Cancer Genetics

The Cancer Genetics app is a hereditary cancer risk assessment and referral guide developed by the clinical genetics team at Guy’s and St Thomas’ NHS Foundation Trust with technology company UBQO.

Providing evidence-based risk assessment tools, a reference guide about specific hereditary conditions and links to further information and useful websites, the aim is to provide streamlined referral guidance. The risk assessment tool uses personal, family and medical history to assess the risk of inherited cancer. The app also provides a framework of questions that can be used when managing patients who are concerned about an inherited predisposition to cancer.

A useful app that is also very easy to use.

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

Reviewed by Layla Haidrani

Cancer Genetics

Excellent ★★★★★ Very good ★★★★★ Average ★★★ Poor ★

Launching Your Career in Nursing and Midwifery: A Practical Guide

This is a useful guide to help students prepare for the application and interview process associated with their first nursing or midwifery post.

Employability and career planning theories are introduced. A brief theoretical background to the book helps set the context and encourages readers to consider the wide employment opportunities available.

Chapters on career planning, job applications, the selection and recruitment process, and preparing for interview are easy to follow and full of practical activities.

Students should find the example of a speculative letter, the real-life example of a personal statement and the generic and field-specific sample interview questions of particular benefit.

Handy to-do lists, signposting to further useful resources and insights from candidates, recruiters and service users involved in the interview process are peppered throughout the chapters.

Christopher Johns | Palgrave Macmillan

Reviewed by Kathleen Duffy, senior nurse practice education, NHS Lanarkshire

Mindful Leadership: A Guide for the Health Care Professions

Much of the critical reflection in this book comes from front line healthcare professionals. As such, it will appeal to nurses, especially those who are new to leadership.

The book is timely, given the enormous challenges facing health and social care, and is cognisant of how front line staff feel disempowered.

It demystifies the notion that leadership ‘happens elsewhere’ and is thought provoking about how nurses can develop their own leadership journeys by being aware of their circumstances and changing their behaviours through ‘mindfulness’.

Leadership is often seen as something that happens at the top of an organisation, but the many personal reflections presented in this book demonstrate that staff at all levels can be leaders.

The book provides examples of staff critically analysing their situations and changing their behaviours. The author reveals the tensions of becoming a leader and discusses how understanding and working towards resolving them is essential.

It will prompt people to think about how they have handled similar situations and, by reflecting on them, how they could have managed them differently.

This is a long book and some of it is laborious to read. It is probably better suited to libraries rather than an individual purchase, but will be found useful by nurses who seek professional development and who want to learn from the experiences of colleagues.

Christopher Johns | Palgrave Macmillan

Reviewed by Helen Barlow, deputy director of nursing (quality and safety), NHS England, Lancashire and Greater Manchester

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