

ABC of the First Year

Authors: Bernard Valman and Roslyn Thomas

Publisher: Wiley-Blackwell, 6th Edition

ISBN: 978-1-4051-8037-5

Orders: www.abcbookseries.com

ابج السنّة الأولى

المؤلفون: بيرنارد فالمان، روزلين توماس



THE TITLE OF THE BOOK IS INTERESTING and concise giving the reader ability to forecast the contents, and this is exactly what a good title should do. The contents and targeted groups are very clearly described, and this definitely makes it easy to select or deselect it depending on your needs. Imagine being in a bookshop looking for a book in pediaetrics; titles such as this make it easy to locate the right book and make a decision.

The structure of the book is reader-friendly with clear objectives for each chapter and summary boxes

enabling the reader to navigate very easily and have quick access to the needed information. The figures and diagrams are clear, optimal and appropriate to the contents. They are very illustrative and many of them could be used when counselling or giving explanations to parents.

The authors have adopted a symptomatic, rather than disease oriented approach in writing the book chapters (breathing difficulty, convulsions, vomiting, diarrhea, feeding problems, fever etc..). Definitely, this approach is easily linked to real life as babies will present with symptoms that could be due to a disease affecting any of the body's systems.

The book also contains chapters on prenatal screening, neonatal resuscitation, some of the common neonatal problems and low birth weight. The chapters give the reader a general view of the process of birth and the basic life-saving measures that may be necessary at birth in a simplified practical way.

The book also includes chapters on the normal processes of the first year, such as growth, feeding and weaning. Such information is of major importance for non-specialists working in primary health facilities, as the information will have a positive impact on the mother's practice if given to her at the appropriate time during well baby visits or vaccination appointments. The authors' emphasis in each chapter on communication with parents and counselling aspects is a very important issue not covered in many other books.

Although the book is very good in general there

are two omissions which, if rectified, would add greatly to the usefulness of the book. First, I think the authors should add a chapter on accidental injuries with illustrations, examples of common injuries and dangerous places as well as basic first aid information and tips to parents on safety measures. Second, it would be useful to add a chapter on “review at 12 months”.

REVIEWER

Muna Al-Sadoon

*Department of Child Health
College of Medicine & Health Sciences
Sultan Qaboos University
Muscat, Oman
Email: munasa@squ.edu.om*