

The Hands-on Guide to Practical Paediatrics

Rebecca Hewitson
Caroline Fertleman

WILEY Blackwell



The Hands-on Guide to Practical Paediatrics

To my family and friends and most of all to Nick, for your endless support, patience and encouragement.

Rebecca Hewitson

I would like to dedicate this book to my paediatric colleagues Heather Mackinnon and Mervyn Jaswon.

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The Hands-on Guide to Practical Paediatrics

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Preface

Working with children is enormously rewarding and varied but also has its own unique set of challenges. With most medical schools focusing predominantly on adult medicine, junior doctors can sometimes feel daunted by the prospect of interactions with younger patients and their families.

As part of the 'Hands on Guide' series, this book guides you through some of these challenges and acts as a companion for survival during daily clinical practice. We set out to write a book filled with practical advice in a concise and down-to-earth style and have avoided focusing too heavily on differential diagnoses and treatment options as we feel this is best covered by local or national guidelines that are frequently updated.

This guide is designed for you to dip in and out of as questions arise during daily clinical practice. Much of the text is written in bullet point form with key words highlighted in bold to allow you to quickly find the information you need. Throughout the book the 'Top Tips' boxes provide helpful practical suggestions and highlight common pitfalls to avoid. Also, words that **READ LIKE THIS** are defined in the jargon buster section of Chapter 1.

We wrote this book for all doctors who see children as their patients, not just those working in paediatrics. Those working in general practice, the emergency department and some surgical specialties such as orthopaedics and ENT are particularly likely to find this book of great help when seeing their younger patients. We have also included a chapter called 'Developing Your Career' to provide advice about how to pass exams, outlining the structure of paediatric training and how to get ahead for junior doctors and medical students considering a career in paediatrics.

With one of us a junior doctor and the other an experienced consultant paediatrician and educator, we have been able to write from two perspectives: knowing how it feels 'not to know' and writing 'all the things I wish I'd known' and combining this with the insight gained from many years of clinical practice and teaching. We hope that you will enjoy using this book and that it will help you to develop the skills and knowledge to provide the best possible care for children and their families.

*Rebecca Hewitson
Caroline Fertleman*

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www.wileyhandsonguides.com/paediatrics

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- videos demonstrating practical procedures
- downloadable illustrations from the book
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 - immunisation schedule
 - commonly used drug doses
 - Advanced Life Support formulas.