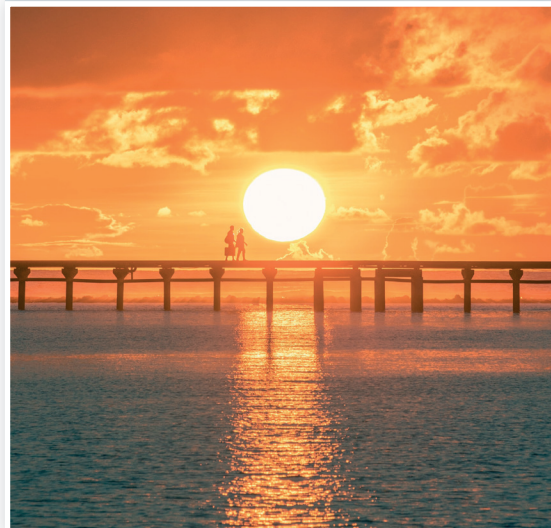




Life and Death

Perspectives from the professionals



“The way we are living, timorous or bold, will have been our life.”
Seamus Heaney

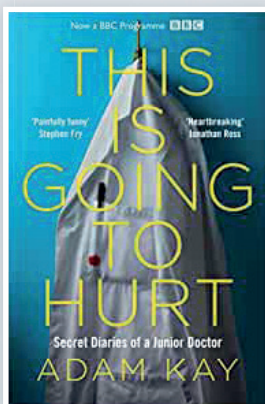


To lie in the soft brown earth, with the grasses waving above one's head, and listen to silence. To have no yesterday, and no to-morrow. To forget time, to forgive life, to be at peace. Oscar Wilde

We are naturally curious beings and gaining a closer view into the lives of junior doctors, palliative care nurses, heart surgeons etc. is something that we are now able to do. An increasingly popular genre at the moment is medical literature. While many books in this genre may be gruesome they can also be entertaining, educational, moving or inspirational. Some new books in this genre share with us what it's like to work on the front line, and what it's like to care as a professional. We can learn so much about life, near-death

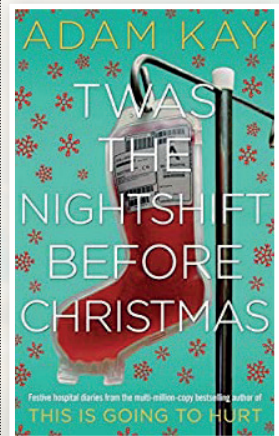
and death from these professional caregivers.

Life

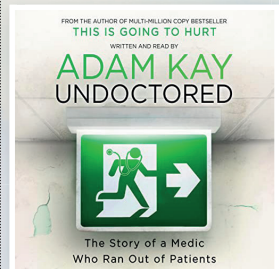


Possibly, the best-known book of the past few years is the bestseller **'This is Going to Hurt'** by Adam Kay. The book has sold millions

of copies, been made into a successful TV series and has been the book of choice in a number of book clubs. It gives a shocking, yet amusing look into the lives of junior doctors in the NHS in the UK. Adam Kay trained as a junior obstetrician and also gynaecologist and details with great wit and humour the trials and tribulations of being a junior doctor. It was a profession that he didn't stay with and he went on to become a stand-up comedian and a script writer.

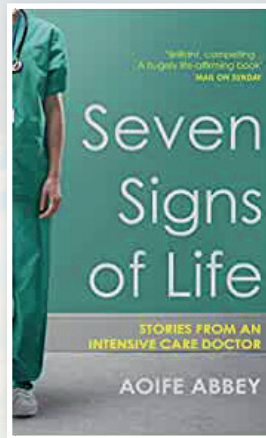


His next book **'Twas the Nightshift Before Christmas'** continues in the same vein as his first book and both books give the reader a great insight into the sorrow and shortcomings of working within a national health system.

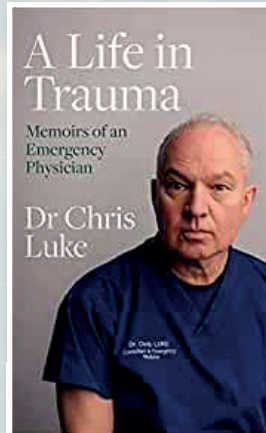


Adam Kay's latest book **'Undoctored'**, due out very soon, is a reflection on how his life has changed since he left the profession of medicine. He is as hilarious and horrifying as ever as he looks back on his life thus far with honesty and a touch of humbleness.

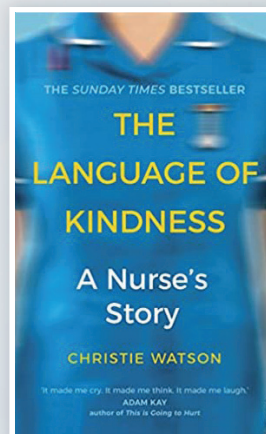
Irish author, Aoife Abbey, who wrote **'Seven Signs of Life'** has a day job as a consultant doctor/specialist trainee who trains other doctors and medics in intensive care medicine in the UK. In her book she writes about the seven emotions that are common to all of us; fear, grief, anger, distraction,



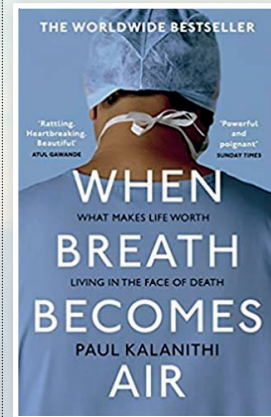
disgust, joy and hope. These emotions, she says, are the links between the patients and families and the doctors and consultants etc. in hospital settings. Her book gives a look at the profession of caring for a living through these seven emotions. Illuminating and compelling reading.



In **'A Life in Trauma'** by Dr Chris Luke, he reflects on his life at the frontline managing three emergency departments in Cork's busy hospitals, dealing with his own mental health as a result of burnout and his despair at a dysfunctional health system. An honest and remarkable book.



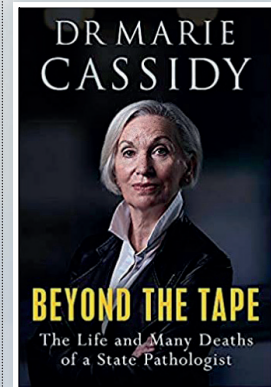
'The Language of Kindness: A Nurse's Story' by Christie Watson is as heart-warming as it is breath-taking. Watson worked as a nurse for twenty years and recounts her experiences as a caregiver in hospitals, in emergency departments and in end of life care. This book enlightens, and really shows the compassion and kindness that we all experience and know exists in the profession of nursing.



'When Breath Becomes Air' by Dr Paul Kalanithi is a book with the heart of a lion. A beautifully written, brave book that tells us how to live and how to die. Kalanithi, a gifted neurosurgeon, was diagnosed with terminal cancer aged 36. He writes this book chronicling his heart-breaking journey with the illness and his struggle to live a meaningful life. It is his account of living with the knowledge of impending death.

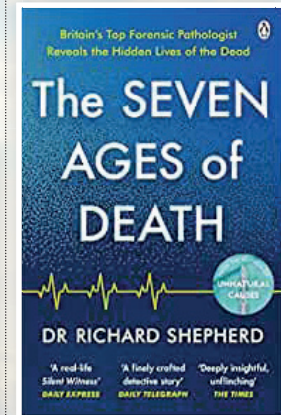
Death

Beyond Forensic Pathologists routinely carry out post-mortem examinations to establish the cause of death - in many cases the cause is obvious but in some cases death by homicide is identified.



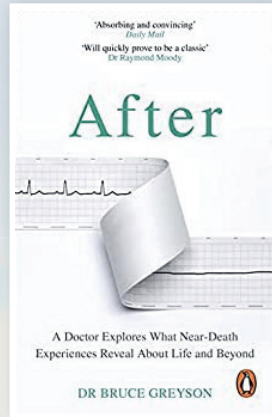
In **'Beyond the Tape'**, Dr Cassidy details the challeng-

ing job of solving the how, why and when's of modern crime. Most of the cases she references are ones that we will have read about and heard about over the years. Her book gives her insight into these cases of mysterious deaths. It's gruesome but compelling reading.



'The Seven Ages of Death', Dr Shepherd describes the job as that of a medical detective who investigates, uncovers and brings to light how a person died. His book highlights 24 fascinating cases from his long career as a forensic pathologist. Each of the 24 bodies also reveal something about the life lived, about the aging process, and about society. A powerful book about death and how to actually embrace it as our last adventure.

'After' by Dr Bruce Greyson is a study of the process of dying. It recounts cases of people who have had near death experiences from four decades of research. What can we learn from his



research that will help us in life? How do these near-death experiences impact a person's life? An insightful and inspiring read.



TV Series for Forensic Pathology fans:-

CSI seasons 1-16 and Silent Witness seasons 1-25 are available on request from any of our libraries in DVD format.

