

## Book Reviews

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### CONTRACEPTION MADE EASY.

L.Percy, D. Mansour, 170 pages. ISBN-13: 978-1907904929. Scion Publishing Limited 2015. RRP: £18.99



The books title 'Contraception made easy' delivers on its promise.

In order to do so undoubtedly the best feature is the user-friendly and consistent nature of the format. Each method of contraception has a dedicated chapter with an identical outline showcasing factual and practical content using bulleted text, tables and pictograms.

This consistency allows the reader to quickly become familiar with the contraceptive being discussed but also how it compares and contrasts to the other types of contraceptives.

At the end of each chapter a clinical scenario is provided which acts as a useful adjunct to bring in 'real-life' situations but also provides solutions to problems that may be encountered in every day clinical practice.

The book itself is patient centered from the outset. The 'Contraceptive Consultation' chapter should empower the reader with the tools to elicit a thorough history paying particular attention to the patients own knowledge, experience and expectations in order to individualise the information and treatment options relevant to the patient.

A valuable approach given that so many contraceptive options exist!

The wider issues surrounding contraception are also explored including unplanned pregnancy, abortion, sexually transmitted diseases and sterilization giving the reader a more rounded approach when thinking about the topic of contraception.

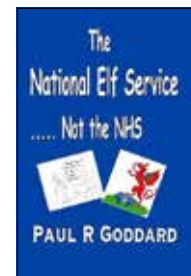
This book would be useful for medical students that are 'new'

to the subject as previously mentioned the outline of the chapters lends itself to seamless grasping of new information. However the practical application of the factual information is ideal for both gynaecological and family planning trainees, nurses that work within the field and general practitioners.

Dr Suzanne Price. ST7 Obstetrics and Gynaecology.

### THE NATIONAL ELF SERVICE

..... **NOT THE NHS.** Author: Paul R Goddard. Publisher: Clinical Press, 2016. ISBN: 9781854570895. Cost: £6.99



This little book of satire is composed of cartoons, written and drawn by Paul Goddard. The author is a retired Radiologist. This is a book for a read on a train or short plane journey and is inexpensive (less than 2 gallons of petrol!). While the book will be of interest to 'mature' consultants, especially those approaching retirement (or even retired) as a reminder of "times gone by" – it should be read by others – including younger consultants and trainees.

In an easy to read and well-illustrated little book Professor Goddard touches with gentle satire – such topics as – super-specialisation, over investigation, rising malpractice, clinical freedom, mentorship, rising political and societal expectations, drug interactions, complexity of medicine, the loss of Matron, working time directives and much more. Throughout there are satirical comments on modern NHS management.

At first sight it is a book of satire, it is readable and would be valuable for senior and junior doctors and their managers to browse through – not all in the past was good but not all was bad either – we can learn from the past as the NHS of the future unfolds – this little book is a useful, painless way of so doing.

Professor Roy Spence, OBE, MA, MD, LLD (Hon), FRCS, Consultant Surgeon

