This 30-minute online course aims to support nurse practitioners and allied healthcare professionals to identify symptoms and signs that could indicate a malignancy in a child or young person.

It begins with a pre-course assessment quiz that tests nurses’ baseline knowledge of cancer in children and young people. The next section is case study-led and interactive, featuring videos, pop-ups to further information and mini quizzes. It covers diagnostic tips, cancers commonly experienced by children and young people, and NICE advice on cancer diagnosis.

At the end of the course, users will be aware of common types of cancer occurring in children and young people in the UK, understand what non-specific symptoms to look out for and be aware of potential difficulties in communicating with young people and their parents or carers.

Go to tinyurl.com/cancer-children-young-people

Reviewed by Layla Haidrani, RCNi editorial assistant

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Beyond Stroke: Living Independently With One Arm

The author of this text had a stroke at the age of ten, which left her with permanent paralysis on her left side.

During the 30 years since then, in her determination to overcome her disability, she has come up with novel ways to perform daily tasks.

This book is a compilation of the solutions the author has found to regain her independence, which allows her to continue carrying out the activities of daily living.

Through pictures and simple written steps, she passes on solutions she has found by experience for activities such as fastening buttons, doing the washing up, opening jars, preparing and cooking food, or lifting babies and children.

It is aimed not only at individuals with paralysis but anyone with limited movement of an upper limb due to injury or pain.

Although it has limited applicability to the general nurse, it would make an informative read for nurses, occupational therapists and physiotherapists working in rehabilitation settings.

It certainly has a place on the office shelf in any rehab setting, with relevant advice that could be offered to patients depending on their individual needs.

The book should also be recommended to patients who have been affected by upper limb disability.

Kate Ryan | Ryan Publishing | 114pp | £7.53 (available on Kindle only in the UK) | ISBN: 9781876498962

Reviewed by Alexander Donnelly, neuro-rehabilitation specialist nurse, Colman Centre for Specialist Rehabilitation Services (CCSRS), Norwich

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Introducing Mental Health: A Practical Guide (Second edition)

This book can be read from cover to cover or just dipped in and out of, with the reader selecting elements relevant to themselves, whether that be a chapter or a few pages.

Chapters offer readers concepts and skills while outlining techniques to assist in clinical practice. This can be seen in the updated recovery process now based on current practice rather than an outdated medical model.

Sections on Caldicott guardians, the Mental Health Act and criminal justice reflect modern clinical practice. However, these lack the ‘infoboxes’ so useful in earlier chapters.

If there is one criticism it is that, at 200 pages, it could have run to 250 with additional clinical information providing further assistance to practitioners at all levels.

The book is a welcome addition to any practitioner’s personal library, as well as any clinical team library.


Reviewed by David Harding-Price, freelance nursing adviser

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Cancer in Children and Young People

This 30-minute online course aims to support nurse practitioners and allied healthcare professionals to identify symptoms and signs that could indicate a malignancy in a child or young person.

It begins with a pre-course assessment quiz that tests nurses’ baseline knowledge of cancer in children and young people.

The next section is case study-led and interactive, featuring videos, pop-ups to further information and mini quizzes. It covers diagnostic tips, cancers commonly experienced by children and young people, and NICE advice on cancer diagnosis.

At the end of the course, users will be aware of common types of cancer occurring in children and young people in the UK, understand what non-specific symptoms to look out for and be aware of potential difficulties in communicating with young people and their parents or carers.

Go to tinyurl.com/cancer-children-young-people

Reviewed by Layla Haidrani, RCNi editorial assistant