Sit back and enjoy
The best of the week's health-related TV and radio

Friday January 14
BBC Radio 4 9.02-10pm
The Friday Play - Gladly My Cross-eyed Bear
A 75-year-old with dysphasia and a teenager with Down's syndrome explore the issue of being misunderstood.

Monday January 17
BBC Radio 2 through the day
Living with Epilepsy
A BBC campaign to highlight epilepsy. Dr Mark Porter will answer listeners' questions and author Alan Bleasdale will talk about his son who has epilepsy. For more information, call Radio 2 Actionline on 0800 022 022 or visit www.bbc.co.uk/health

Monday January 17
BBC2 7.30-8pm
Counterblast: Teenage Abortion
A visit to Holland to find out why the Dutch have one of the lowest teenage abortion rates in Europe.

Tuesday January 18
BBC Radio 4 8.02-8.40pm
The Bitter Pill
The final programme in a series about drug companies and the nature of heart disease. The main impression is one of hope. Most people make an excellent recovery after a heart attack and, by following advice, can soon slip into a new and healthier pattern of life.

Clinical Evidence
BMJ Publishing Group & ACP/ASIM
£55
ISBN: 0 7279 1386 7
This accessible book presents summaries of current research findings that answer important clinical problems. This first issue (it will be updated and expanded every six months) covers more than 60 topics, for example, venous leg ulcers, pressure sores, head lice and glycaemic control in diabetes.

Each clinical problem has a summary page, which shows the question(s) addressed, looks at the effects of interventions and has key messages. There is then some background information, and details on the options and their harms and benefits. It does not make recommendations, but summarises the evidence for interpretation locally.

The price tag is an annual subscription, so you get two issues. You may need to keep them chained to the wall - it is a book that could well walk!

Kate Seers, Head of Research, RCN Institute

Nursing Documentation - Legal Focus across Practice
Sue E Meiner
Sage
292pp, £17.99
ISBN: 0 7619 1072 7
It remains the ultimate paradox: why do health professionals document care so badly when they know how important good documentation is? This American text contains some interesting material, although it's legal focus is not relevant to a British audience. While this book does not make the transition across the Atlantic, there was one paragraph that struck me as being absolutely universal which I believe should be ingrained on every nurse's brain - these are the 13 'charting' rules.

1. Write clearly and legibly.
2. Use proper spelling and grammar.
3. Write with blue or black ink using the 24-hour clock.
4. Use authorised abbreviations only.
5. Transcribe orders carefully.
7. Chart promptly.
8. Never chart nursing care or observations ahead of time.
9. Clearly identify care given by another team member.
10. Do not leave blank spaces.
11. Correct mistaken entries promptly.
12. Correct mistaken entries promptly.
13. Do not sound tentative, say what you mean.

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