

Self care, like charity, begins at home and every general practitioner would do well to heed the message. I like the practical down to earth suggestions on 'how to do it', and the Yateley stress group approach given in an appendix is an excellent model of working. My only criticism is the lack of a list of useful names and addresses such as the International Stress Management Association (The Priory Hospital, Priory Lane, London SW15 5JJ. Tel: 081-876 8261) and the Open University (Handling Stress Course Team, Department of Education, Milton Keynes MK7 6AA. Tel: 0908 654214) which provide information and teaching materials which are a valuable resource for trainers, teachers and group leaders as well as for individual general practitioners, other members of the primary care team and their patients.

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THE USER'S GUIDE TO INTERMITTENT CATHETERISATION

Gillian Hunt, Robert Whitaker and Pippa Oakeshott
Family Doctor Publications in association with the British Medical Association, London (1993)
48 pages. Price £2.99

The user's guide to intermittent catheterisation is pocket book sized and can be read in an hour. It is informative, indeed comprehensive, in its discussion of intermittent catheterization. The text is divided into sections for easy reference. The initial chapter introduces the user to the concept of intermittent catheterization and then describes the benefits of and indications for its use. A description of the bladder and urinary tract is followed by a detailed explanation of the procedure, including how often and where to catheterize, how to cope with travel and so on. Consideration is given to self catheterization of men and women and catheterization of young children.

The booklet contains practical advice and addresses the questions most asked by users: will it hurt, can it do any harm, will it keep me dry, will it cause infections? The informed approach is sensitive and reassuring and the text is regularly illustrated with helpful line diagrams which clarify procedures. The authors also provide information about the range of equipment available so that informed choices can be made and aids selected to complement the patient's lifestyle.

My only criticism is that the language in which the booklet is written requires a high reading age for full comprehension of the technical details and therefore, it will be unsuitable for a significant proportion of patients. Sadly there has to be a compromise between providing inadequate information in a simplistic manner, and providing sufficient details entailing the use of some technical terminology. In conclusion, this booklet represents good value at £2.99 for patients and health care professionals alike. I believe all members of primary health care teams who look after patients requiring intermittent catheterization would benefit from reading it.

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DIPLOMA IN GERIATRIC MEDICINE

The Diploma in Geriatric Medicine is designed to give recognition of competence in the provision of care for the elderly and is particularly suitable for General Practitioner vocational trainees and Clinical Assistants. It is also suitable for aspiring candidates for any career post in Geriatric Medicine, or in allied fields such as the Psychiatry of Old Age, who wish to demonstrate their knowledge of the subject.

The next examination will begin on 22nd March 1994. Application forms, together with the necessary documentation, must reach the College by Friday, 11th February 1994.

Candidates must have held a post approved for professional training in a department specialising in the care of the elderly, or have had experience over a period of 2 years since Full Registration or equivalent in which the care of the elderly formed a significant part.

Further details and an application form may be obtained from:

Examinations Office
Royal College of Physicians of London
11 St Andrew's Place
Regents Park, London NW1 4LE
(Registered Charity Number 210508)

DIPLOMA IN COMMUNITY CHILD HEALTH

The Royal College of Physicians of Edinburgh, the Royal College of General Practitioners and the Faculty of Public Health Medicine invite applications to take the next examination for the Diploma in Community Child Health (DCCCH) which is to be held on 24th MARCH 1994.

The purpose of the DCCCH is to assess the competence of doctors who provide health surveillance, diagnosis, treatment and continuing care to children within the setting of the child's family, social and educational environment.

Possession of the Diploma in Community Child Health is recommended, for acceptance as accreditation for Child Health Surveillance, by the British Paediatric Association and the Royal College of General Practitioners.

Examination regulations, application and testimonial forms with instructions to candidates can be obtained from the address shown below. Past examination papers may be obtained from the same address.

The fee for this examination is £210.00 and the closing date for applications is 25th FEBRUARY 1994.

The second diet of the examination in 1994 will be held on 6th OCTOBER.

The Registrar, Royal College of Physicians of Edinburgh, 9 Queen Street, Edinburgh, EH2 1JQ.