The best of the week’s health-related TV and radio

**PICK OF THE WEEK**

**UNREPORTED WORLD: FIND MY KID DRUGS**

*Friday March 25, Channel 4, 7.30-8pm*

This programme reveals the crippling effect of the economic disaster on one of the world’s biggest oil producers. Krishnan Guru-Murthy, pictured, travels to Venezuela, where thousands of people have been affected by severe shortages of drugs and medical equipment. He joins one family’s frantic search for medicines for their ill daughter. Hospitals lack basic items and doctors who speak out are labelled anti-revolutionaries.

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**TUESDAY MARCH 22**

**One Born Every Minute**

*Channel 4, 9-10pm*

The documentary series exploring the drama and emotion of expectant parents in a maternity unit returns for another series. Kirsty was one of the babies in the first set of triplets to be delivered at Liverpool Women’s Hospital 19 years ago, and now she returns to have a baby of her own.

**24 Hours in A&E**

*Channel 4, 9-10pm*

Tom is brought in after crashing his bike head first into a parked car while racing a friend. The 13-year-old’s face is badly swollen and the team is concerned about the risk of internal injuries.

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**THURSDAY MARCH 24**

**Medical Mysteries**

*Channel 5, 8-9pm*

A new series looking at some of the UK’s most complex cases of rare diseases.

**Trauma Doctors: Every Second Counts**

*Channel 5, 9-10pm*

Staff treat a 47-year-old man whose head was crushed by a fallen tree. They need to remove part of his skull to reduce pressure on his brain.

**DIY SOS: The Big Build**

*BBC 1, 9-10pm*

Eight-year-old Dakota has quadriplegic cerebral palsy and a life expectancy of just 15 years. She needs changes to her home that increase her mobility and, in turn, her life expectancy. The team hopes to rebuild her home in nine days.

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**WEDNESDAY MARCH 23**

**GPs – Behind Closed Doors**

*Channel 5, 8-9pm*

Claire Taylor meets a young woman experiencing shortness of breath. The GP has diagnosed a serious chest infection and recommends complete bed rest, but her patient is keen to attend a birthday party in Birmingham the following evening. Will she take or ignore the medical advice?

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**FRIDAY MARCH 25**

**Unreported World: Find My Kid Drugs**

*Channel 4, 7.30-8pm*

See Pick of the Week

Compiled by nurse Margaret Paul

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**Sleep Cycle alarm clock app**

For nurses wanting to rouse patients or even themselves, the Sleep Cycle app tracks users’ sleep patterns and wakes them during their lightest sleep phase – the best way to wake up feeling rested.

Through a built-in microphone that analyses users’ movements, the app can identify the various sleep states.

It collects sleep analysis data and presents it in graphs in the statistics section of the app, which records deep sleep and quality.

Premium features include a heart-rate monitor, aids to help users fall asleep faster, and notes on how drinking, eating and stress affect sleep quality.

The app also functions as an alarm system, which wakes users either to their own music or specially selected calming tunes for a peaceful start to the day.

A great app for any nurses or healthcare professionals who want an aid for better sleep quality or to help their patients with sleeping.

Requires iOS 8.0 or later. Compatible with iPhone, iPad and iPod touch. Also available on Android

Reviewed by Layla Hisdriani

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