

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

22

23 **References**

24 [1] Rudolf M., Lee T., Levene MI. Paediatrics and Child Health. 3rd ed. (UK: John Wiley &
25 Sons); 2011.

26 [2] Rudolf M., Luder A., Jeavons K. Essential Paediatrics and Child Health. 4th ed. (UK: John
27 Wiley & Sons); 2020.

28 [3] Murtagh H. Murtagh's General Practice. 7th ed. (AUS: McGraw-Hill); 2019.

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ESSENTIALS

ESSENTIAL PAEDIATRICS AND CHILD HEALTH

MARY RUDOLF | ANTHONY LUDER | KERRY JEAUVONS

FOURTH EDITION



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