**Choosing Nursing: From Application to Offer and Beyond**

This book is a must for anyone considering a career in nursing – whether as a first career, as a mature student or a return-to-practice nurse.

Easy to read and full of useful information, including tips on making a successful application, the book caters for all areas of nursing, helping readers to make an informed decision about which route into nursing would suit them best.

The testimonials bring the book alive with nurses and students sharing case studies from their day-to-day practice. This will help any prospective student link theory to practice and gain a snapshot of what a career in nursing might look like.

The book also outlines the academic and clinical support students can expect during their study, how placements work and the role of the Nursing and Midwifery Council for nursing students.

The most interesting element of the book is that it highlights the uniqueness of each different nursing field.

This will be a useful addition to libraries and universities should add this book to reading lists for nursing courses as the final section offers guidance on how to get your first job.

I would recommend this to all pre-registration nursing students and anyone who is considering entering the nursing profession.


Reviewed by Megan O’Connor, senior lecturer, Nursing and Midwifery Higher Education Department, Health and Social Services, Jersey

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**The Physical Signs of Child Sexual Abuse (Second edition)**

This is a specialist text on child sexual abuse (CSA) and is an evidence-based review and guidance for best practice. The text provides an excellent overview of contemporary evidence about the physical signs of CSA, interspersed with clinical diagrams and photographs that are explicit but appropriate.

Each chapter focuses on specific signs and related anatomy with an overview of the presentation. The empirical evidence is reviewed along with a clinical evaluation.

*Royal College of Paediatrics and Child Health (RCPCH) et al | Second edition | 292pp | £35 for RCPCH members; £49 for non-members | Order the book at tinyurl.com/oagxybx*

Reviewed by John Thain, senior lecturer in children’s nursing, University of Wolverhampton

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**Conquer Chronic Pain: An Innovative Mind-Body Approach**

The focus of this book is on helping people to live effectively with chronic pain by addressing how the mind interprets pain and how a negative social, emotional or physical context to the pain can act as a barrier to recovery.

The author, a physician working with people experiencing chronic pain, uses patient stories throughout the text as autobiographical narratives that bring the book alive. The opportunity for one patient to tell her story leads to the realisation that the constant stress and hectic schedule she was living with were negatively contributing to her experience of pain.

The need to address emotional pain to prevent it progressing is explored. The more negative the emotions, the more pain is experienced. This leads to more negative emotions, creating a vicious cycle that hinders the ability to cope.

The book contains 18 exercises to help the individual break the cycle of chronic pain including breathing exercises, mindfulness approaches, and achieving a balance between exercise and rest.

Despite the target audience being people who are living with chronic pain, this book is written in an accessible manner and will also appeal to nurses who encounter patients facing the challenge of making sense of their chronic pain.

*Peter Przekop | Hazelden Publishing | 200pp | £13.50 | ISBN: 9781616497897*

Reviewed by Sarah Ryan, nurse consultant in rheumatology, Haywood Hospital’s rheumatology centre, Staffordshire and Stoke on Trent Partnership NHS Trust

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**Key**

Excellent ***** Very good **** Good *** Average ** Poor *