

## ***Book Reviews***

**Approach to Practical Pediatrics.** *Editor: Manish Narang, Jaypee Brothers Medical Publishers, New Delhi. Pages 266, Rs. 295.*

This book is meant for learners in Pediatrics and provides a fair material for this purpose. It has been divided into four sections. Section 1 is on Basics of Practical Pediatrics, Section 2 is on long cases, Section 3 on short cases and Section 4 on miscellaneous subjects. Section 1 describes particularly well the instruments and the way they are to be used. Chapter on neonatal resuscitation, also in this section, is well discussed and is in conformity with the AAP/AHA guidelines of 2005. The other chapters in this section are Immunization (which includes newer vaccines), history taking and general examination. The chapter on history taking is good enough to help in developing the necessary skills. There is particularly a good review of the data on family and socio-economic history. The chapter on general examination can be more descriptive. In this chapter drugs have also been dealt with well but the authors would need to revise the formulation of ORS as per the latest WHO recommendations.

Section 2 for long cases is according to systemic involvement while Section 3 for short cases is according to disease entity. Both these sections are quite informative. There is also a good repository of differential diagnosis of abnormal signs.

Section 4 provides a very good collection of x-ray images and is also strong on procedures. However, it would be an additional advantage if it would also provide tips on how to describe an X-ray film.

It is a good book written by young author, fresh from his debut as a student who knows well the requirements and shortcomings of training and teaching in practical pediatrics and is recommended as a helpful aid for anyone wishing to brush his knowledge.

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**Text Book of Preventive and Social Medicine.** *2nd Edition. Piyush Gupta and O.P Ghai. New Delhi; CBS Publishers; 2007. Rs. 495/-.*

This is a multi-authored book, contributed by medical, health, social and environmental scientists and academicians. As pediatricians, we can take pride as eminent pediatricians have taken their precious time out of their routine work in preparing, collecting, editing, and presenting such a comprehensive textbook in Preventive and Social Medicine.

The introductory chapters deal with essentials of preventive and promotive medicine, its applied aspects, steps and measures of national importance to achieve the millennium health developmental goals and provide meaningful and effective primary

health care. A detailed account of the environmental factors e.g., geographical, physical, chemical and climatic and their effect on health is provided. A note on disaster preparedness and its management is missing and is recommended to be included in the next edition. The importance of nutrients in health promotion, the status of various nutritional deficiency states, preventive measures and national nutrition programs are all masterly written.

New diseases and new threats featuring SARS and HIV infections give an in depth knowledge about these two global threats and the currently available and future control strategies. Old diseases, new threats and old threats comprehensively cover all the currently and continentally relevant infections and infestations giving a total insight into their incidence, management and control measures.

The chapter on reproductive health is comprehensive and deals with adolescent problems, maternal mortality, maternal reproductive programs, HIV and other puerperal infection, malignancy and referral guidelines and loss pertaining to abortion and termination of pregnancy. Being written by Pediatricians, Child health Chapter is exhaustive and covers all child health services, rights of children, adolescent health services and programs taking care of the health needs of children. Developmental assessment, interpretation of developmental deviations, IMNCI program and other child health program are also completely analysed.

Non communicable diseases like diabetes mellitus, hypertension, cardiovascular and cerebrovascular diseases, cancer epidemiology registry, screening and other related aspects are given due importance, as they are going to be the major threats in this millennium.

The epidemiological and research methodologies, an essential aspect of both undergraduate and postgraduate medical curriculum, are presented in a simple and interesting manner to be user friendly. The demographic profile, vital statistics and biostatistics do justice in helping the readers understand the basics involved.

Though edited by two eminent pediatricians, the preventive and promotive health needs of ever growing geriatric population for ensuring quality life have been well taken care of.

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problems and hazards facing humanity and their corrective measures often neglected in any national health program, are given due importance. Health planning, management and economic organizations with structure have been dealt in the most comprehensive and interesting manner. The national health program include the current National Rural Health Mission and are totally updated. Social and behavioral sciences and principles of proper communication and counselling are very vital especially in the era of consumerism and litigation with diminishing human values and professionalism but often neglected areas in medical curriculum; this has been correctly rectified in this textbook.

This book of Preventive and Social Medicine is invaluable to all medical, nursing and health professionals and health practitioners. The authors and editors deserve appreciation and congratulation. I have strained my best to find inadequacies and misrepresentations but I must admit my failure in doing so. The language is simple and easily readable. A few duplications have been noticed. The chapters need a little rearrangement. As it is a comprehensive text book, the facts and figures that are provided may be a stress factor on student's memory, but they cannot be done away that as they complete the whole scenario. One of the unique features of the text book is the currently available online website references of all subjects covered.

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**Pediatrics lecture notes:** *Author Dr. Balram Choudhary, Peepee publishers and distributors Pvt. Ltd. Delhi, pages 566, Price: Rs. 350/-.*

There was a vacancy for such a book in literature which covers all aspects of pediatrics in short but yet complete. The said book fulfills this criteria and is an excellent effort of author to discuss each chapter and disease in short and concise manner. It is quite difficult to cover all the topics but the author has been successful in this regard. All aspects of pediatrics as prescribed by MCI for undergraduates

have been included.

Although, the book has been written in telegraphic language but that of course is the key of presentation for lecture notes not only for easy understanding, but also to maintain the conciseness of the subject. However, at places the language has become too much telegraphic.

Tables and figures have been included at right places to improve the readability of the book and presentation of the topic. All the diseases that are

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particularly important in Indian scenario have been included and described well, through, there are few minor mistakes which may be improved in next edition.

The book is really good for undergraduates particularly those who are appearing in examination. Postgraduates and medical teachers involved in undergraduate teaching may find it easy to memorize before taking their classes.

The book may also prove useful for personal library of medical practitioners who can consult the book during their busy practicing schedule.

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