This book has been written primarily for health professionals as a guide to setting up young people’s clinics, but it potentially provides more than that. Anyone who comes into contact with young people within their work will find this easy to read book full of helpful practical suggestions about how to make any service “young person friendly”. Each chapter is well referenced and there is an extensive web based list of resources making this book an excellent teaching aid.

The initial chapter provides a summary of some of the issues surrounding adolescence and the physiological and psychological changes which occur during this time. This leads on to a chapter on how to engage young people, and covers some very useful tips on the initial groundwork required and the consultation needed before setting up a service for young people. The importance of confidentiality is highlighted and continues as a main theme as one would expect throughout the book. The legal issues involved in working with this age group has a dedicated chapter and covers the aspect of consent within the current legal and child protection framework, and is particularly helpful.

Teenage pregnancy is discussed in the context of the government’s teenage pregnancy strategy, and the long term social implications of teenage pregnancy are described. The role of the health professional in providing sexual health information, education, and easy access to services is highlighted, with some examples of good current practice from different areas of the country. The style of writing in the chapter on young people and contraception appears out of keeping with the rest of the book as it is written in a very basic way, assuming little underlying knowledge. This information could however be used directly with the young people as a teaching resource, and it helpfully looks at some of the common myths surrounding contraception.

There has been a huge increase in the rates of sexually transmitted infections, particularly among young people, and within the book there is a chapter looking at the reasons behind this as well as some ways in which this can be addressed when planning sexual health services. There follows a description of the different sexually transmitted diseases, including symptoms and treatment; it is written in a way that again could be used directly with young people.

A particularly helpful chapter is the one covering marginalised groups, and there is an excellent section on working with lesbian, gay, bisexual, and transgender young people. Towards the end of the book there is a definitive guide to setting up a young persons’ clinic, giving a step by step approach to establishing a service. Finally, there is a chapter on planning sexual health outreach work and an example of a lesson plan which would be particularly helpful for anyone involved in delivering “sex and relationships education”.

The sexual health of young people is unlikely to improve until we can feel confident in talking openly with adolescents about their sexual health and contraception needs and have easily accessible services. This book provides an excellent practical guide to this end.

C Grayson

Pediatric nephrology, 4th edition


Clinical management of children with acute and chronic renal disorders can be complicated, even for the experienced clinician. The practice of paediatric nephrology can commence from fetal presentation to the management and transition of adolescents and young adults. More patients with complex multi-systemic diseases have shared care management between general paediatric departments, paediatric nephrology, and other subspecialty disciplines. There is a paucity of evidence based practice in paediatric nephrology, with recommendations based on extrapolation of adult data in patients with very different primary diseases.

However, to relieve the anxiety of many clinicians, the fourth edition of Pediatric nephrology has arrived!

This concise text provides essential information on common nephro-urological disorders, which is both practical and comprehensive. For those who have not had access to the first three editions, this textbook has now been fully revised and updated for the 21st century. The emphasis remains on the diagnostic approach (with clinical, laboratory, and radiological evaluation) and management of children with renal disease.

However, there is ample factual information for the clinician on basic anatomy, physiology, embryology, and aetopathogenesis. The authors understand that busy clinical practice often means that chapters, books, and papers are rarely fully read, so each chapter includes the essential “Key Points” boxes.

The chapters cover the bread-and-butter approach to the clinical diagnoses of acute glomerulonephritis, vasculitis, nephropathies, haematuria/proteinuria, nephrotic syndrome, urinary tract infections, rickets, and hypertension. There is extensive coverage of acute, chronic, and end stage renal failure management with renal replacement therapy, including dialysis and transplantation.

The editorial board has increased the number of authors, with excellent contributions on disorders of micturition (including voiding disorders, nocturnal enuresis, and neurogenic bladders) and imaging of the urinary tract (including a chapter devoted to nuclear medicine scans).

The layout of the book is pleasing to the eye, with excellent anatomical artwork, radiological images, tables, and colour clinical, urinary microscopy, and histopathological photographs. Each chapter has a small, but excellent list of suggested references for further reading. There are excellent appendices providing further information, such as drug dosages and adjustments to dose and/or intervals in renal failure.

The textbook highlights specific implications for those practising in India, which I found fascinating comparing my own clinical practice in the UK. This textbook should be readily accessible from the shelves in the offices and libraries of general practitioners, paediatricians, nephrologists, urologists, intensivists, trainees, clinical nurse specialists, and any clinicians who manage children with nephro-urological disorders.

S D Marks

Pre-published book reviews

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