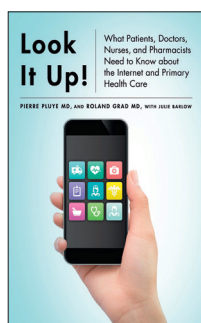


# Life & Times Books

## Look it up! What Patients, Doctors, Nurses, and Pharmacists Need to Know About the Internet and Primary Health Care

Pierre Pluye, Roland Grad, and Julie Barlow

McGill-Queen's University Press, 2017, HB, 200pp, £16.99, 978-0773551367



### NAVIGATING TECHNOLOGY FOR HEALTH

Given the numerous resources designed to aid clinical decision making, I often wonder where to start looking for information on some occasions and when to stop on others. It is challenging to integrate best evidence in practice given the time restraints and limited resources in general practice. *Look it up!* is enlightening because it provides guidance on effectively finding answers to reach value judgements for patients by navigating the rapidly evolving and enormous repertoire of digital health information.

The book is an easy read — structured in a case scenario format filled with relevant examples from general practice, such as cancer screening and polypharmacy. It is filled with clinical pearls along the way, and I learnt more by trying to solve the cases by putting my own research strategies to the test before reading the answers provided. Aimed at anyone with an interest in the topic, the book is very digestible as it largely avoids jargon.

The book's last chapter describes a future in which technology will be married to all aspects of clinical practice in the next 20 years. This is something I find hard to believe because of its simplistic view of the economic and social contexts that enable change. Case in point: not every medical service in the NHS is paperless despite millions of pounds having been invested over the years to achieve this vision.

The book is filled with resources used

commonly in North America. Nonetheless, the principles apply across borders so it will be a valuable read for GPs in the UK who want to provide evidence-based care to their patients using technology. Given the tremendous societal and professional expectations for the doctor to know everything, I found the book reassuring because it explains why it is OK — even better — to *Look it up!*

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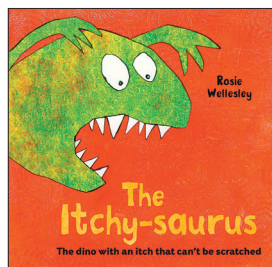
DOI: <https://doi.org/10.3399/bjgp18X698717>

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## The Itchy-saurus: the Dino with an Itch That Can't Be Scratched

Rosie Wellesley

Pavilion Children's, 2018, PB, 32pp, £6.99, 978-1843653684



### BREAKING THE ITCH-SCRATCH CYCLE

Although eczema is common, many children who grow up with it may feel alone and isolated, and resist the application of topical treatments that will help treat their symptoms. We also know that parents/carers of children with eczema employ a variety of tactics to engage them in the use of creams and ointments — some more sustainable than others.<sup>1</sup>

So how might a children's book about a Tyrannosaurus Rex with eczema help? In this book, Rosie Wellesley, a GP, writer/illustrator, and parent of a child with eczema, has used her combined talents and experience to write this short and colourful story about how eczema can disturb sleep and make people feel miserable, yet be improved using creams, in this case supplied by a platypus called Doc Bill.

The illustrations are bright and attractive

and we, as fellow parent of/older child with eczema, liked the dinosaur characters and the wordplay (T-Rex-cema, for example). The book also introduces distraction as a technique to break the itch-scratch cycle. One can nitpick over some of the detail (perhaps Doc Bill could have offered lotions, gel, or ointment instead of creams, for instance) and the story fills a niche but is unlikely to be sought out by parents of children without eczema.

Overall, it's a welcome and professionally produced resource to be able to signpost parents to, as part of the more specific support that primary care can offer families affected by this condition.

### Matthew Ridd,

GP and Reader in Primary Health Care, Centre for Academic Primary Care, University of Bristol, Bristol, UK, and Jacob Ridd, 12-year-old student with eczema.

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### REFERENCE

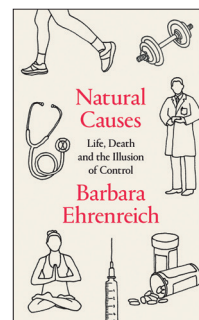
1. Santer M, Burgess H, Yardley L, *et al*. Managing childhood eczema: qualitative study exploring carers' experiences of barriers and facilitators to treatment adherence. *J Adv Nurs* 2013; **69**(11): 2493–2501.

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## Natural Causes: Life, Death and the Illusion of Control

Barbara Ehrenreich

Granta Books, 2018, HB, 256pp, £16.99, 978-1783782413



### MALIGN MACROPHAGES AND THE MADNESS OF MINDFULNESS

Barbara Ehrenreich is an American writer with an enviable breadth of knowledge, an