



**Reviewed by: Associate Professor Josephine Chow  
Area Clinical Manager, Cardiovascular Stream, Sydney Local Health District & South Western Sydney Local Health District;  
Co-Director of the Renal Clinical Research Centre, Liverpool Hospital, Sydney, NSW, Australia**

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### Nephrology Secrets Third Edition

Authors: Edgar V Lerma & Allen R Nissenson

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This book is intended to be used not only by nephrologists and junior medical staff, but also by other primary health care providers with a particular interest in renal medicine. Only a few people read a textbook from cover to cover, and only selected chapters; therefore, this book is formatted in such a way that each chapter can be read in isolation from the rest of the book.

This edition is in line with the design of the previous editions in which questions discussing everyday topics in addition to some clinical research finding are included. The content of this book includes chapters addressing the problems arising from renal diseases. The book is concise and easy to understand and is a simple reference for everyone involved in the care of renal patients, especially junior medical and nursing clinicians.

Each chapter has a similar layout, with questions and answers and concludes with a section on “Key Points” and a bibliography for the chapter. There are 12 chapters arranged in logical order: patient assessment; acute kidney injury; chronic kidney disease; primary glomerular disorders; secondary glomerular disorders; infection – associated glomerulonephritides; other renal parenchymal diseases; renal diseases in special populations; treatment options; transplantation; hypertension and acid-base and electrolyte disorders. Not all chapters are extensively referenced, with some chapters having only two references. However, chapters with a large number of references are supported by a high level of evidence and data from large-scale, multicentre, randomised controlled trials. All chapters have one or more authors and the authors for each chapter are different. This resulted in a large proportion of overlap of some of the information provided in several chapters.

The unique feature of this book is the inclusion of the “Top 100 Secrets” preceding the first chapter. According to the authors,

these secrets are 100 of the top board topics which summarise the concepts, principles and most salient details of nephrology. These Top Secrets also act as a quick reference for clinicians.

This book adopted the time-honored Socratic Method, which has been a predominant influence in the teaching styles used by various institutions of higher learning. The Socratic Method is a technique in which a teacher does not give information directly but instead asks a series of questions, with the result that the student comes either to the desired knowledge by answering the questions or to a deeper awareness of the limits of knowledge. The book's authors include a large, select group of highly motivated individuals who are well-renowned authoritative figures in the various fields of nephrology, hypertension and kidney transplantation. The authors commenced writing this edition in 2009.

This book focuses mainly on the American nephrology context and inclusion of some other countries' prospective would add credibility to this book. For example, the chapters on peritoneal dialysis could be written in such a way to include the higher intake and survival rates in Asia and Australasia. There is little discussion regarding home haemodialysis therapies, which are dominant topics globally. The more exposure and the greater the clinicians' knowledge in home dialysis therapies (haemodialysis and peritoneal dialysis), the sooner these optimal renal replacement therapy choices can be maximised.

In summary, I recommend this book to anyone involved in caring for patients with renal disease. It is suitable for junior doctors and nurses training in the renal field. For patients, this book would provide additional information and clarification of the information provided by clinicians.