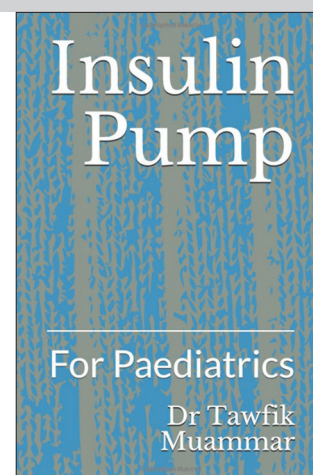


Insulin Pump for Paediatrics

Title:	Insulin Pump (For Paediatrics)
Editors:	Dr. Tawfik Muammar
Edition:	First Edition, 2018
Publisher:	Amazon Digital Services LLC-Kdp Print Us, 2018
ISBN:	1790686008, 9781790686001
Format:	Paperback, Kindle Edition



I was delighted to write my first book review. The opportunity to go through such a nice work, a book titled “Insulin Pump - For Paediatrics” that I found very relevant to my work. It comes in 123 pages encompassing five chapters that cover a lot of practical subheading titles.

It is one of the very few books that had been written in pediatrics for both healthcare professionals and patients/parents or carers. Very simple language was used that made it easy to understand. Short paragraphs with lots of bullet points and guides made it very easy to follow. I enjoyed moving from chapter to other, reading comparisons in tables, or going through the illustrative figures that added great value to the main text that touched base with practical aspects about using of continuous subcutaneous insulin infusion mode for insulin delivery in children and young people living with type 1 diabetes.

The author, Dr. Tawfik Muammar, used number of examples throughout his book. This method of writing would actually give satisfaction to the readers when they try to apply what they have just learned. His examples covered number of everyday aspects, such as how to calculate the insulin dose using the insulin carbohydrate ratio and insulin sensitivity factor, or how to calculate or refine the basal rates in insulin pumps.

The step-by-step approach helps in taking in the information swiftly. It laid down some basics in the first chapter, then how to prepare for pump therapy in the second chapter with detailed discussion on insulin’s calculation and adjustment. The third chapter tackled the clinical issues of pump therapy. However, the last two chapters highlighted living with insulin pump; food, social life, exercise, illness, travel, fasting during Ramadhan,... etc.

The author mentioned that some randomized controlled trials (RCTs) or researchers recommended so and so, but unfortunately, there was neither citing of those RCTs in main text nor providing a section to list references. I think providing such a section is going to give more credibility to the book as well as it allows readers to expand their knowledge by linking

the content of this book with what was done or recommended by other researchers.

Overall, I liked this book. In fact, personally, I have adopted some checklists and tables from the book to be used in my clinical practice. This book would be an excellent resource for pediatric diabetes units. The price tag of £27.84 for Paperback or £7.84 for Kindle users is making it easily affordable.

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Conflicts of interest

There are no conflicts of interest.

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