



**WEBWISE**  
The KidsHealth website aims to provide accurate, medically reviewed information about children and teenagers that is free of 'doctor speak'.



This American resource claims to be the world's most visited site for information about health, behaviour and development from before birth and through childhood and adolescence, with more than 500,000 daily hits.

KidsHealth is divided into sections for parents, younger children and teens. As well as facts about health, it also provides families with advice and support on a wide range of physical, emotional and behavioural issues.

Information is available under the headings of general health, infections, nutrition and fitness, recipes, pregnancy and newborns, medical problems, positive parenting, first aid and safety. There are also free health lesson plans suitable for teachers.

Useful downloadable instruction sheets are available on a range of first aid topics, including animal bites, nosebleeds and damaged teeth.

Up-to-date information on what to do in an emergency is also included. A reflection of its United States origin is that the cardiopulmonary resuscitation guidelines for children still recommend two rescue breaths to start with, whereas the guidelines in the UK are now five rescue breaths followed by a cycle of 30 chest compressions and two rescue breaths.

**Sue Campbell** is a volunteer community health worker in Kampala, Uganda

The Kids Health website:  
<http://kidshealth.org>

# Reviews

TV :: radio :: books :: websites



## Saving Lives – Why the Media's Portrayal of Nurses Puts Us All At Risk



*Despite being an American text, every nurse should recognise the damage that negative portrayals of nursing in the press, films, television and even books can do to our image. The popularity of transatlantic film and TV shows means many of the negative United States images referred to here are seen in the UK. Saving Lives references productions such as ER and MASH.*

Co-written by Sandy Summers, executive director of the campaigning group The Truth About Nursing, and her husband, senior adviser Harry Jacobs Summers, this well-researched text explores the negative effects of adverse publicity and how it inhibits our professional growth. The constant failure to credit nurses for the work they do is addressed, notably doctors being credited for a patient's recovery when the real story belongs to the nurses in rehab, and the crediting of a successful immunisation programme to the public health department when it was a nurse-led initiative.

The book deserves wide reading. Hopefully some firebrand may even be driven to duplicate this study in the UK.

**Sandy Summers and Harry Jacobs Summers** | Kaplan Publishing | 352pp | £13.99  
ISBN: 978 1 4277 9845 9

Reviewed by Dame Betty Kershaw, RCN education adviser



## Success in Practical/Vocational Nursing: From Student to Leader – Sixth Edition



*As a newly qualified nurse I was eager to explore a book that promised 'a wealth of leadership activities, hints and management tools'. My first year has been exciting but challenging as I practised newly learned skills with little time for reflection or entrenchment.*

The initial chapters reviewed these skills, and reminded me of the importance of opportunistic learning, while clearing away irrelevancies acquired in practice. By chapter four I was able to translate recent experiences into practical and useful continuing professional development.

Some American terms are unfamiliar and there is little value in reading chapters focused on the United States. But chapter seven, exploring nursing history in the US, provides a reminder of how little we connect with our past when facing the future, and that our role of bringing the patient into the centre of their healthcare journey has always been the core of nursing.

There is much to recommend in this book, with its focus on leadership and career development. My first year has shown how quickly daily demands of nursing can distract from long-term career goals. The book gives clear pointers to keeping focused on your career and moving from student to leader.

**Signe Hill and Helen Stephens Howlett** | Elsevier | 527pp | £19.99 | ISBN: 978 1 4160 5659 1

Reviewed by Benn Mott, registered nurse manager, Lancashire County Council Care Services