BMA Medical Book Awards

Awards 2017

Programme and awards winners

Monday 11 September 2017
BMA House, London
Professor Sir John Temple is the BMA president for the year 2017-2018. He was born in Salford, Lancashire, England. He was educated at William Hulme’s Grammar School in Manchester and studied at the University of Liverpool School of Medicine, graduating in 1965. Subsequently, he trained as a surgeon in Liverpool, before becoming a consultant surgeon first in Manchester (1974-79) and then in Birmingham (1979-2003). Professor Temple was the president of the Royal College of Surgeons of Edinburgh (2000-2003). He was chairman of the Specialist Training Authority of the Medical Royal Colleges (STA) from 2000 until 2008. From 2000 until April 2017 he chaired the Research and Development Council, and is also a trustee, of the Board of the Scarfree Foundation. From 1991 until 2000, he was regional postgraduate dean in the West Midlands and was chairman of the Conference of Postgraduate Deans (COPMed) from 1995-2000. His clinical appointments include professor of general surgery based at the University of Birmingham, a post he has held from 1994-2003, and consultant surgeon to the Queen Elizabeth Hospital, Birmingham, from 1979-2003.

As special adviser to the chief medical officer in England, Professor Temple introduced Higher Specialist Training Reforms (Calman) for all disciplines in postgraduate medical education from 1995-2000. He chaired the Technical Group Working Party to look at a radical re-organisation of the SHO grade, as part of Modernising Medical Careers. He was chairman of the Medical Workforce Review for Scotland, which led to the publication of Future Practice in 2002 and Securing Future Practice in 2004. He was also the chairman of the Scottish Audit of Surgical Mortality from 2000-2003.

More recently he has carried out independent strategic reviews for a number of trusts, and in October 2009 he was independent chair of a Government commissioned enquiry into the European Working Time Directive and its impact upon the education and training of doctors, dentists, pharmacists and healthcare scientists. His report Time for Training was published in May 2010. In 2011 he advised the Norwegian Special Commission on the reorganisation of clinical services and in 2013 he chaired a review of Intensive Care Medicine in the UK leading to the publication of the report Collaborating for Quality in Intensive Care Medicine.

Professor Temple obtained the fellowship of the Royal College of Surgeons of Edinburgh in 1969 and the Royal College of Surgeons of England in 1970.

More recently he was awarded fellowships of the Royal College of Physicians in London and Edinburgh in 1999. In 2001, he was given an honorary fellowship of the Hong Kong College of Surgeons, and College of Surgeons in Ireland, fellowship of the Academy of Medicine of Singapore and honorary fellowship of the Royal Australasian College of Surgeons, in 2003 the Fellowship qua Surgeon ad eundem of the Royal College of Physicians and Surgeons of Glasgow, honorary fellowship of the Royal College of General Practitioners, the Faculty of Accident and Emergency Medicine, and the Royal College of Surgeons of England in 2004 and in 2005 fellowship of the Royal College of Anaesthetists.

Further awards include a DSc (Hon) from Bristol University and a FICM (Hon) by the Faculty of Intensive Care Medicine in 2014. Finally in 2017 he was appointed to the International Academic Council of the Sechenov University Moscow which is the oldest medical school in Russia. He was a member of the Council of the University of Warwick between 2003-2009 and honorary colonel of 202 Field Hospital (TA).

Professor Sir John Temple was made a Knight Bachelor in the Queen’s Birthday Honours in 2003 for Services to Medicine and Medical Education.
Programme and Award Winners

Welcome and introduction of the Guest of Honour
Deputy chair of the BMA’s Representative Body, Dr Helena McKeown

Announcement of the Awards
BMA council chair, Dr Chaand Nagpaul

Presentation of BMA Medical Book Awards
BMA president, Professor Sir John Temple

Presentation of the category awards for the Book Awards

Presentation of the BMA Medical Book Awards special prizes
BMA Illustrated Book Award
BMA Student Textbook Award
BMA Young Author’s Award
BMA President’s Choice Award
BMA Chair of Council’s Choice Award

Presentation of the BMA Medical Book Reviewer of the Year Award

Presentation of the BMA Medical Book of the Year Award

Address by
BMA president Professor Sir John Temple

Closing address
BMA treasurer Dr Andrew Dearden

The ceremony is followed by a buffet reception in the Lutyens Suite on the ground floor.

Buffet supper

Soy and ginger braised Bedfordshire beef shin with steamed pak choi

Smoked haddock and asparagus risotto with lemon dressing

Charred broccoli and leek pearl barley risotto with chilli and lemon

Steamed seasonal greens (Vegan)

Roasted pepper, tomato, black olive and caper salad (Vegan)

Blackberry and lemon trifle

Wine

The War Horse Chenin Blanc, Stellenbosch, South Africa, 2015

The War Horse Shiraz, Stellenbosch, South Africa, 2015

Juices and water
The BMA’s ethics and human rights department provides a wide range of dedicated services and products designed to support doctors in their professional lives.

The BMA’s ethics and human rights department provides a wide range of dedicated services and products designed to support doctors in their professional lives. These include the following:

Ethics advice service
We offer a dedicated individual ethical advice service for doctors, responding via the BMA’s telephone advice service (First Point of Contact) or directly. We receive enquiries on a wide and varied range of topics, including confidentiality, consent, child protection and the provision of treatment to patients lacking the capacity to consent to specific interventions.

Publishing advice and guidance
The advice service is supported by written advice and guidance covering all areas of ethics in medicine. In addition to our main ethics handbook, Medical Ethics, today, we produce a number of short tool kits on specific issues such as the Mental Capacity Act and consent. All of our website resources are publicly accessible.

Providing training
We also seek to promote good practice by giving talks and training sessions to groups of doctors and medical students. The topic and format of these sessions depend on the needs of the audience and the wishes of the organisers but most are on core topics, such as confidentiality, mental capacity and consent and many involve facilitated case-based discussions.

Monitoring and influencing medical law
In order to provide accurate and up-to-date advice to doctors, we monitor developments in medical law, both statute and case (judge-made) law across the UK. We also seek to influence the development of statutory law to ensure it reflects the highest standards of medical professionalism.

Campaigning for changes in public policy
We seek to influence public policy through a combination of published reports, talks, lobbying, media work and liaison with other organisations.

Human rights
We defend and speak out about human rights. We conduct letter-writing campaigns in response to evidence of abuses of health-related human rights, such as breaches of medical neutrality. We respond to cases where doctors are involved, whether as perpetrators or victims of human rights abuses. We participate in the World Medical Association and in the drafting of WMA statements relevant to human rights, and produce reports addressing health-related human rights.

Drugs in Anaesthesia and Intensive Care, 5th Edition

Anaesthetists in training, consultant anaesthetists, intensive care nurses and anaesthetic assistants
It details more than 180 drugs commonly used in anaesthesia and intensive care in an A–Z format. The concise, bullet-point style allows quick access to information. It aims to summarise the main pharmacodynamic and pharmacokinetic properties of the drugs with which the practising anaesthetist might be expected to be familiar with. The book aims to be a rapid source of reference for clinical anaesthetists in their daily work in theatres and intensive care units. The book also aims to teach FRCA and FFICM candidates how to present drug information in a clear and well-ordered way in their exam. The unique format of this book enables anaesthetists to quickly reach the information they need. More than 180 drugs are covered in short bulleted topics and the standard headings enable specific questions to be answered very quickly. Improved for exam revision, this edition features diagrams of particular drug structures and comparison tables to aid comparison of differences within a drug class. Enhancements to the index have improved the searching for drugs that are found in a ‘class’ chapter rather than as an individual drug, enabling prompt discoverability of information.

‘This is a very good, concise text which provides comprehensive coverage of key drugs used in anaesthetic and intensive care practice. It is portable, relatively inexpensive, well-laid out and very useful for all stages of anaesthetists.’

Fundamentals of Anaesthesia, 4th Edition

Primary FRCA exam candidates
Fundamentals of Anaesthesia is the gold standard test for the primary FRCA, encapsulating the basic principles of modern anaesthesia in one easily accessible volume. Written and edited by experts with extensive FRCA examination experience, this test deliberately blends the expertise of invited authors in an unrivalled consistency of style more akin to that of a single author test. All of the subject matter required to pass the exam is condensed into an easy-to-read format. The generous use of summary boxes, bullet points, tables and diagrams creates a text that is clear, concise and easy to navigate. Each section covers one of the four components of the SOE (Structured Oral Examination). This is a unique revision aid for the Primary FRCA and an essential companion for all exam candidates. This fully updated fourth edition includes new guidelines, an improved chapter structure, and a new section on clinical ultrasound. Diagrams are deliberately simple to allow easy reproduction during an oral examination or in the operating theatre.

Without hesitation, this book is a great core text for the FRCA exam. There are other books of a similar stature, but this book is very closely aligned with the UK FRCA syllabus and will therefore remain a useful adjunct for British candidates. This is a welcomed update to the third edition which has already established itself as an
invaluable resource for the FRCA exam. This edition is shorter than the modern syllabus and the updated guidelines further enhance the utility of this book for juniors undertaking the exam for the next five years. The book is not glamorous or visually stunning, but it serves the objective of being a great aid for the FRCA exam.1

Oxford Textbook of Critical Care, 2nd Edition

Staff in intensive care units and emergency departments and physicians, nurses, respiratory therapists, and other allied health professionals

This book covers all aspects of adult intensive care management in 391 chapters. The book is divided into 22 sections tackling the main aspects of critical care including all of the body systems and core topics such as ICU organisation and management, pharmacotherapy, infection, trauma, and end-of-life care. It aims to provide a strong support mechanism to the critical care practitioner by providing a robust educational resource. It has the input of more than 600 international expert authors. The book aims to cover the breadth of organisational and clinical issues in critical care. Short chapters help clinicians to quickly look up and find information on specific clinical problems at the bedside. Uniquely the book takes a problem-oriented approach providing a reference source for clinical issues experienced every day in the intensive care unit. By breaking up topics into small units or chapters, it is easier and quicker for clinicians to home in on the information they need to find, for example: ICU admission and discharge criteria, organ failure scoring, steroids in critical illness, ethical end of life issues after cardiac arrest, pathophysiology of pneumonia, diagnosis and management of atypical pneumonia, enteral nutrition in the ICU, HIV in the critically ill etc. Each chapter starts with key points providing a user-friendly summary of each topic – as a result, a clinician could open a chapter and quickly take away its most essential messages.

‘I would fully recommend this text, if you were prepared to spend more than £200 on it. It should be in every ICU’s office and concentrates the clinician’s mind regarding current practice without tallowing the internet for random reports and dubious results on Google. I will certainly be using it and keep it available for the IOM trainers, consultant colleagues and allied health professionals. It is clearly set out, covering all aspects of current critical care practice, written by a wide selection of authors of different backgrounds and countries, current and up-to-date, credible authors. It is an excellent international text of the comprehensive practice of intensive care medicine. It covers all aspects in well-laid out clear chapters which are easy to read with highlighted salient points. References are relevant and limited to a manageable number for further reading.’

Returning to Work in Anaesthesia: Back on the Circuit

Anaesthetists returning to work after a significant break of any kind

With the increasing frequency of breaks from practice, the importance of proper preparation and guidance for doctors returning to work has recently been recognised by the Academy of Medical Royal Colleges and the Royal College of Anaesthetists. This is the first dedicated resource to support anaesthetists returning to work after a significant break of any kind, and is designed to complement the growing range of regional and national return to work courses by gathering relevant information and advice into one easily accessible reference source. Divided into three parts, specific to different stages in the return to work process, this book offers information and advice about the practicalities of returning to work, 120 different clinical scenarios to refresh the reader’s knowledge, and a collection of useful guidelines and checklists for the first days and weeks back, forming a vital practical resource for anaesthetists in this situation and those supporting them. This is the first reference source to gather all relevant and useful information for returning to anaesthesia after a break into one single, easily accessible format, making it useful for doctors at any point in the process.

‘I often work alongside young colleagues planning and returning to work after maternity leave, and I would wholeheartedly recommend this text. I would have bought this myself if it had been available 10 years ago. The book’s strengths are its personal voice, and its factual content. This is ideal for a time-poor audience that will seek personal advice, and up-to-date knowledge. In my opinion this book fills a gap in the market, providing a succinct, engaging reference for those preparing to return to anaesthesia.’

Basic and clinical sciences – the winner of this category will be announced from this shortlist

Clinical Chemistry, 8th Edition

Medical students
Clinical Chemistry is a concise textbook covering what happens to the body’s chemistry when affected by disease. Each chapter covers the relevant basic science and effectively applies this to clinical practice. It includes discussion on diagnostic techniques and patient management and makes regular use of case histories to emphasise clinical relevance, summarise chapter key points and to provide a useful starting point for examination revision. The accompanying enhanced ebook includes bonus self-assessment material.

‘I would recommend it unreservedly. The strength of this book is the clarity of writing and the use of multiple ways of providing information to provide a book that students can really relate to. It is an excellent book: good medicine and well-written.’


Medical students, dental and allied health students (especially physical therapists, osteopaths, chiropractors)

A hybrid anatomy text and atlas that illustrates all structures using high-quality dissection photographs and clearly labelled interpretive line drawings for each photograph. This is combined with concise yet thorough text to support and explain all key human anatomy and clearly relate it to clinical practice.

‘This is great introductory textbook of anatomy and atlas for the medical/dental student and early-year’s clinician as well as allied health professional. The broad coverage of clinical photographs, illustrations, exam questions, case studies and radiographs means it is a useful overview and will provide the foundation for people to delve into greater depth as they require. Its strengths are breadth of coverage, and the quality of photographs and illustrations, radiographs, labelling of images, clinical and applied text. MOCs case studies are fantastic. This is a well-written student textbook and atlas of anatomy.’

Human Virology, Fifth Edition

Undergraduates studying virology as part of a degree in medicine, dentistry, biology or biomedical science

Human Virology provides a vivid introduction to the molecular and clinical aspects of the subject. The book also features case studies and ‘hot topics’ in contemporary research to bring the subject to life. The book’s online resources include multiple-choice questions with feedback that links back to the text, to consolidate students’ understanding. The book sets out to help students make sense of an ever-growing subject area, and in particular to engage with the molecular detail of virology without losing sight of the clinical relevance of the topic. Human Virology is the only introductory level undergraduate text dedicated to human virology. It is unique in bringing together focused, accessible coverage and exceptionally clear figures with clinical case studies and the latest hot topics in research, to provide students with an engaging and rounded introduction to the subject.

‘Without reservation, I will be recommending this edition. I will be reaching for my copy of this book and lending it to trainees. The general principles section is short but very well put together – impressive. Subsequent chapters are organised as per Baltimore classification of viruses – this approach gives an ease of use to students that was remarked upon by two students that I lent the book to and was obvious to me. The book is exceptionally well-written in consistent and clear style. The writers have thought about the readers’ understanding. FRCPath candidates are not mentioned in the target audience but to me are actually the clearest group to benefit from this book and will be the group that I will be recommending the book to. The clinical case studies are brilliant – superbly put together aimed at contextualising and making memorable the content. Several of them will be excellent resources to teachers. I thoroughly enjoyed reading this book as did the two students that I lent it to.’
Learning Microbiology through Clinical Consultation

Berenice C Langdon and Aodhán S Breathnach
– Oxford University Press, June 2016

Medical students of all grades, medical school course leaders, newly qualified doctors and GP trainees

A highly accessible text which describes the fundamentals of microbiology within the practice setting in an informative way. It is an ideal resource for medical students and newly qualified doctors, as well as anyone wishing to study medicine or preparing for medical school interviews. An understanding of microbiology is an essential part of the medical curriculum and key knowledge for a working doctor. Learning Microbiology through Clinical Consultation presents medical students and newly qualified doctors with a wealth of case scenarios for developing understanding of microbiology in the practice setting. Spanning 14 categories of infection, the cases within the book let the reader listen-in to clinical consultations with patients exhibiting an array of symptoms, and allow them to observe the examination and specimen taking techniques, hear what advice should be given, and how the consultation can be drawn to a close. The swabs taken in the story and the results obtained provide a clear link to the more technical information on microbiology which is then discussed. By this means each topic is embedded in clinical practice, with the relevant microbiological information being brought to the fore. By integrating the underlying science of microbiology, the symptoms presented by the patients, the consultation process, and information about the key microbes commonly associated with each infection, the book is ideal to use on a problem-based, systems-based course, or for a newly qualified doctor practicing independently.

Learning Microbiology through Clinical Consultation is a highly accessible test that describes the basic science of microbiology within the practice setting in an insightful and informative way. It is not only an ideal resource for medical students and newly qualified doctors, but one that is relevant to anyone contemplating studying medicine or preparing for medical school interviews.

I would recommend this book to medical students as a reference for the clinical diagnosis of infection that they are likely to encounter. The concise nature of the cases make this an excellent book for the daily commute. It is not a complete reference in itself but it has not been written with that aim; I would recommend reading it in conjunction with a clinical examination/signs text to complement the case descriptions. For students who may develop an interest in the infection specialties, this book also gives some insight into the different roles available. These students would also benefit from a more laboratory orientated text in addition. I think the structure of this book with a combination of clinical presentations and basic microbiology works very well (better than I’d expected). I think the division into clinical systems works well, and I would have welcomed this book as a medical student. I think the information is presented clearly, and could have been very useful as a student and certainly have helped understanding of the investigation and treatment of infection.

Medical and Health Genomics

Dhavendra Kumar and Stylianos Antonarakis
ISBN: 9780124201965 £85

Healthcare professionals and researchers interested in health systems issues, including public health genetics and epidemiology

Medical and Health Genomics provides concise and evidence-based technical and practical information on the applied and translational aspects of genome sciences and the technologies related to non-clinical medicine and public health. Coverage is based on evolving paradigms of genomic medicine — in particular, the relation to public and population health genomics now being rapidly incorporated in health management and administration, with further implications for clinical population and disease management.

I would recommend as it gives a good overview of the many fields in today’s genomics and genetics. It includes teaching and training, public health, applications, pharmacogenetics and many more which would answer the needs of most readers. It certainly broadened my knowledge of the subject especially in areas which I was less well-versed. It is multi-authored which is always a strength in coverage of such wide and disparate areas of a subject. Unfortunately, inevitably developments will overtake its currency and will mean resource frequent updating.

The BMA Patient Liaison Group

The PLG (Patient Liaison Group) was established in 2004 to ensure patients are represented within the BMA. The PLG provides the BMA with an informed patient view on matters of interest to the medical profession. It works to inform BMA policy by ensuring that patient views are represented, and also highlights areas of patient concern to the BMA.

PLG members come from a range of backgrounds and draw on their knowledge and experience as patients, carers, advocates and professionals working in a range of health-related fields. The group has seats for 11 lay members and five doctor members who work on a voluntary basis.

For the past 13 years, PLG has provided the patient perspective on a number of issues ranging from seven day services to raising concerns and patient safety. It has produced patient-focused resources on topics ranging from self-care to toolkits for doctors on patient involvement. PLG has also organised themed events and workshops on quality care, self-care, five year forward view, patient-centred care and healthcare devolution.

The group works alongside BMA committees on behalf of patients, with representation on key committees including BMA council. PLG is also active in contributing to BMA consultation responses on matters requiring a patient perspective.

The full mission statement and links to the PLG resources can be found at: bma.org.uk/plg

Amanda Cool

PLG chair, participates in the final judging panel for the BMA Patient Information Awards and will present the BMA Patient Information Resource of the Year 2017.
Medical Epigenetics

Researchers, clinicians and students in genomic medicine, epigenetics and related biomedical disciplines at the graduate level and above

Medical Epigenetics carries readers from the essential epigenetic processes in humans through treating epigenetic-based diseases clinically. Early chapters discuss the fundamentals of epigenetics in human biology, system disorders, multi-system epigenetics, drug discovery and treatments. Epigenetic implications for all main medical disciplines are covered, including but not limited to oncology, pain management, aging and reproductive medicine. A final chapter discusses future prospects in medical epigenetics, key questions that remain to be answered, and ethical and social implications of clinical application. The presentation is digestible enough, with chapters covering the underlying epigenetic basis of human disease and treatments, that a range of translational researchers, clinical geneticists, and non-geneticist clinicians (such as oncologists, cardiologists, neuropsychiatrists, haematologists, and reproductive genetic counselors) can understand the epigenetic basis of their particular disease focus and develop pathways for implementing treatment, drug discovery, and new clinical trials.

This is definitely a good book to dip in and out of and to learn more: it is disease-topic-based so easy to dip in and out of. Also really up to date and a new topic so fills a gap in the market. This is an excellent book. I’m currently undertaking a postgraduate certificate in genomics and as it is such a new topic I’ve been struck by the lack of published resources. I wish I had this book several months ago. It really does fill a gap in the market.


Medical students, trainee/resident radiologists, radiographers and surgeons

A superbly clear and up-to-date imaging atlas of the complete human body, geared to the needs of medical students, as well as trainee/practicing radiologists and radiographers. Now fully revised throughout to reflect the latest field advances in techniques and understanding; it also includes a new and improved enhanced ebook version to enrich the learning experience, add breadth and aid utility – offering a variety of self-assessment, state of the art videos, enhanced tutorials, updated pathology tutorials and companion anatomical terminology database. Imaging is ever more integral to anatomy education and throughout modern medicine. Building on the success of previous editions, this fully revised fifth edition provides a superlative foundation for understanding applied human anatomy, offering a complete view of the structures and relationships within the body using the very latest imaging techniques. The most complete and up-to-date imaging atlas of the human body, incorporating the latest techniques and imaging modalities – plus a superb enhanced ebook version incorporating a range of useful and innovative bonus content and tools.

I describe this as the go-to text for anyone who wants to better understand how to interpret imaging, or anatomy in general. The main strength is how extensive the examples of different imaging modalities are illustrated for the different systems. I think that the text is the best for anyone interested in furthering their knowledge of imaging anatomy, among radiology and radiography trainees it is the go-to-text. Everyone recommends it, and no other text really compares.

Basis of medicine – the winner of this category will be announced from this shortlist

Evolution, Explanation, Ethics, and Aesthetics: Towards a Philosophy of Biology

Biologists, evolutionary biologists, developmental biologists and researchers in genetics, medicine, palaeontology, ethology/behaviour, biodiversity, anthropology, psychology, and sociology

This work focuses on the dominant biological topic of evolution. It deals with the prevailing philosophical themes of how to explain the adaptation of organisms, the interplay of chance and necessity, and the recurrent topics of emergence, reductionism and progress. Also extensively treated is an all-important topic of great interest: how to explain human nature as a result of natural processes and the encompassed issues of the foundations of morality and the brain-to-mind transformation. Many biologists and biology professors are aware of the philosophical issues related to evolution (and biology) that arise, but do not know how to deal with them and find the few available textbooks or treatises on the philosophy of biology esoteric. Therefore, this work is a welcome and accessible presentation of the topics made by an eminent biologist.

I recommend this book with no reservations whatsoever. I found it immensely enlightening not only informing me better on areas within my own disciplines but also opening my eyes to many others with which I am not so familiar. The book’s strengths are the authoritative and critical (in the sense of proper analysis of facts or ‘dogma’) manner in which the author deals with such a breadth of different often controversial areas. I annotated more than 60 different pages containing statements I wish to remember and share with others. I am only sorry that I cannot include them in this review. I am sure that other readers will have a similar experience. My comments on this book are, without exception, superlative. It has achieved, for me, a greater understanding of these important, yet often highly disparate matters, like no other I have read. Many congratulations to Professor Ayala!

How to Prepare for Medical School Interviews

Medical school applicants

The book aims to be inspiring as well as to contain valuable information for potential medical students. It begins with general advice about applications and interview questions, including an explanation of the ways in which the Multiple Mini Interview (MMI) differs from a traditional interview. There is also a chapter on the application procedures for Oxford and Cambridge. After that there are 14 chapters, each containing a wealth of questions typical of those asked in a medical school interview. These fall under various headings such as ‘Questions about you’, which contains questions such as ‘What does your best friend think about you applying for medicine?’, ‘Hot topics in social science’ such as ‘What are the consequences of obesity for health services?’, ‘Why?’ and ‘Ethics and decision making’ which poses thought-provoking questions such as ‘A human cloning ethically acceptable?’ One page of the book is given over to each question and suggestions about how an answer might be framed. No single answer is given because in most cases there is no ‘correct’ response, but the reader is given the tools and the encouragement to think about how to answer the question in a way that best demonstrates their commitment to pursuing a career in medicine. Each question is marked with either (MMI) or (T) to indicate the type of interview question being asked. In total, there are more than 200 practice questions, with full answers. This book is an invaluable collection of both types of interview question (Multiple Mini Interview and traditional) of any kind on the market. Its real-life contributions from medical school students across the UK make it an accessible and accurate resource reflecting the real picture of the current recruitment process. Its emphasis on providing the tools and the framework on which to base an individual response which shows the uniqueness of the applicant, marks this book out as being different from a standard ‘question and answer’ format book.

The book is thorough and well written. It has many good questions and challenging scenarios and will allow candidates to prepare thoroughly for their interview. This is a useful book with plenty of scenarios for medical school applicants to practise and prepare. I am not aware of any other books in this subject area that describe potential interview questions to such depth. The quality of the questions as well as the answers and the variety is satisfying to see.

Immunity: How Elie Metchnikoff Changed the Course of Modern Medicine

Physicians, biomedical researchers and the general public

Nobel Prize laureate Elie Metchnikoff, the first modern scientist to claim that human beings have innate curative powers, was once named one of the 10 greatest men in the world. He spurred the study of aging with his controversial theory that people could live 150 years. He introduced the Western world to yogourt, making a revolutionary impact on the diets of future generations worldwide. And his daring theory of immunity earned him the 1908 Nobel Prize in Physiology and Medicine, shared with his arch-rival, Paul Ehrlich. Immunity revives the fascinating story of this towering figure of the early 20th century. Ele Metchnikoff is viewed today as a founding father of two disciplines: immunology and gerontology. The book tells his story and covers the early history of these two disciplines in the context of the political and intellectual climate of the late 19th and early 20th centuries. This is the first modern biography of Elie Metchnikoff in English. It makes use of previously unavailable archival sources and provides information on the origins of immunology and gerontology.

‘This historical biography will strongly appeal to those with an interest in the history of medicine, in particular
to gain a viewpoint in the development of the scientific understanding of immunity at the turn of the century, and the beginnings of the study of aging. It will also be of interest to those interested in the historical development of thinking around the gut microbiome and its effects on health. The narrative provided a fascinating read about an immigrant scientist who developed a theory of immunity based on years of patient observation of small organisms and cells through a microscope, and came to observe the wandering cells that eat foreign bodies or bacteria, and surmised they had a role in an organism’s internal defence from infection, harking to ancient Hippocratic ideas on ‘inner healing’. He called those cells ‘phagocytes’ (we know them now as a type of white cell). The biography tells us how he combined scientific understanding, personal observations and his scepticism around those who tried to dismiss his theory as ‘an oriental fairy tale’, and ultimately won a Nobel prize for his work (interestingly shared with another scientist, Paul Ehrlich, researching the cellular theory of immunity, thus uniting the contributions of the innate and adaptive immunity camps). The author also manages to give an insight into the life of the scientists, the challenges and the development of scientific ideas at the time. She has filled in characters, so that names become people. The challenges are described – from conflict between the scientist of different camps, historical events, the political climate, the public mood, and the threat and realities of significant personal ill health. At a time when significant illness was more common in society and was understood still by all socio-economic groups, the writing inadvertently provides interesting descriptions of ill health and the attitudes towards the ill and their carers (eg a description of Pasteur post stroke, and despite being in a ‘frail state’, was active and still heading the company it keeps and the ambience in which it was first published and still much in demand today, this, the first ever English translation of the complete work, has been long awaited. Based on the most recent German edition and faithful to the original, it contains more than 1,200 photographs, diagrams and drawings, including work by the author himself, and spans more than 500 pages. Now, new and experienced English-speaking artists and illustrators can benefit from the vast body of knowledge accumulated and lovingly presented by Professor Bammes in his acclaimed work. This comprehensive guide begins with the history of human anatomy for artists, and its influence on the development of the artistic visualisation of the body. Bammes goes on to explore in depth the human skeleton and musculature; the proportions of the body; the static and dynamic laws of posture and movement; body language; and the interrelationships of the various elements of the body. Through his systematic and practical approach to teaching, the reader will acquire an in-depth knowledge of anatomy and the ways in which it can be used to express the human form in art. The prime objective of this book is to provide artists, illustrators and medical professionals with an interest in human anatomy with a complete and definitive guide to anatomy. It sets out to provide information in a clear and structured way, supported by numerous illustrations and cross references to supporting literature. The author is the one of the most significant figures in European anatomical art of the last 100 years and this is the first time his most comprehensive work has been made available in English. There is no other book available in English that covers the subject of anatomy for artists and illustrators in such depth and with such a wealth of supporting illustrative material.

Mason and McCall Smith’s Law and Medical Ethics, 10th Edition

Emily Jackson – Oxford University Press, June 2016
ISBN: 9780198747512 £33.99

Undergraduate and postgraduate medical law

Undergraduate and postgraduate medical law

This classic textbook has provided students of medical law and ethics with a framework for exploring this fascinating subject for more than 30 years. Providing coverage of all of the topics found in the various editions of recent medical law courses, it gives an overview of the inter-relationship between ethical medical practice and the law. Medical law is significantly shaped by the courts, and as such this book provides extensive coverage of recent judicial decisions as well as statutory developments. This book has continually evolved to reflect changes in the law and shifting ethical opinions and the tenth edition continues to fulfil this remit.

This is an excellent core textbook for students studying for a Master’s degree in medical ethics and law. It is at a higher level than is required for medical ethics for medical undergraduates but would be a helpful reference for an extended essay on an ethical topic such as doctor-assisted suicide or confidentiality. The book is extensive in its depth and breadth of analysis of the spectrum of dilemmas in medical ethics and law. There is considerable explanation of the development of the law surrounding an issue, the reasons for the changes in the law and appraisal of the current law. The content is excellent. It is the most accessible yet comprehensive textbook that I am aware of on this subject. There is extensive and helpful explanation of the recent (2015) re-Montgomery decision which has had significant legal bearing on the law regarding consent and R (on the application of Tracey) (2015) which has had clear impact on DNACPR decisions. The legal references are extensive and detailed with helpful case analysis. The prose is readable and at times elegant eg: ‘the penetrance of a gene will be modified to an extent by the company it keeps and the ambience in which it exists’ (p.76.6). It is sometimes wordy but there is also warmth in the word choice. ‘We commend the reader who has stayed the course on this circumnavigation of the vagaries of the regulation of human reproduction.’ This is an excellent textbook: the content is clearly argued, well-referenced and interesting to read.


Emily Jackson – Oxford University Press, June 2016

Undergraduate and postgraduate medical law students

This book provides extensive coverage of recent medical law developments including work by the author himself, and spans more than 500 pages. Now, new and experienced English-speaking artists and illustrators can benefit from the vast body of knowledge accumulated and lovingly presented by Professor Bammes in his acclaimed work. This comprehensive guide begins with the history of human anatomy for artists, and its influence on the development of the artistic visualisation of the body. Bammes goes on to explore in depth the human skeleton and musculature; the proportions of the body; the static and dynamic laws of posture and movement; body language; and the interrelationships of the various elements of the body. Through his systematic and practical approach to teaching, the reader will acquire an in-depth knowledge of anatomy and the ways in which it can be used to express the human form in art. The prime objective of this book is to provide artists, illustrators and medical professionals with an interest in human anatomy with a complete and definitive guide to anatomy. It sets out to provide information in a clear and structured way, supported by numerous illustrations and cross references to supporting literature. The author is one of the most significant figures in European anatomical art of the last 100 years and this is the first time his most comprehensive work has been made available in English. There is no other book available in English that covers the subject of anatomy for artists and illustrators in such depth and with such a wealth of supporting illustrative material.

The Complete Guide to Anatomy for Artists & Illustrators

Gottfried Bammes – Search Press Ltd, January 2017
ISBN: 9781782135815 £50

Medical students and medical professionals specialising in anatomy

Originally published in German in 1964, Professor Gottfried Bammes’ Die Gestalt des Menschen is still considered the definitive guide to drawing the human form. Having undergone numerous editions since it was first published and still much in demand today, this, the first ever English translation of the complete work, has been long awaited. Based on the most recent German edition and faithful to the original, it contains more than 1,200 photographs, diagrams and drawings, including work by the author himself, and spans more than 500 pages. New, new and experienced English-speaking artists and illustrators can benefit from the vast body of knowledge accumulated and lovingly presented by Professor Bammes in his acclaimed work. This comprehensive guide begins with the history of human anatomy for artists, and its influence on the development of the artistic visualisation of the body. Bammes goes on to explore in depth the human skeleton and musculature; the proportions of the body; the static and dynamic laws of posture and movement; body language; and the interrelationships of the various elements of the body. Through his systematic and practical approach to teaching, the reader will acquire an in-depth knowledge of anatomy and the ways in which it can be used to express the human form in art. The prime objective of this book is to provide artists, illustrators and medical professionals with an interest in human anatomy with a complete and definitive guide to anatomy. It sets out to provide information in a clear and structured way, supported by numerous illustrations and cross references to supporting literature. The author is one of the most significant figures in European anatomical art of the last 100 years and this is the first time his most comprehensive work has been made available in English. There is no other book available in English that covers the subject of anatomy for artists and illustrators in such depth and with such a wealth of supporting illustrative material.

‘Reviewing this book has been extremely interesting and I would like to thank you for the opportunity to do so. It has been fascinating to explore the human body and anatomy from the different perspective of an artist and illustrator rather than from the medical perspective.’
The CCC (Committee on Community Care) is a multi-branch of practice group which includes general practitioners, specialists in elderly medicine, psychiatry and paediatrics, those working in public health and community medicine, palliative care and doctors in training. The committee also co-opt members with particular expertise in aspects of community and social care.

The main responsibilities of the committee include monitoring policy and service trends in community care, advising on resolving problems at the interface of primary/secondary care and social care, identifying unmet needs of care, and promote new approaches to care.

Over the last 12 months the committee has in particular focussed on the following key areas: implementation of the Five Year Forward View, health and social care, identifying unmet needs of care, and promote new approaches to care.

The main responsibilities of the committee include monitoring policy and service trends in community care, advising on resolving problems at the interface of primary/secondary care and social care, identifying unmet needs of care, and promote new approaches to care.
achievements of palliative medicine as well as the resource for those interested in the long-term traces the creation of homes for the dying, and explores role of religious and philanthropic organisations in the changing meaning of ‘euthanasia’, assesses the history of palliative medicine, from its nineteenth-for care at the end of life. This book traces the big development took place which led to innovative published a treatise on ‘easeful death’ that mapped years earlier, London based doctor William Munk recognised as a specialist field in 1987. One hundred dilemmas of unequal access to services and examines the continuing need to provide evidence academic programmes and international This book covers the rise of clinical studies, trainees and health professionals This book covers the rise of clinical studies, academic programmes and international collaborations to promote palliative care. It examines the continuing need to provide evidence in support of development and assesses the dilemmas of unequal access to services and pain relieving drugs. Palliative medicine was first recognised as a specialist field in 1987. One hundred years earlier, London based doctor William Munk published a treatise on ‘easeful death’ that mapped out the principles of practical, spiritual, and medical support at the end of life. In the intervening years a big development took place which led to innovative services, new approaches to the study and relief of pain and other symptoms, a growing interest in ‘holistic’ care, and a desire to gain more recognition for care at the end of life. This book traces the history of palliative medicine, from its nineteenth-century origins, to its modern practice. It takes in the changing meaning of ‘euthanasia’, assesses the role of religious and philanthropic organisations in the creation of homes for the dying, and explores how twentieth-century doctors created a special focus on end of life care. To Comfort Always traces the rise of clinical studies, academic programmes and international collaborations to promote palliative care. It examines the periodic accretions of creeping medicalisation within the field. This is the first history of its kind, and the breadth of information it encompasses makes it an essential resource for those interested in the long-term achievements of palliative medicine as well as the challenges that remain.

This is an interesting overview which is informative and easy to read. It is comprehensive and includes nice pictures and extracts within the text to break the page up. I liked it and found it an interesting read which I would recommend.

Cardiology — the winner of this category will be announced from this shortlist

Clinical Cardiac Pacing, Defibrillation and Resynchronisation Therapy, 5th Edition

Cardiac electrophysiologists, cardiologists and cardiology fellows The fifth edition is a thorough revision, honing tightly to its market of interventional EP (electrophysiology) and covering the clinically relevant information on all available devices and treatments. Clinical Cardiac Pacing is the only comprehensive, definitive resource for practitioners of interventional EP. This globally recognised gold standard text provides a complete overview of clinical EP, with in-depth, expert information that helps you deliver superior clinical outcomes. In this updated 5th Edition, there is material on devices, techniques, trials, and much more, including a significantly expanded collection of videos and case studies online.

‘I cannot recommend this book highly enough. I don’t think it has any weaknesses. This book sets out to be the gold standard reference for cardiac implantable electronic devices and it achieves that. Anything you could want to know is there. I am really grateful for being sent this book. I am a device doctor and this is the perfect reference. It’s just a fantastic source of information, and remarkably current for such a large piece of work. Anything you want to know can be found within it, with very few exceptions. The chapters are written by recognised experts from around the world, and the videos and clips online are excellent.’

Clinical Cardio-ontology

Cardiologists, cardiology residents, cardio-ontology fellows; oncologists, haematologists, physician assistants and nurse practitioners Clinical Cardio-ontology is a comprehensive, clinically focused title for cardiologists and specialists in cardio-ontology programs who need up-to-date information about the cardiovascular effects of cancer treatment, especially on long-term cancer survivors. There are few to no books for cardiologists on this topic alone; it is often covered in broad terms in general cardiology texts. Many cardiologists stated that they rely on a variety of sources (including books targeted to oncologists, articles, and webinars) to gather information, that there must be interpreted for clinical use. This text would serve as the single point at which cardiologists can gather quality, targeted information when working with patients in cardio-oncology settings or in their general cardiology practices. Clinical Cardio-Oncology is a first edition in a newly defined field of study. This text is a unique offering that covers the effects of oncology therapies on the cardiovascular system, and advises cardiologists and the oncologists on strategies to treat, prevent, and monitor cardiac complications.

‘This book is at present the standard reference text for the cardio-ontology sub-specialty in my opinion. It is comprehensive, well-ordered, and with contemporary citations. At last, there is a reference book for this nascent sub-specialty in cardiology that combines the qualities of a reference textbook and one that is supported by the latest evidence-based research. The author has edited and overseen a plethora of authorities in the field and each chapter is well-written. It is refreshing to see a list of contributors who are recognisable as experts in the field, and this resonates well with its readership. The book is well organised – there are introductory chapters on cancer treatment, cancer pharmacology. This moves onto the relevant topics of cardiac toxicities from cancer treatments, and to a guide for organising the clinic structure and fellowship training structure. Herrmann’s book manages to be authoritative as well as exceptionally current – one notes the citation of the latest cardio-oncology PRADA RCT, which was only announced at, last year’s ACC conference. This current citation adds to the books credibility, something which other works have lacked. There is no other current book in the field that meets these objectives. The book meets its stated objectives with aplomb.’

Cardiology: Current Practice Guidelines, Updated Edition

Cardiology clinicians 87 comprehensive chapters explore the definition, epidemiology, pathophysiology, diagnosis and management of cardiac disease. Two new chapters examine the unventricular heart and venous thrombolysis. Each chapter encompasses the latest published research, followed by discussions of possible presentations and investigations, offering detailed insights for clinicians into best practice for diagnosis and treatment. The authors have scrutinised all available guidelines and research from ACC/AHA and ESC on every clinical issue. The result is a rigorous examination of the implications of published guidance, illustrated by more than 600 easy-to-follow tables and 200 full-colour images, which reinforce key points and clarify difficult concepts. Providing an-at-a-glance access to the best guidance in cardiology, this book offers a diagnosis and management toolkit which no practising cardiologist can afford to be without.

I would recommend it for someone looking for a handy reference tool for collated guidelines. It is well presented and the information is easy to access. Overall, the book is appropriate size for a handy desktop reference. This is a systematic review of entire field of cardiology, organised by conditions rather than by presentation. It should act as a very useful source for rapid reference on a day-to-day basis, for clinicians dealing with a broad range of cardiac conditions. The novelty aspect lies in that the structure of each chapter is based around the US and European guidelines for each condition. These are presented in each chapter in easy-to-read tables with a list of all available guidelines and research from ACC/AHA, as well as new guidelines for a particular issue with ease and compare US and European guidance when they differ.

Moss & Adams’ Heart Disease in Infants, Children, and Adolescents, Including the Fetus and Young Adult, 9th Edition

Clinicians The 9th edition of the gold standard in paediatric cardiology offers up-to-date coverage of this challenging and rapidly changing field. New chapters based on reader requests, two new associate editors, new contributing authors, and an enhanced digital version of the test make Moss and Adams’ Heart Disease in Infants, Children, and Adolescents
the reference you’d turn to when caring for patients. From cover to cover, this award-winning two-volume resource provides the authoritative, state-of-the-art information you need when caring for young patients with heart disease. New, reader-requested chapters cover DED, ventricular septal defects, and myocardial structure and function. Global Challenge of Heart Disease, Impact of Congenital Heart Disease on Other Organ Systems, Non-Compaction Cardiomyopathy, Beyond the Cardiac Doppler and Echocardiography to Adult Care. All chapters have been updated and revised, including vital new information on genetics and embryo development. Two new associate editors, Drs. Daniel J. Penn and Frank Cetta, offer fresh perspectives in their area of expertise. Enhanced digital access includes the full text; bonus question and answer sections similar to those on the pediatric cardiology board examination; videos of echoes, angiograms, aortic arch anomalies, open heart operations, and more; and phonocardiograms with accompanying audio of various heart sounds and murmurs.

“I would have no reservations to recommend this book for its very good content, editing and production. This is a major textbook, covering a wide range of topics related mainly to congenital heart disease but also including other forms of heart disease affecting the young patient (eg, arrhythmias, Kawasaki disease). Chapters are organized and built in a comprehensive manner. It seems that the editors and contributors have put a lot of effort to deliver the intended objectives. As many authors are experts in their own field, at least some information comes from personal experience. This is effective as it adds some authority to what has already been published. One interesting example is found in Chapter 36, when the author tells the story of how a pathologist in Edinburgh who previously reported a heart malformation (published in 1955) was able to re-examine the same heart and came to a different conclusion as to what the abnormality was. The price will be a limitation as not all doctors will be able to afford it. However, the accompanying e-book offsets this and makes this a good choice when considering buying a textbook of paediatric cardiology. It has good content, good illustrations, good editorial work and good production. It will be an invaluable addition to my private library, which I can keep at home while I can still access it when at work, by simply carrying a tablet with me or anywhere, using the Internet. This is a very good and authoritative textbook of paediatric cardiology, covering a wide spectrum of heart abnormalities and related investigations.”

The EACVI Textbook of Echocardiography, 2nd Edition

Cardiologists
This fully updated second edition of the official textbook of the European Association of Cardiovascular Imaging serves the educational requirements of cardiologists and all clinical medical professionals in echocardiography. It is fully aligned with EACVI goals and reflects the core European syllabus. With its thorough and instructive text complemented by more than 500 full colour images and 200 videos online and as a separate DVD, the EACVI Textbook of Echocardiography is a one-stop, authoritative resource on echocardiography. Published in partnership with the European Society of Cardiology and written by a team of expert authors, this textbook is a valuable resource on echocardiography and for accreditation through the EACVI.

“This is a valuable resource for the study of clinical echocardiography. It will be of benefit to those individuals wishing to adhere to the curriculum endorsed by the European Association of Cardiovascular Imaging. The user can read and annotate the full text online, follow links from the references to primary research materials, and view, enlarge, and download all the figures and tables. It provides the reader with a practical view of how the many imaging techniques described are applied in day-to-day practice. It also serves the educational requirements of cardiologists and all clinical medical professionals, underpinning the structural training in accordance with the EACVI goals and reflecting the core European syllabus throughout. There are chapters on dedicated techniques such as quantification of left ventricular function and synchrony by strain imaging and speckle tracking, contrast-enhanced echocardiography, and three-dimensional imaging. The second half of the book is devoted to the state of the art of the evaluation of most cardiac diseases with echocardiography. The chapters on the evaluation of valvular diseases and cardiac conduction are particularly well developed. A chapter is dedicated to perioperative assessment, and another to evaluation of the patient in the emergency department. The book is richly illustrated with close to 500 illustrations, which are self-explanatory. It also includes a DVD, and an online version of the textbook, with additional videos and downloadable PowerPoint figures, is available.”

Digital and online resources – the winner of this category will be announced from this shortlist

Medstasy – The Clinical Skills Academy, 3rd Edition
Franz Wiesbauer, MD, MPH (Course director), Peter Kühn, MD (ECG Mastery: Yellow, Blue and Black Belts), Rainer Oberbauer, MD, MSc (Acid-Base Essentials), Andrew Houghton, MD (Cardiac MRI Essentials, ECG Mastery: Black Belt), Transesophageal Echocardiography (Essentials), Joel Topf, MD (Fluids and Electrolytes Masterclass), Kristian Webb (Pacemaker Essentials, ICD Essentials), Julian Dobranowski, MD, FRCP (Chest X-ray Essentials), David O’Brien, MD, FRCP (Coronary Angiography Essentials), Vivetta Lobo, MD (Point of Care Ultrasound Essentials) – Medstasy, November 2016 $39 per month for Basic Membership or $468 per year for a Pro Membership. This price includes access to all our courses, workshops, and downloads

Doctors in the field of internal medicine and its subspecialties, as well as emergency medicine and anaesthesiology

Medstasy is an online educational platform aimed at doctors and doctors in training with a focus on internal medicine. We aim to teach the most important clinical skills needed to solve common problems encountered in daily medical practice. Our courses cover a wide range of topics from cardiology to nephrology, emergency medicine and radiology, with content and topics added each month. New course topics are chosen on the basis of user and expert surveys. Once we decide on a course topic, we start a search for the best possible teachers. Our faculty consists of international subject matter experts whom we coach to become great teachers on video. Our team of teaching experts, instructional designers and video experts works closely with our teachers to design learning content – e.g. PowerPoint slides, images, answers, quizzes – that is friendly, focused, and visually engaging. We apply the latest research in online learning design to ensure that our students have the best possible learning experience. Once the content has been created by the teacher, it is then reviewed by the course director (associate professor for internal medicine) and our head of content production (a PhD in medical education). Our platform is visually very engaging – each module is filled with a variety of video animation, color illustrations, and structures that are kept to a minimum and, when used, is typically in a numbered or bullet point format to identify key facts or learning points. The videos themselves are clear and concise, and tops and tails are segmented into manageable chunks to assist learner focus and interest.”
The availability of relevant and reliable health information is a prerequisite for a fully-functioning health system. Without it, health professionals cannot deliver effective, safe and timely healthcare. Patients and other service users also require appropriately-targeted health information in order to make decisions about their own care and the care of those for whom they are responsible. As health information needs change over time, the medical research and publishing communities must keep pace and continue to produce resources which are fit for purpose.

In LMICs (low- and middle-income countries) lack of access to information remains a major barrier to evidence-based health care. The consequences are devastating. Tens of thousands of women, children and men die every day, often because the mother, family caregiver or health worker does not have access to the information and knowledge they need, when they need it, to make appropriate decisions and save lives. Most of these deaths could have been prevented by simple interventions, often available locally.

HIFA harnesses the unique experiential knowledge of members of thousands of women, children and men who work in health care and the care of those for whom they are responsible.

More information:

HIFA2015.org

Contact Arthy Hartwell, head of international and immigration
ahartwell@bma.org.uk

The BMA International Department

is working with external stakeholders both to address the root causes of the crisis and to provide direct assistance to organisations in LMICs where access to reliable and relevant health information is limited or non-existent.

HIFA Healthcare Information for All Since 2008, we have provided strategic and financial support to HIFA, a global multi-disciplinary network of over 14,000 individuals from 172 countries, working in collaboration with the World Health Organization and more than 260 health and development organisations worldwide towards a shared vision:

‘A world where every person and every health worker will have access to the healthcare information they need to protect their own health and the health of the people for whom they are responsible.

HIFA aims to build a global picture of health information needs and develop strategies for meeting them. The BMA’s 2015 Annual Representative Meeting gave unanimous support to HIFA and urges the UK government to prioritise support for initiatives that improve the availability and use of health information.

More information:

HIFA2015.org

Contact Arthy Hartwell, head of international and immigration
ahartwell@bma.org.uk

The BMA International Department

is working with external stakeholders both to address the root causes of the crisis and to provide direct assistance to organisations in LMICs where access to reliable and relevant health information is limited or non-existent.
Global Vaccine Action Plan recognises the importance of childhood immunisation. State of inequality in childhood immunisation adopts a rigorous, transparent and user-oriented approach to analysis and reporting to showcase the state of inequity. Through disaggregated data and summary measures of inequality, the epidemiological basis of the book supports adopting equity considerations in new and existing policies, programmes and practices. Further, it enhances the availability, flexibility and accessibility of data reporting. The effective integration of interactive features allows readers to create customised visuals, allowing them to highlight and benchmark the status/trends of inequality.

The report presents a significant amount of data about the inequalities of immunisation coverage in low and middle income countries, and how this has changed over the last 10 years. The interactive visualisations available online make the data accessible and easily shared. The results provoke thought and discussion of the topic. Excellent interactive visualisations are available online with succinct, clear written descriptions of the data presented in graphs. It includes vast amount of data summarised for easy digestion by the audience which is freely available online for interested parties. The book should be used as an accessory to the online interactive visualisations which are excellent.'
investigations in primary care, helping clinicians to manage decisions appropriately and avoid serious consequences for service organisations and individuals.

I would wholeheartedly recommend this book to anyone seeking a well-written, informative and interesting text on medical incident analysis and investigation. The reader will emerge well-informed on the investigation of serious medical incidents, and will likely find the experience enjoyable. The conversational style, comprehensive cover, and use of relevant case histories from primary care makes this book a valuable and informative resource. It is the best text I have read on the subjects of serious medical incident investigation and RCA. It even manages to make the experience enjoyable.

Shared Decision Making in Health Care: Achieving Evidence-Based Patient Choice, 3rd Edition
Glyn Elwy, Adrian Edwards and Rachel Thompson – Oxford University Press, July 2016
ISBN: 9780198723448 £34.99

Healthcare professionals, healthcare researchers, policy makers in healthcare, economists, ethicists and patients

Comprehensive account of the issues involved in shared decision making in the healthcare setting. An in-depth focus on the range of clinician-patient collaboration to make the best possible decisions about healthcare and how to manage long-term problems. Over the past decade healthcare systems around the world have placed increasing importance on the relationship between patient choice and clinical decision-making. In the years since the publication of the second edition of Shared Decision Making in Health Care, there have been significant developments in the field, most notably in the US where ‘Obamacare’ put shared decision making (SDM) at the centre of the 2009 Affordable Care Act. This new edition explores shared decision making by examining, from practical and theoretical perspectives, what should be an effective decision-making process. It also looks at the benefits and potential difficulties that arise when patients and clinicians share healthcare decisions. Written by leading experts from around the world and utilising high quality evidence, the book provides an up-to-date reference with real-world context to the topics discussed, and in-depth coverage of the practicalities of implementing and teaching SDM. The breadth of information in Shared Decision Making in Health Care makes it an essential resource for policy makers and healthcare workers. As healthcare systems adapt to increasingly collaborative patient-clinician frameworks, this will also prove a useful guide to SDM for clinicians of all disciplines.

This is a good academic book and, as a non-expert in this field, I feel empowered to use its evidence in my professional arguments for longer consultations and against referral management systems.

Strengthening Health System Governance: Better Policies, Stronger Performance

Health policy makers and all those working or studying in the areas of public health, health research or health economics

Goverance is the systematic, patterned way in which decisions are made and implemented. The governance of a health system therefore shapes its ability to respond to the various well-documented challenges that health systems face today, and its capacity to cope with everyday challenges and new policies and problems. This book provides a robust framework that identifies five key aspects of governance, distilled from a large body of literature, that are important in explaining the ability of health systems to provide affordable, high-quality, sustainable health care. These five aspects are transparency, accountability, participation, organisational integrity and policy capacity. Part 1 of this book explains the significance of this framework, drawing out the strategies for policy success and lessons for more effective governance. Part 2 turns to explore eight case studies in a number of different European regions applying the framework to a range of themes including communicable diseases, public-private partnerships, competitive insurance market reform, the role of governance in the pharmaceutical sector, and many more.

‘Goverance is an often misunderstood and frequently poorly (either inadequate or excessively) applied. This book outlines the evidence behind and a relatively straightforward mnemonic, TAPIC, to design, apply and assess governance. With the increasing pressure on health budgets, there is an important role for getting all the right and essential policy decisions correctly made, applied, and achieve their outcomes. This book is an important addition and also brings some useful and topical case studies for the reader to further understand good governance. It brings a clear and useful approach to the often dry subject. In the time of pressures on health budgets, there is a need for adequate, but not excessive governance and this book can provide a useful reference for both leaders and policy makers. Doctors, nurses, and anyone needing to understand good governance and how it should be applied. It clearly meets the needs of its target audience and would be of interest to a wider audience in helping to understand governance and its applications.’

ISBN: 9780128009512 £91

Clinicians, clinical and basic researchers, faculty and graduate students in biomedicine, psychology and psychiatry, and those interested in stress and its management in the workplace

This book focuses on general concepts important to stress biology, and the complex relationship between human cognition, emotion, behaviour and the manifestation of stress. With special emphasis on important principles, techniques and pivotal experimental/clinical data, Stress: Concepts, Cognition, Emotion, and Behavior explores the interaction between these attributes and presents readers with integrated multidisciplinary information from gene to behaviour, discussing the state-of-the-art research and knowledge in the field. Stress is a highly personalised phenomenon that varies between people depending on individual vulnerability. There is a vast literature on the role of stress in the causation and/or exacerbation of disease in most organ systems of the body. Inextricably linked to anxiety, stress plays a pivotal role in mental disorders including major depression and bipolar disorder. Stress and anxiety aggravate schizophrenia, and people with schizophrenia often experience difficulties in coping with stress. Written by eminent stress researchers who represent outstanding scholarship in this field, this book is uniquely comprehensive in its dissection of stress and its effect on mental state, a unique and original contribution to the literature in the field.

“This will serve as an excellent reference source and is written by experts in the field. It is well-referenced so the reader can refer to further sources. The editor has managed to capture wide-ranging topics through multi-authorship and has presented every chapter in a well-structured format and the format is the same throughout the book – this makes it easy for the reader. The layout and illustrations are excellent. It caters to a wide readership including the lay reader and that is not an easy task – the editor and publishers have achieved this. This is a ‘light’ reading book on stress – it is meant for the serious reader who wishes to get better and deeper understanding into the underlying mechanisms of stress from various facets. The book is an impressive work with wide-ranging topics, well-structured in 60 chapters.”

Women and Positive Aging: An International Perspective

Healthcare professionals and students interested in the study of women’s health, public health, epidemiology, psychology, community health, aging and gerontology and the educated lay public curious about these topics and/or their own aging

Women and Positive Aging: An International Perspective presents the noted research in the fields of psychology, gerontology and gender studies, reflecting the increasingly popular and pernicious positive aging issues of women in today’s society from different cohorts, backgrounds and life situations. It details how research can be put into practice, and focuses on topical issues that are relevant to women wanting to optimise their life outcomes as they live, on average, longer than ever before. Most resources on the subject of women and aging focus on the biological and physiological factors of aging, whereas this resource examines a comprehensive range of issues for women, from physical to mental health, social relationships, sexuality, work and civic engagement, among others.

This is very comprehensive and well laid out. It makes good use of multimedia. This is a topical and very important subject in general practice. This is an interesting book which is very well referenced.

Internal medicine – the winner of this category will be announced from this shortlist

Clinical Dilemmas in Non-Alcoholic Fatty Liver Disease
ISBN: 9781118912034 £49.99

Hepatologists and hepatology researchers, gastroenterologists, endocrinologists, pathologists and hepatology specialty nurses

Each chapter covers a specific area of difficulty in non-alcoholic fatty liver disease, containing clear learning points and providing evidence-based expert guidance on the latest hot topics in clinical management. It offers hepatologists practical, up-to-date and expert guidance on the most topical dilemmas, difficulties and areas of controversy/difficulty surrounding this ever-increasing area of liver disease they face in daily practice. Each chapter/dilemma is short, highly practical and 100% evidence-based. All chapters
The BMA Consultants Committee

The BMA Consultants Committee (CC) is the only body that represents all consultants in the UK. It deals with all matters affecting consultants, whether or not they are BMA members. In addition to negotiating national terms and conditions, the UK CC takes an interest in all matters concerning the professional lives of consultants.

CC is currently in negotiations with NHS Employers and the Westminster Department of Health over a possible new consultant contract in England. The committee’s team of negotiators, supported by the BMA’s expert staff and guided by CC and the wider BMA, have spent the last few years negotiating towards a contract that will be acceptable to current and future consultants.

As well as negotiating a new contract for consultants, CC engages in a range of work relevant to the wider health and care system. The committee has previously sought to engage with sustainability and transformation plans, particularly through regional consultants committees, and is participating in work looking at the primary-secondary care interface. Through its elected specialty leads, CC liaises with medical royal colleges and specialty associations, representing the views of CC on key issues for consultants and serving as vital links on specialty-specific issues.

The consultants committee is committed to providing essential support to consultants, and has been working on a range of materials and tools that will help to inform consultants about aspects of their working life and to assist them in discussions with employers. The committee produces regular newsletters to keep consultants up to date on the latest contractual and professional issues, along with other materials to educate consultants about the terms and conditions in their contracts. It conducted surveys of consultants to identify the key issues facing its membership, and to help direct future decisions.

CC has worked towards creating a job planning app that will be offered as a BMA member benefit. This will be available in mobile and desktop form and help consultants to keep track of their work to help with job planning discussions. The committee has also been looking at ways to strengthen LNCs and allow them to fulfil their important role in advocating for consultants. A new online document store has been developed to allow quick access to national template policies for all LNCs and additional support is being considered.

CC provides support to consultants working as educational supervisors and guardians of safe working, helping them as they guide and support junior colleagues through their training. CC has worked with the BMA’s terms and conditions of service team to produce guidance for consultants in England on exception reporting and the guardian of safe working hours role, which was published at the end of 2016. Guidance encourages consultants to support their junior colleagues to exception report, to identify where work has varied from their agreed work schedule, as part of a culture of honesty and in order to promote patient safety.

have key points ensuring rapid reference of the fundamentals.

‘Non-alcoholic fatty liver disease is a common health problem that is often poorly understood by the general medical audience. Despite its relatively small size, this book provides a very comprehensive overview of the subject. This book provides a very easy-to-read overview of the field, covering all the relevant clinical areas and is well written by international experts.’

Dermatology: An Illustrated Colour Text, 6th Edition

Medical students, junior doctors at all levels (FY, core medical and surgical trainees, STs in specialties other than dermatology, ST3s in dermatology), GPs, GP trainees and specialist nurses

A comprehensive series of succinct, two page ‘learning units’, each covering important aspects of clinical dermatology, at a level appropriate for medical students and doctors in training. These units incorporate a superb collection of colour clinical photographs of main dermatological conditions, concise yet comprehensive text and key point boxes to aid quick access to information and examination preparation. They include summaries of the essential skin biology and associated basic sciences that underpin clinical practice, as well as advice on established and emerging dermatological treatments, reflecting the ever-expanding use of technology. Guidance is also given to dermatological emergencies and to the most useful online resources for updates and further reference. The accompanying enhanced ebook (via Student Consult) includes additional, supplementary clinical images, self-assessment material and series of self-test electronic ‘e-flash cards’, to provide additional value and a richer learning experience. This text sets out to offer concise, accessible, practical and up-to-date coverage of the most essential aspects of clinical dermatology, at a level appropriate for medical students, doctors in training (FY, core medical and surgical trainees and specialist nurses). Dermatology is an important area within the modern medical curriculum and this book aims to help students familiarise themselves with a range of important dermatological conditions that they may not otherwise come across (eg approx. 80% of students will never see a melanoma in their training), and to understand the most important related scientific aspects. It offers the most, concise, accessible, up-to-date and comprehensive coverage of clinical dermatology at a level most appropriate for the target readership. It also provides the highly visual approach required for this topic area. It also includes the most user-friendly enhanced ebook experience (via Student Consult), incorporating a range of bonus content and functionality to enhance the learning experience and provide added value and utility.

‘This is the latest edition of a recognised market leader in its field, which has not simply been reprinted but, in also presenting in electronic format, has greatly improved its accessibility in a manner entirely appropriate to modern working and learning patterns. I now have a complete, fully illustrated dermatology textbook available through my smart phone – and it doesn’t even take up phone memory! The previous editions already attracted good reviews for its concise yet comprehensive coverage of skin conditions together with its level of illustration. In my opinion, the availability of an enhanced electronic version of this book at no extra cost, and available through a variety of e-media, is what makes this edition really stand out. There are excellent photos (which I would consider mandatory in a dermatology book). I hope that being in electronic format will mean that it keeps up to date will be an easier task that for a traditional paper book.’

Endoscopic Ultrasonography, 3rd Edition

Gastroenterologists and gastroenterology trainees, endoscopists and GI surgeons

This book provides a technical how-to approach to learning this advanced endoscopic procedure. The highly acclaimed authors provide systematic guidance to the fundamentals of EUS (endoscopic ultrasonography), giving clear instructions on the instruments involved, the correct sedation procedures to follow, and how EUS should be performed safely and effectively. Every chapter discusses a specific aspect of EUS as it relates to a particular gastrointestinal disorder or organ system. This book aims to be a technical, expert guide to EUS, and to guide readers in when and how to perform EUS (one of the leading diagnostic and therapeutic modalities for gastroenterologists), safely and effectively. This book contains seven new chapters on the hottest topics in EUS: Learning Anatomy for EUS; EUS Anatomy; Lung Cancer; Autoimmune Pancreatitis; EUS for Liver Disease; Biliary Access; Pancreatic Access for Drainage. It also features chapters on training in, and future
Insulin Pumps and Continuous Glucose Monitoring Made Easy

Trainees in diabetes and endocrinology, consultants in adult and paediatric diabetes and endocrinology, diabetes nurses, diabetes dietitians, GPs with a special interest in diabetes and endocrinology, diabetes patients and their carers using pumps and/or CGM (continuous glucose monitoring)

This innovative guide to diabetes technology introduces insulin pumps and continuous glucose monitoring to the range of healthcare professionals involved in diabetes care. It is the first book of its kind and covers the principles and step by step implementation of state of the art devices to support people with diabetes. With interactive clinical cases and worked examples it is an invaluable, practical guide. It also offers a valuable insight into these devices for the many patients who use them. It includes access to the complete downloadable ebook version on Expert Consult. It aims to offer simple, illustrated, practical guidance to understanding and getting the most out of insulin pump therapy and interpreting CGM, utilising real cases. Primarily aimed at the needs of healthcare providers in this setting, it will also prove valuable to the many patients using these devices. It sets out to offer a clear framework for systematic interpretation of pump and CGM data and making the best use of continuous glucose monitoring data. It also includes tips for managing challenging glucose patterns including exercise, alcohol and fasting. Proficiency in the use of pumps and the interpretation of CGM is becoming a fundamental requirement for any healthcare professional looking after diabetic patients – yet formal teaching is very limited and there is very limited literature available at an appropriate level. This is the first book to cover the basics of interpreting CGM data for trainees / specialists (endocrinologists, diabetologists, nephrologists, and obstetricians), diabetes nurses, dietitians, midwives, GPs and other healthcare professionals, addressing this much needed area. It will also bridge the gap between insulin pumps and CGM and provide examples of using both in patients. It is also written at a level which is understandable to patients using these devices.

‘Excellent. This is a well-written book which introduces the use of insulin pumps and CGM in diabetes therapy in a clear and concise manner. The succinct writing, figures and tables make it user friendly and the core areas in the field are covered.’

Itch – Management in Clinical Practice

Dermatologists, GPs, gerontologists, nephrologists, hepatologists, neurologists and palliative care doctors

This volume of the series Current Problems in Dermatology provides a comprehensive overview regarding the management of chronic itch. Select authors consider interdisciplinary aspects as well as age, body region, and specific diseases as they present a great variety of available treatments to provide a comprehensive overview of the management of chronic itch. Albeit a very common symptom in dermatology, internal medicine, psychosomatics, neurology, and even oncology, itching was under-researched until 15 years ago. Since then, the clinical aspects of acute and chronic itch have been examined extensively and some books on the topic have become available. Whereas most publications focus on experimental aspects and diagnostics, this volume provides a comprehensive overview regarding the management of chronic itch.

‘As a GP with an interest in dermatology I found this book educational, easy to read, and will keep in my surgery as a reference book. The book flows from classification to disease specific itch and therapeutic options – logical and useful. You can easily look at basic treatment or more specialised treatment options. The classification of itch is useful and helps determine the diagnosis and the best therapeutic option or options for that patient. It has clear concise chapters with good introductions and conclusions.’

Lecture Notes Ophthalmology, 12th Edition

Medical students, junior doctors, early-stage trainees, optometry students, opticians, GPs and ophthalmic nurses

Highly illustrated, comprehensive, and accessible, Ophthalmology Lecture Notes is the ideal reference and revision guide to common eye problems and their diagnosis and management. Beginning with overviews of anatomy, history taking, and examination, it then covers a range of core ophthalmic conditions, including a new chapter on paediatric ophthalmology. The content
has been thoroughly updated and includes more than 200 diagrams and photographs and a range of core clinical cases demonstrating the clinical context of key conditions with learning objectives and summary of key points in each chapter. Ophthalmology Lecture Notes is perfect for developing knowledge for clinical practice or revision in the run-up to examinations, and uses a systematic approach to provide medical students and junior doctors with all the tools they need to manage clinical situations. It is also useful for optometrists in training, helping them develop a sound understanding of clinical ophthalmology.

I would definitely recommend this book to my medical students, optometrist, nurses and other allied healthcare providers. This is an exceptional book. If this existed during my medical school years it would have revolutionised my understanding of ophthalmology. It is easy to read and follow. At the end of each chapter there is a nice summary of salient points. Additionally, there are some MCQs online and in the book.'

Male Sexual Dysfunction: A Clinical Guide


Urologists of all levels, urologic surgeons, GPs and urologic specialist nurses

The book covers all the common problems encountered by the clinician in this rapidly expanding and developing field. Packed with key features, every chapter contains flow diagrams and algorithms, key points, clinical pearls, ‘what to avoid’ boxes, and numerous tables, graphs and photographs. The book provides comprehensive focus on the core clinical areas of physiology/ pharmacology, investigation, diagnosis, management and surgical options, and coverage of all treatment pathways, including psychological, pharmacologic and surgical. This resource aims to be an easy-to-read guide, providing a comprehensive and systematic approach to the management of males with disorders of sexual function. This is a rapidly expanding field in terms of research and pharmacologic development, which reflects the growing number of men suffering from the condition. Incidence rates of sexual dysfunction and ED (erectile dysfunction) are expected to double by 2025, leading to sexual dysfunction becoming a big health problem.

This is a good book on an interesting topic which is excellently presented and thought out. It is a well-conceived concept to combine all male dysfunction into one book and include surgical, medical and psychological options. This would allow any clinician with an interest to gain a clear overview of each subject and offer options to their patients. This book would be especially useful for GPs with special interest in male sexual dysfunction and GUM doctors.'


General physicians, rheumatologists, endocrinologists, orthopaedic surgeons, paediatricians and geneticists

Topics covered in this book include bone biology and investigation, osteoporosis, osteomalacia and rickets, parathyroid bone disease, Paget disease, and the effects of malignancy on the skeleton. Newer metabolic bone disorders are also included, along with chapters on osteogenesis imperfecta, renal osteodystrophy, hyperparathyroidism, parathyroid hormone resistance, vitamin D deficiency, secondary hyperparathyroidism, osteomalacia, osteoporosis, osteosclerosis, Marfan syndrome, Ehlers-Danlos syndrome, fibrous dysplasia, and ectopic mineralisation. With an up-to-date account of common and rare metabolic disorders of the skeleton, including their causes, clinical aspects, and treatment, this book offers the reader clarity in the complex field of the molecular biology of the skeleton. It is essential for postgraduates and clinicians, this accessible and highly illustrated book provides a clear authoritative account of metabolic bone diseases in their widest sense. Bringing together considerable advances in this field, it discusses a large number of causes and personal experiences of all disorders, ensuring a comprehensive and didactic reference.

‘This is not a book for the faint-hearted but for the intended readership, it is a remarkable source of a huge amount of clinical and scientific information and will be a valuable addition to the library of doctors dealing with bone diseases. The reader will have no difficulty in finding what he or she requires. The topics covered are many and varied, covering all bone conditions as well as some which seem to be only loosely allied to bone, eg Ehlers-Danlos syndrome. The book covers clinical, biochemical and genetic aspects of each topic comprehensively, and is readable: nobody interested in bone diseases will find anything missing here.'


Clinicians managing people with osteoarthritis, gout, and other crystal-associated arthritides

The Oxford Textbook of Osteoarthritis and Crystal Arthropathy provides full coverage of joint failure, and includes detailed sections on epidemiology, risk factors, clinical assessment, and investigations. This edition also now includes new sections on gout and other crystal arthropathies. Clinically relevant and easily understandable overviews of basic science, including pathology and pain physiology, along with critical appraisal of current guidelines, make this a highly valuable resource. Significant coverage is also given to patient education and the involvement of the patient in management planning. Also highly illustrated, the textbook is a strong reference tool with summary boxes and key points at the end of chapters making it easy to find information quickly and help you deliver the optimum patient outcome. The textbook equips rheumatologists and musculoskeletal health professionals with the knowledge to provide the best possible patient care.

‘I would recommend this book to trainees in rheumatology and those who are interested in doing further research in the field of osteoarthritis. This the third edition of the textbook of osteoarthritis and crystal arthropathy. During the first two editions the emphasis has been more on osteoarthritis, but in the latest edition the management of gout and pyrophosphate arthropathy has also been included. It is a well written, easy to read, up to date and evidence based. It will be a good tool for clinicians with a special interest in osteoarthritis and crystal induced arthritides. Each chapter has a box at the end with key points relating to that chapter which readers will find very helpful. It is written by a prestigious group of physicians who are well known in the field of rheumatology and in particular osteoarthritis and crystal-induced arthritides. Gilchrist’s Oxford Textbook of Osteoarthritis and Crystal Arthropathy will find this book extremely helpful.’

Rossi’s Principles of Transfusion Medicine, 5th Edition


Specialists and trainees in transfusion medicine and blood banking, from fellow level upward

This book is a comprehensive and practical reference on transfusion science and medicine, with new material in this edition on donor care including the frequency of donation and management of iron deficiency/status; patient blood management; haemovigilance; and the organisation of transfusion and transplant services. This fifth edition of a by now classic resource, sets out to be an exhaustive and practical reference on transfusion science and medicine. It discusses patient blood management and haemovigilance, both key areas of increased focus in transfusion medicine. Contributions from an increasing number of authors outside the US also ensure that the book addresses transfusion practices on a global scale. This book is considered the gold standard in transfusion, produced by excellent editors. It covers current hot topics such as donor care including the frequency of donation and management of iron deficiency/status; patient blood management; haemovigilance, and organisation of transfusion and transplant services, and in this edition includes material on molecular immunohematology. A companion website features figures and references.

‘I would highly recommend this volume to any clinician or trainee with an interest in the science and practice of transfusion medicine and its broad applications. This volume gives a clear and detailed account of the science and practice of modern transfusion medicine giving an excellent overview of the field and related areas. This volume places a strong emphasis on the practical and broader aspects of transfusion medicine and has therefore avoided a dryness of approach. Transfusion medicine is a highly regulated area of medical practice, due to the need to ensure a safe blood supply and traceability. Occasionally, the predominance of North American authors, leads to a stronger approach with a North American slant, but the practical, legal and regulatory aspects of blood product provision are well covered and applicable from a US, European and international perspective. This practical textbook with useful digital additions, gives an excellent overview of the science, practice and regulation of transfusion medicine, provision and use of blood products and increasingly important allied areas of medicine such as cellular and genetic therapies. It is a very welcome reference volume for this field which has wide applications in many other areas of medical and surgical practice.’
Textbook of Diabetes, 5th Edition


Diabetes specialists and endocrinologists

The highly-experienced editors from across the globe have assembled an outstanding cast of international contributors who provide insight on developments in diabetes care, and information on the latest treatment modalities. This new edition features an array of brand new chapters and in addition, all existing chapters are fully revised with the very latest developments, including the most recent guidelines from the ADA, EASD, DUK and GNice. Via the companion website, readers can access a host of additional online materials such as: interactive MCQs to allow readers to self-assess their clinical knowledge; every figure from the book, available to download into presentations; and fully searchable chapter pdfs. Now in its fifth edition, the Textbook of Diabetes aims to be and has established itself as the modern, well-illustrated, international guide to diabetes, hosting an unrivalled blend of clinical and scientific content. Textbook of Diabetes, 5th edition is the most clinically-focused diabetes textbook available, while still retaining the essential fundamentals of basic science. This edition has been revised and updated with all the latest hot topics in diabetes.

‘I found it a pleasure to read and a pleasure to just browse because good organisation of the text makes it possible to do this effectively as well. The figures explaining complex processes are especially good; I learned new things. This is a textbook that is difficult to put down. Within such a huge subject only a certain degree of depth is possible. However, I was very impressed with the amount, structure, and selection of information contained. Reading selected chapters in full depth confirmed my high opinion of the book. The editorship is collegiate and the four editors come from three continents: America, Asia and Europe. Correspondingly, the authors come from a very wide circle providing diversity much welcomed for a subject that is narrow (nominally one condition only) and enormously diverse at the same time. Each chapter is authored by up to three experts and naturally you would expect that the content would reflect their views closely and on some particular points may be specifically bounded to local guidelines.’

The Renal System at a Glance, 4th Edition


Medical students and junior doctors

The Renal System at a Glance is a highly illustrated and practical guide to the structure and function of the kidney, renal, and urinary system. It also covers related disorders and abnormalities and their treatment. Fully updated to reflect the many exciting developments in the understanding of nephrology, this new edition has been restructured to better integrate basic science and clinical examples to the medical school curricula. New chapters on glomerular filtration and global kidney medicine are included, while the latest guidance and approaches to acute kidney injury, chronic kidney diseases, and renal replacement therapy have also been incorporated. The Renal System at a Glance offers clear explanations on tricky topics such as electrolytes, fluid balance and acid-base handling and features new sections on glomerular filtration, and a new chapter on the global differences in kidney problems. It includes cross-referencing between basic science and related clinical content and focuses on clinical disorders and investigations — ideal for those embarking on medicine rotations. Each topic is illustrated in a double-page spread, complete with charts, graphs, and photographs. This new edition is the perfect guide for medical students, junior doctors, and allied health professionals, including specialist nurses, who wish to learn, or refresh their knowledge, on the kidney and renal system in health and disease.

‘This is an excellent resource: a really great manageable-sized book which medical students would be able to get their teeth into. I really like the overall look and also like the normal reference range section, glossary and abbreviations section which helps with understanding right from the beginning. It is a really great book which is without a doubt a top pick for students on the subject.’

The Retinal Atlas, 2nd Edition


Retina specialists and ophthalmologists

For retinal specialists, ophthalmologists and optometrists, The Retinal Atlas provides a pictorial/visual guide to imaging and diagnosis of the full spectrum of retinal diseases. With more than 5,000 images the unique layout of the Atlas enhances reader understanding of each topic by presenting comparison imaging modalities, panoramic disease visuals and selected magnified areas to hone in on

BMA Charities

For many years, the BMA has supported the members of the profession who are in hardship, and the education of medical students. These activities have been organised under the charity umbrella of BMA Charities, but this is made up of different charities which fund and deliver three main charitable purposes:

Helping medical students

Students studying to be doctors face a number of challenges, not least the cost of tuition fees. Many students have done a previous degree and then entered medicine later, meaning that they are currently unable to claim a tuition fee loan, and their main source of income is a maintenance loan, which is insufficient to meet their fees. In 2016, BMA Charities gave grants to help 92 students, at a cost of £184,700.

Helping refugee doctors

When refugees who have a medical qualification come to the UK, they are unable to work as doctors until they have satisfied the GGM requirements for registration, a process which is lengthy, difficult and expensive for the refugee doctors, despite discounts offered by the GMC to some of its exam fees. In 2016, BMA Charities gave grants to help 31 doctors, at a cost of £29,250.

Helping doctors’ families

Doctors who are not in work, whether because of health problems, refugee status or other reasons, may find it impossible to gain funding through welfare and benefit systems for items such as disability equipment, IT equipment or school uniforms. In 2016, BMA Charities gave grants to help 22 children of doctors, at a cost of £22,400.

The charities, BMA Charities Trust Fund [Charity registration number 219102] and the Dain Fund [Charity registration number 313108] are managed by a single administration:

Ms Marian Flint
BMA Charities, BMA House, Tavistock Square, London WC1H 9JP
E: mflint@bma.org.uk
T: 020 7383 6142

Dr Andrew Mowat
Chairman
key signs and disease patterns. The most complete visual guide available in advanced retinal imaging to help with diagnosis of the full spectrum of retinal diseases. This field is evolving with new imaging techniques and modalities, and this atlas provides more than 5,000 up-to-date illustrations to keep all readers at the forefront of their specialty and equipped for accurate diagnosis.

‘This is the most comprehensive and updated retinal atlas I have seen: a great update on the previous edition. It is an excellent resource for its intended readership. The images are very clear.’

Yamada’s Atlas of Gastroenterology, 5th Edition

Gastroenterologists, hepatologists, general medicine physicians and internal medicine physicians

Every GI disorder from liver abscesses, endocrine reactions of the pancreas, to mobility disorders of the oesophagus are fully illustrated with endoscopic ultrasonography, computed tomography scans, magnetic resonance images, radiolucent images, and angiograms. This resource offers 2500 outstanding images organised by disease entity and therapeutic modality including pathology slides, MRI and CT scans, endoscopy, EUS and open surgery. Every image is available as an electronic file for download, and there are 28 downloadable high quality surgical videos including transplantation and endoscopy clips. The aim of this multimedia atlas is to provide gastroenterologists with an outstanding visual tool covering all facets of the field, and access to accurate, high-quality images, which are vital for ensuring effective management of patients with GI complaints. Yamada’s Atlas of Gastroenterology is the most comprehensive gastroenterology atlas available, and the perfect companion to its parent Textbook of Gastroenterology.

‘This is ideal for preparation for the UK gastroenterology exit exam. The supplementary text means that there is a lot which can be learned from this work, which sets it apart from many atlases. Atlases are often interesting, but not particularly informative, whereas large textbooks are often quite ‘dry’ – this work bridges the gap between these two types of work well. It is much easier to read than a large textbook, but more informative than most atlases. It has enough breadth. It is a mixture of primary material (often photographs submitted by the editors’ colleagues), and secondary material (ie tables, charts, algorithms from referenced journal articles).’

Medicine – the winner of this category will be announced from this shortlist

Emergency Medicine: Diagnosis and Management, 7th Edition

Emergency doctors, nurses and trainees

This book presents the latest ideas and evidence base underpinning best practice emergency medicine care in a succinct, bullet point format. This book covers a wide variety of emergencies, including general medical, critical care, infectious disease, foreign travel, acid-base and electrolytes to surgical, orthopaedic, paediatric, obstetrics and gynaecology, ophthalmic, ENT and psychiatric, as well as toxicology, practical procedures and administrative and legal issues. It aims to enable emergency doctors to find key information quickly, at the bedside as well as when studying by covering diagnosis and management of emergencies exhaustively. It is entirely comprehensive (uses the latest 2015 Cardiopulmonary Resuscitation guidelines) but information is also easily accessible, through icons, boxes, tables and figures. Readers can view critical care procedures and techniques in detail as well as benefiting from practical hints and tips. A wealth of free digital information accompanies the book at lifethefastlane.com.

‘This book is simple to understand and uses the latest evidence. The size is like a handbook that can be carried around in the ED (emergency department). It is highly up-to-date book for the ED physicians of today packed full of the latest evidence, which they can use at work and during studying to update themselves, or for exams. It is highly recommended.’

Ernst’s Aviation and Space Medicine, 5th Edition

Civil and military aviation medicine practitioners, and those with a wider interest in the medical problems of professional or recreational flying, air transport and the aviation industry

This comprehensive resource applies current understanding in medicine, physiology and the behavioural sciences to the medical challenges and stresses that are faced by civil and military aircrew, and their passengers, on a daily basis. It aims to embrace all aspects of aviation medicine in a single volume, covering all forms of military and passenger-carrying aircraft, including issues surrounding passenger safety and transport of the sick and injured. Already acknowledged as a standard reference in the field, and the recommended textbook for those studying for the Diploma in Aviation Medicine of the Faculty of Occupational Medicine of the Royal College of Physicians and for similar overseas qualifications, this edition has been completely revised and updated with brand new material added to cover space physiology and medicine, passenger safety, rotary wing operation by land and sea, and UAVs.

‘I would recommend this volume to anyone interested in aviation and space medicine looking to further their understanding; I found its content to be engaging, challenging and diverse. Its breadth of information lends itself as an excellent reference guide. The volume contains a wealth of information on the subject, including physiological principles and clinical considerations. The title is slightly misleading as aviation medicine is covered far more thoroughly than space medicine, although this is understandable given how much we know about each. Initially targeted at those studying for postgraduate examinations in aviation medicine, it is an excellent reference guide fit for this purpose. I also found it easily digestible in chunks as a medical student, suggesting its interest for a wider audience with an interest in the subject more generally (not limited for exam-cramming students) and in future the space aviation chapter continues to be built out with developments in that field. Although an intimidating volume on first inspection, I found the style very clear and content digestible as a medical student. The chapters and subsections were clearly laid out, tone and language very easy to follow. I thought the chapter summaries especially added to the overall ease of reading. A key strength is the breadth of information contained on civil, military, recreational and space medicine, which makes it of interest to a broad readership. I really enjoyed dipping in and out of this excellent volume and am sure it will continue to be of importance to a broad readership, from experts to beginners with interests in civil, military, recreational and space medicine.’

Essential Practical Prescribing

Medical students and junior doctors

Essential Practical Prescribing is an important new textbook with a clinical, ward focus. It is specifically designed to help new foundation doctors working on the hospital wards and in the community as well as medical students preparing for the Prescribing Safety Assessment. Using an accessible format, Essential Practical Prescribing demonstrates how to manage common medical conditions, and explains the logic behind each decision. It also emphasises common pitfalls leading to drug errors, and highlights drugs that could cause harm in certain situations. Organised by hospital department, it outlines the correct management of conditions, as well as highlighting the typical trials of a junior doctor. Essential Practical Prescribing contains a range of learning methods within each chapter including key topics, learning objectives, case studies, DRUGS checklists, ‘Top-Tips’, advice on guidelines and evidence, and key learning points. It uses patient histories to set the scene and enhance the clinical emphasis and offers examples of correctly completed drug charts throughout, which are also available online. It is an ideal companion for Prescribing Safety Assessment (PSA) preparation and includes a companion website at wileyessential.com/prescribing featuring MCoPs and downloadable checklists and charts. There is an immediate need for junior doctors to become safety and effectively upon qualification. However, there remains a huge variation in what and how this is taught at university. Drug errors are a big cause of patient morbidity and mortality. In a 2009 GMC report, doctors in their first year of qualification (Foundation year 1; FY1) made 8.4% of prescription errors. Foundation year 2 (FY2) doctors made the highest rate of drug errors (10.3%). Root cause analysis has indicated that ‘deficiencies in their education in prescribing skills and error prevention’ may be a significant factor.

‘I think this book would prove very helpful for final year medical students or foundation year doctors in order to improve their understanding of clinical pharmacology and safe prescribing. This book’s strengths are that it approaches the topic in a very comprehensive manner, clearly thinking about the level of detail juniors will need to know, as well as addressing the most common misunderstandings or concerns that will resonate with juniors who...’
are unfamiliar with prescribing. Recent years with the PSA has meant there have been new books targeted at final year students, so there has been a lot of literature on aspects of practical prescribing. However, this text is particularly well laid out and delivers a more comprehensive level of detail than the texts I have seen. Most similar is probably The Pocket Prescriber; but this text does not aim to be a handbook to be carried around, but rather an accessible reference text. The DRUGS checklists in particular seem like they would be invaluable for new doctors, with examples of how to actually write out prescriptions for unfamiliar drugs. For junior doctors this is definitely a useful addition to the market.

HIV and Aging

Mark Brennan-Ing and Rosanna F DeMarco – S. Karger AG, November 2016
ISBN: 9783318059458

Gerontologists, epidemiologists, public health specialists, virologists and infectious diseases specialists

This new book focuses on HIV and aging in the context of ageism with regard to prevention, treatment guidelines, funding, and the engagement of communities and health and social service organisations. The lack of perceived HIV risk in late adulthood among older people themselves, as well as on the part of providers and society in general, has led to a lack of investment in education, testing, and programmatic responses. Ageism perpetuates the invisibility of older adults and, in turn, renders current medical and social service systems unprepared to respond to patients’ needs. Despite decades of attention on building a global HIV research and programming agenda, HIV in older populations has generally been neglected until recently. This book aims to be the ultimate practice and revision resource and book for every medical student and junior doctor, in every clinical placement. Thirty years young, the handbook offers the latest guidelines and medical opinion, while remaining true to the humanity and patient focus of the original edition, helping a new generation of students to become the doctors they want to be. Affectionately dubbed the ‘salt and vinegar’ by medical students, the Oxford Handbook of Clinical Specialties is a household name, renowned for providing all the information needed for practice and revision in a deceptively small package. Alongside the Oxford Handbook of Clinical Medicine, it is unmatched by any competitor in its class for breadth and depth, while the wipe-clean cover and compact design have been much imitated but never bettered.

The tenth edition of this well-read book is a welcome addition for medical students and foundation programme doctors alike. The book aims to give a comprehensive chapter on each of the clinical specialties. The pocket-sized formula and use of single or double page for a single topic enables the reader to dip into the book and spend five to 10 minutes reading a single topic. The strength of this book is its size and breadth of knowledge covered. The easy single or double page on a single topic enables the reader to quickly pursue a topic eg on the commute to a medical placement. Professionally produced with a clear use of a colour scheme and illustrations which only add to the production feel and value. This book offers something welcome to straddle the gap between heavy reference textbooks and the short revision books.

[Further text discussing the book and its merits]

David Watson – Elsevier Ltd, July 2016

Students of pharmacology, pharmacy and medicinal chemistry

This is the fourth edition of a now firmly established and very well-received textbook covering the challenging area of pharmaceutical analysis. Over 17 chapters, Dave Watson provides a mastercourse in understanding pharmaceutical analysis and the methods and mathematics required to get on top of an essential but notoriously difficult subject. This book seeks to elucidate the maths and techniques essential to creating, managing and analysing drugs in the most accessible and pedagogically sound way for students. The maths for pharmaceutical analysis is notoriously hard, and this book addresses the difficulties through a masterful tour de force of a single-author text with continuous learning reinforcement throughout the book in the form of worked calculation examples, self-assessment, and additional problems for self-testing, key-points and practical boxes. Uniquely, there is an accompanying ebook which also features 65 animations to show tricky concepts such as ionisation partitioning of drug molecules etc.

‘This is a niche but important area in pharmacy, pharmacology and therapeutics, and also gives a useful overview for other cognate areas in an easy to understand and practical update of the methodology and application of analytical techniques. The book makes a complicated, and sometimes dry subject for the non-specialist, easily accessible. The illustrations add value and clarity to the text and are of high quality and relevance. Although the specific subject matter is relevant to my everyday consulting work, this book offered a useful and clear update on appropriate choice of methodologies.’


ISBN: 9781496320375 £45

Students

Highly regarded by students and instructors, Principles of Pharmacology: The Pathophysiologic Basis of Drug Therapy, 4th Edition, offers an integrated mechanism-based and systems-based approach to contemporary pharmacology and drug development. An easy-to-follow format helps first- and second-year students grasp challenging concepts quickly and efficiently. Each chapter presents a clinical vignette illustrating a therapeutic problem within a physiologic or biochemical system; followed by a discussion of the biochemistry, physiology, and pathophysiology of the system and concluding with a presentation of the pharmacology of the drugs and drug classes that activate or inhibit the system by interacting with specific molecular and cellular targets. Chapters are integrated into sections that focus on organ systems and therapeutic areas of highest importance. Clear, concise illustrations highlight key points, and drug summary tables offer quick access to essential information.

‘Excellent recommendation for advanced pharmacology students. This is not an introductory text but science students with no previous background in pharmacology would have no problems following, as the chapters are written clearly and concepts are well-explained. Advanced readers will be amazed at the depth of the material covered in a clear and concise way. The book is up to date on recent advances, and references the latest research. It is clearly organised; informative chapters cover basic and systematic pharmacology contain virtually everything an advanced student will be looking for. This volume links pathology much clearer to therapeutics than other pharmacology textbooks on the market. I would recommend it to advanced pharmacology students looking to gain a solid grounding in systematic pharmacology and pathophysiology. Recent research is incorporated throughout the book, with excellent further reading recommendations as well as excellent new section on frontiers in pharmacology.’

The Syringe Driver: Continuous Subcutaneous Infusions in Palliative Care, 4th Edition

Andrew Dickman and Jennifer Schneider – Oxford University Press, September 2016
ISBN: 9780198733720 £27.99

Doctors, nurses and pharmacists who work in palliative medicine

The syringe driver is a simple and cost-effective method of delivering a CSCI (continuous subcutaneous infusion). A CSCI provides a safe and effective way of drug administration and can be used to maintain symptom control in patients who are no longer able to take oral medication. This book provides a comprehensive review of syringe driver use and administration of drugs by CSCI. The first chapter provides an overview of syringe drivers and CSCIs, including a useful array of frequently asked questions. The second chapter provides information about the chemistry of incompatibility and degradation. The third chapter is revised and referenced information relating to most drugs likely to be administered by CSCI using a syringe driver. A fourth chapter discusses the control of specific symptoms that are often encountered when CSCIs are required. The fifth and final chapter contains an extensive, referenced list of compatibility and stability data relating to drug combinations administered by CSCI. This book is completely up to date with details on all developments in this field. The book is the only reference source that provides detailed compatibility data for drug combinations administered by CSCI.

‘This book is extremely helpful in covering the practicalities of syringe drivers, and in providing an overview of the chemistry of incompatibility, as well as detailed drug information of commonly used drugs via this route. The only chapter that I would possibly less recommend for doctors is the fourth chapter discussing symptom control where the brief summary is helpful, but not enough to fully address the complexities and nuances of eg pain or delirium, and other more detailed sources are likely to be more beneficial. This small volume manages to pack an enormous amount of detail for doctors and pharmacists into just five well-laid-out chapters, but also remains affordable, easily readable, and very accessible to those just starting out in the field. The new second chapter on the chemistry of incompatibility and the helpful section on infusion site reactions are particularly interesting, but the book's two clear strengths are the detailed drug information section of chapter three and the extensive compatibility and stability data of chapter five with its depth of referencing making it the most trusted source in this area. This is an invaluable reference guide in all specialist palliative care settings; as one colleague aptly summed up: “The gist of it is, we’d be lost without it.”’

Training in Medicine

Edited by Elaine Jolly, Andrew Fry and Afzal Chaudhry – Oxford University Press, July 2016

Those undertaking early year’s specialty training in medicine and those taking the Membership of the Royal College of Physicians

Training in Medicine is a complete guide to core medical training. The book covers all of the relevant areas in general medicine training, including epidemiology, evidence-based medicine, and professional related issues in 20 chapters. Each chapter covers the basic science and clinical topics which trainees are required to learn as part of their basic training and show in the MRCP. Junior doctors need to balance exam preparation with busy working lives and so this book set out to provide an authoritative yet accessible text. The book is authored by trainees and specialists, and has been comprehensively edited and peer-reviewed by both groups. Easy navigation is combined with discrete double-page spreads on individual topics allowing rapid access to information, making the book extremely useful in clinical practice. This is complemented by more than 600 full colour illustrations, including high quality clinical photographs, images and diagrams, to aid visual memory of the topics. Breakout boxes highlight the key learning points.

‘It’s a concise source of all things for core medical training (and I think would be a very useful resource for GP trainees also). This is a useful desk reference and I have learnt and re-learnt much from this book in the few weeks I have been using it. It will certainly suit a dominant learning style among core trainees, and I think has much to offer GP trainees as well. I think that the layout really is very intuitive and helpful to read. I have used this within the consultation to show patients some things, and they have also found it useful.’

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GPC has lead the development of IT of the profession. Working with partners general practice, championing on behalf level on many key issues for GPs and local boards and committees and local medical committees.

GPC is recognised as the sole negotiating body for GPs under the GMS contract by the Department of Health and devolved administrations.

In addition to negotiating the GP contract each year, GPC has influence at national level on many key issues for GPs and general practice, championing on behalf of the profession. Working with partners GPC has lead the development of IT changes in practices, resulting in world-leading electronic patient clinical records.

The committee has also had a leading role in supporting the development of multidisciplinary working within general practice, most recently with a focus on the wider use of pharmacists working directly with practices, and is championing sustainable working practices through collaborative arrangements.

General practice has been at the heart of the delivery of primary healthcare for decades, and is often described as the cornerstone of the NHS. Over recent years, general practice has faced increasing pressures on the service, including unsustainable workload, a workforce crisis and inadequate resource. GPC has undertaken significant research into the issues faced, including a large survey of general practice held in 2016 which showed that more than eight out of ten GPs believe they cannot provide appropriate and safe care to patients because of their level of workload.

GPC representatives sit on many national and local boards and committees and regularly liaise with key stakeholders to ensure we get the best for all GPs, whether at a local or national level. GPC has played a key role in negotiating with government on the support needed for the profession, and has been successful in securing a number of commitments to sustain and develop the service over the coming years, and will continue to work to ensure a viable and successful future for general practice.

Neurology – the winner of this category will be announced from this shortlist

Dementia, 5th Edition

David Ames, John O'Brien and Alistair Burns –

CRC Press, December 2016 ISBN: 9781498703109 £159

Old age clinicians, neurologists, psychiatrists and gerontologists

This is a comprehensive treatment of the topic, covering all important aspects of dementia. A large body of professionals is active in diagnosing, treating and caring for people with dementia, and research is expanding. Many of these specialists find it hard to keep up to date in all aspects of dementia. This book helps solve that problem. The edition has been updated and revised to reflect recent advances in this fast-moving field. Dementia represents a big public health challenge for the world with more than 100m people likely to be affected by 2050. This book offers a comprehensive treatment of the topic, covering all important aspects of dementia.

This is a vast, detailed book that covers the rapidly advancing field of dementia very thoroughly. The authors are realistic in that there is no expectation that the book is read from cover to cover but dipped into by a broad range of practitioners as they require. There is an understanding that dementia knowledge is moving fast but in a fragmented way. These reviews bring together usefully the research to make it accessible and coherent in an often confusing world. This book has a great record of accomplishment in its previous editions. No other single volume brings together the depth and breadth of this one. The editors have clearly worked well with their authors to ensure that the chapters have a degree of consistency. This is an exemplary book of its type.

Epilepsy and Intellectual Disabilities, 2nd Edition


Physicians and residents in neurology and paediatrics and neuropsychologists

This book discusses developments in the general population which will more likely than not become relevant to the intellectually disabled population. The impact of epilepsy on the person themselves and their carers is acknowledged, and person-centred treatment programs with a multi-faceted team approach are proposed. This second edition of a successful book provides updated clinical and research knowledge, including information on the licensing of new antiepileptic drugs. All chapters are updated to reflect present accepted practice. New chapters highlighting the importance of the genetic aspects of epilepsy, nonpharmacological treatments, and the impact of epilepsy on families and carers have been added. It promotes better clinical management of epilepsy in persons with intellectual disabilities and provides an understanding of medical, psychological and social sequelae of epilepsy.

‘This is an excellent summary of the field which covers the whole area of epilepsy and learning disability very well. It is well-written and clear and uses the literature appropriately.’
PD carries great disease burden and this book is a highly useful concise guide on this. The book is condense enough to serve either as an introductory guide or an accessible guide for healthcare professionals or caregivers, depending on the level of information required. It is written in a narrative style that is easy to read. The chapters are in a logical sequence and it is possible to refer at a glance. Information is presented under a good number of subheadings which makes easier navigation in comparison to some other alternative larger books which contain continuous text. There are some quotes related to patient perspectives interspersed within some chapters. These are brief and draw attention to some of the more common key messages relevant to PD. The illustrations are all carefully chosen to depict the most relevant aspects of PD, such that one can gather useful knowledge. Written by experts in the field, I think it should prove useful to anyone interested in the field or for experts as a reference manual. It certainly has been helpful to me to understand the development of the subject. There is a lot on the analysis methodology which could be useful to anyone wishing to develop a programme of investigation. It should find its place on the desks of those interested in the field and how it has developed so far.

Headache in Children and Adolescents: A Case-Based Approach


Primary care physicians, paediatricians, neurologists and paediatric neurologists

Case studies have been taken from real clinical practice and presented in a consistent style. They serve to highlight the author’s extensive experience in the field. The book may be most useful to a reader who is new to PD. It also differentiates aspects that are more common and those which are not. The strengths of this book lie in its concise, accessible presentation of well-selected and therefore most relevant information relating to PD.

Fundamentals of Brain Network Analysis


Students and experienced researchers

The field of imaging connectomics is technically challenging and highly multidisciplinary, creating the need for a ‘how to’ connectomics reference which is suitable for researchers and students aiming to gain familiarity with the field. This accessible primer offers readers a consistent voice, uniform structure and expert insights. All chapters contain summaries of key concepts, and each chapter ends with a review of key points and recommendations for best practice.

I found it very informative and it fills gaps in my own knowledge. Written by experts in the field, I think it should prove useful to anyone interested in the field or for experts as a reference manual. It certainly has been helpful to me to understand the development of the subject. There is a lot on the analysis methodology which could be useful to anyone wishing to develop a programme of investigation. It should find its place on the desks of those interested in the field and how it has developed so far.


Neurologists, neuroradiologists and radiologists

The concept of the book is based on the authors’ teaching experiences in ultrasound courses over the past 12 years. They realised that the presentation of real-life cases induced the greatest interest among course participants. The book is divided into two parts; the first part outlines the necessary basic principles, with a particular focus on the precise description of ultrasound anatomy and the related examination techniques. The second part presents and explains 30 selected clinical cases graded from easy to difficult in terms of neurosonological complexity. The videos (almost 100 real cases) show complete extra- and intracranial arterial and venous duplex examinations. The book offers beginners as well as experienced practitioners the opportunity to approach ultrasound diagnostics not only from the perspective of a specialist diagnostician but also from the perspective of a clinician who is struggling to gain the relevant information. The book offers an outstanding overview of the principles in neurosonology and a casework posing interesting angiographic questions. Clinical advantages and disadvantages of various vascular diagnostic methods are demonstrated in relation to ultrasound. Almost 100 video clips show ultrasound anatomy and real cases.

The books strength lies in its format and clear and easy reading with plenty of well-labelled images. The bibliography is extensive and the index easy to use. This book should be in the department and library. I think the book is a useful addition to the management of brain injury. It is useful for stroke physicians, radiologists and neurologists. Trainees would benefit from reading it too. The additional use of an online resource enhances the usefulness of the book.

The Oxford Textbook of Cognitive Neurology and Dementia

Masud Husain and Jonathan M Schott (editors) – Oxford University Press, June 2016 ISBN: 9780199655946 £125

Clinicians with an interest in cognition and dementia including neurologists, geriatricians and psychiatrists

The Oxford Textbook of Cognitive Neurology and Dementia covers the dramatic developments that have occurred in the basic neuroscience and clinical research in cognitive neurology and dementia in an integrated fashion. The text is firmly based on the clinical approach to the patient with cognitive impairment and dementia, while also providing the essential background scientific knowledge about cognitive function that is fundamental to clinical practice. This new textbook aims to summarise the dramatic developments that have occurred in the basic neuroscience and clinical research in cognitive neurology and dementia in an integrated fashion. The book is designed for all of those who want to learn more about cognition and dementia, including neurologists, geriatricians, and psychiatrists who are involved in assessing and treating such patients, but also for those who want to find out about cognitive disorders and their underlying neurobiology. While there are several excellent existing textbooks that selectively cover either the management of cognitive disorders or the neuroscience underlying cognitive disorders, there is a lack of practical resources that summarise all the recent developments in both of these areas in an accessible way for clinicians. Divided into three main sections, this book combines the basic science (Section 1) with different types of cognitive deficit or neuropsychological presentation (Section 2), and disease specific chapters (Section 3), it provides a powerful means of bringing together different aspects of conceptual understanding and factual knowledge, in a way that usually can only come after many years in the field.

This is a comprehensive text which is well-suited to the experienced clinician and to those clinicians who are new to the field of dementia and other disorders of cognition. The book is very detailed, written by leading experts in the field and well-supported with references from being up to date and relevant diagrams. There is a lot of material in this book which can be linked into clinical practice. This book could be used as a clinical reference and to inform clinical practice. The book has a basic science and clinical section. The basic science section features clinical correlates meaning that clinical relevance is a feature throughout the book. There is a focus on the dementia as well as material on other forms of cognitive impairment. This up-to-
About BMA House

BMA House is a grade II listed building in central London’s fashionable and historic Bloomsbury. Home to the prestigious British Medical Association, BMA House was designed in 1911 by the famed architect Sir Edwin Lutyens and has been the Headquarters for the BMA since 1925. Highly accessible, the venue has a superb location just a short walk from the Eurostar (at nearby St Pancras), as well as Russell Square, Euston and King’s Cross stations. Ideal when you have delegates coming from across the UK, offering 29 unique event spaces, including two private outdoor areas, BMA House has the versatility to act as the setting for a wide range of events, including conferences, dinners, private parties, receptions and weddings.

Conferences and meetings
BMA House is a favourite for conferencing, boasting an impressive range of larger rooms suitable for lectures, presentations and talks.

Conference spaces include the magnificent Great Hall (maximum capacity 297 conference-style) and the Council Chamber (fixed capacity for 97) which comes equipped with features such as an electronic voting system and individual laptop and microphone connections for delegates. There are also 11 different purpose-built meeting rooms, the largest of which can accommodate up to 65 people in board room style.

Event spaces are fitted with state of the art audio visual technology as well as free wifi for all standard requirements. A team of friendly and very knowledgeable in-house technicians are also on hand to offer guidance and support for any event.

Corporate and private events
Adorned with high ceilings and magnificent decorative features, BMA House provides an opulent setting for both corporate and private events. BMA House boasts five different event spaces, as well as outdoor entertainment facilities and a creative in house catering team. The venue can tailor for any event; from private dinners and cocktail parties, summer soirees and barbecues, to Christmas parties and stylish evening receptions. With capacities ranging from 20 to 320, this historical central London venue is ideal for both intimate gatherings and larger scale corporate affairs.

Summer and outdoor parties
Ideal for summer parties and outdoor events, BMA House offers two beautiful and peaceful outdoor spaces, namely The Courtyard and Garden; a remarkable asset given its central London location. Built on the foundations of the house where Charles Dickens wrote classics such as Bleak House and Great Expectations, the Garden is a picturesque secret spot located to the side of BMA House. With a capacity of 90, it is suited for reception drinks, barbecues and cocktail parties. Surrounded on three sides by the majestic walls of BMA House, and on one side by an ornate iron gate, The Courtyard is a glamorous location for a reception or standing buffet. Perfect for larger scale outdoor events, given it has a capacity of 320.

A dedicated planning team
When you organise an event at BMA House, you will have the assistance of an in-house events team, which encompasses catering, audio visual support and the services of a dedicated event planner who will work with you from concept to fruition of your event.

Menus are created by our in house caterers who have a focus on British produce and healthy eating. They have created seasonal menus which are notable for their innovative design, stunning presentation and high quality ingredients. BMA House has been accredited with a silver rating under the Green Tourism Scheme due to its dedication to placing sustainable and ethical practices at its forefront. Ingredients are sourced locally and sustainably wherever possible and supportive of Fairtrade tea and coffee growers. In addition, all food waste is composted and all glass bottles recycled.

Get in touch and let us assist you
Call 020 7874 7020 or visit www.bmahouse.org.uk

Weddings
The historic BMA House is an idyllic location for weddings. The venue holds a wedding licence for four of its feature rooms: Great Hall, Snow room, Paget room and The Prince’s Room, all of which retain many of their original listed features. BMA House can easily accommodate large weddings; the Great Hall has a maximum capacity of 200 for a ceremony and wedding breakfast. However, it is also ideal for smaller, more intimate ceremonies and receptions; The Prince’s Room has, for example, a maximum capacity of 60 for a ceremony. BMA House is also a fabulous location to hold a private outdoor drinks and canapé reception.

In addition to its splendid interiors, The Courtyard and Garden, both provide a stunning setting for wedding photographs and pre-dinner drinks.

If you would like a guided tour of our building to discuss any plans you have for meetings and events please email or phone and we will be delighted to help you.

BMA House was the host venue for Nike’s Athlete Hospitality programme during the Olympics 2012 featuring 4,000+ shoe boxas!

Royalty has included Sir Winston Churchill, Princess Anne, Sir Mo Farah and Lesley Garrett.

Visitors have included Princess Anne, Boris Johnson, Sir Mo Farah and Lesley Garrett.

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Events includes parties, receptions and weddings.

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Visitors have included Prince Harry and the Duchess of Cambridge.

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Sleep Disorders in Children


Sleep researchers, paediatricians, child neurologists and child psychiatrists, as well as patient organisations and families with affected children

This book is divided into two parts. The first part is an introduction to childhood sleep physiology and pathology, epidemiology of sleep disorders, and diagnostic procedures. The second part describes the most frequent sleep disorders in greater depth. This book is an exam guide to children’s sleep medicine and a practical manual for diagnosis and management of sleep disorders in children. An overview of the most frequent sleep disorders encountered in newborns, infants, children and adolescents is provided. This book discusses the main sleep disorders in detail, including insomnia, sleep disturbances, and movement disorders during sleep, circadian rhythm disorders, parasomnias, and disorders associated with increased sleepiness. It also covers sleep disorders associated with psychiatric and medical diseases. It provides an overview of each of the common sleep disorders in infancy, early childhood and adolescence as well as algorithms for differential diagnosis of childhood sleep disorders. It explains the need for timely diagnosis and treatment of childhood sleep disorders and includes chapters on ontogeny of sleep, emerging of paediatric sleep medicine and epidemiology of childhood sleep disorders.

“This book, while of manageable size, is sufficiently comprehensive to extend the knowledge and interest of all those who work with children. It is the most up-to-date book on the subject for a problem, which would appear to be becoming more common. The real strength is the range and depth of coverage of the subject matter with an up-to-date review of the published literature. Another strength is the calibre of the contributors to the textbook who are clinical and translational researchers and most of whom are based in the USA, Europe and Australia. My understanding in a number of areas has indeed improved especially in the area of obstructive sleep apnoea but also in assessing and managing children with sleep disorders who have other comorbidities and how these may also impact on their sleep. This book tackles the very interesting subject of sleep disorders in children very well in an in-depth structure. While ensuring the book will move with the reader rather than being relegated to the reference shelf. Each chapter focuses on new research that gives new insights in each subject area.”

The Behavioral Neurology of Dementia, 2nd Edition


Clinicians and researchers

This new edition of The Behavioral Neurology of Dementia provides clinicians and researchers with the latest research findings written by the leading dementia experts. With chapters ranging from cognitive evaluation to imaging, and genetics and pathology to treatment, the detailed clinical descriptions of diseases and symptoms serve not only as an educational tool for trainees, but also as an opportunity for experienced clinicians to deepen their knowledge and better serve their patients.

After years of little progress, the pace of discovery has been speeding up in the last decade, and the authors distill the most valuable discoveries into clear, insightful chapters with applicable information. All the chapters from the first edition have been refreshed with new text and figures. There are new chapters on autonomic antibody-associated encephalopathy; chronic traumatic encephalopathy; and sleep issues in dementia. This book describes the latest research findings in the dementia field — information is up to date and engaging for healthcare professionals. The number of people affected by dementia is increasing rapidly — this book provides a resource for anyone who sees patients with dementia to aid accurate diagnosis and management. The chapter authors are leaders in their field — the quality of the research and evaluation of the data in this book is unparalleled in that the authors are speaking from first-hand knowledge of the data and patients involved.

“This is a well-written book. It is aimed at students and researchers and may even be understood by an intelligent layperson. This book should inspire others to continue their studies and research into memory as one of the first of its kind to present these concepts in this way. Strengths of this book include the fact that evolution is heavily integrated in this book. HM (Henry Gustav Molaison) is one of the most studied people in the world concerning memory and I feel that it was exciting to pick up the book and have this acknowledgement of him and referrals to him in order to understand why we should ask why. Students will enjoy having a fuller understanding of neuroscience too as the authors relate neuroscience with memory systems incredibly well throughout. Additionally, genetic, cellular, and molecular neuroscience explanations are not discussed which means that concepts can be understood more easily without getting too absorbed in the details. You can read the book from cover to cover or dip in and out; the book is easily accessible, can be well understood and encourages you to read on.”

The Evolution of Memory Systems: Ancestors, Anatomy, and Adaptations


Students and researchers in neuroscience, psychology, and biology

Current theories about human memory have been shaped by clinical observations and animal experiments. This doctrine holds that the medial temporal lobe subserves one memory system for explicit or declarative memories, while the basal ganglia subserves a separate memory system for implicit or procedural memories, including habits. Cortical areas outside the medial temporal lobe are said to function in perception, motor control, attention, or other aspects of executive function, but not in memory.

The Evolution of Memory Systems advances dramatically different ideas on all counts. It proposes that several memory systems arose during evolution and that they did so for the same general reason: to transcend problems and exploit opportunities encountered by specific ancestors at particular times and places in the distant past. Instead of classifying cortical areas in terms of mutually exclusive perception, executive, or memory functions, the authors show that all cortical areas contribute to memory and that they do so in their own ways using specialised neural representations. The book also presents a proposal on the evolution of explicit memory. According to this idea, explicit (declarative) memory depends on interactions between a phylogenetically ancient navigation system and a representational system that evolved in humans to represent oneself and others. As a result, people embed representations of themselves into the events they experience and the facts they learn, which leads to the perception of participating in events and knowing facts. The Evolution of Memory Systems is an important new work for students and researchers in neuroscience, psychology, and biology.

This is an outstanding reference book. It reads easily and flows well. It brings together everything that is known in this field. It is a must read for anyone who is involved in research on human memory. This book provides a synthesis of many new findings and concepts, bringing together work in neuroscience, psychology, and biology with clear explanation of each area. The book is easy to follow and provides an excellent introduction to the field of memory systems in human and non-human primates. It is an excellent reference book for anyone interested in memory and related fields.”

Translational Neuroimmunology in Multiple Sclerosis: From Disease Mechanisms to Clinical Applications


Basic and clinical scientists and practitioners in neuroscience, neurology, immunology and pharmacology

MS (multiple sclerosis) is one of the most common disabling neurological disease of young adults. More than 2.3m people are affected by MS. Symptoms can vary widely, depending on the localisation and amount of the damage induced by combined inflammatory, demyelinating, and neurodegenerative processes. Although a cure for MS does not currently exist, therapies can help manage disease activity, reduce progress of the disease, and manage symptoms. Translational Neuroimmunology in Multiple Sclerosis provides an overview of recent findings and knowledge of the neuroimmunology of multiple sclerosis, from experimental models and the human disease to the translation of this research to immunotherapeutic strategies. Chapters describe genetic and environmental factors underlying the disease pathogenesis of MS as a basis for development of immunotherapies, immunomarkers of disease activity, pharmacogenetics, and responses to therapy. Immunomodulatory therapies currently in practice and future therapeutic strategies on the horizon – such as neuroprotective strategies, stem cells, and repair promotion – are discussed.

Contributed by renowned leaders in the field, this cross-disciplinary volume is a great resource for basic scientists and clinical practitioners in neuroscience, neurology, immunology, and pharmacology and in drug development.

“I would recommend it to someone who wanted specific MS knowledge particular to immunology and emerging treatments. I am not sure how much a day-to-day jobbing clinician would get from the book, I feel this book is more for a specialist rather than generalist. It has not only helped me understand the subject, especially the immunology and treatments. I for a specialist in the field this book will serve as a very useful resource and reference book. It reads easily and flows well.”
Obstetrics and gynaecology — the winner of this category will be announced from this shortlist

Clinical Management of Pregnancies following ART

Obstetricians, fertility specialists and postgraduate trainees

This book provides a practical overview of the clinical management of ART (assisted reproduction treatments), ranging from pre-pregnancy care through pregnancy, to birth and beyond. ART is increasingly used worldwide as it offers the greatest chances of success among currently available fertility treatment options, regardless of the cause of infertility. Over the last two decades, there have been considerable advances in the field of ART, and its use has become much more accessible. Clinical Management of Pregnancies following ART discusses the importance of understanding potential risks and problems, the psychological impact on prospective parents, and the available choices. It is a useful guide for all health professionals involved in the care of women undergoing ART. This book provides a detailed overview of the possible risks associated with ART pregnancies and their clinical management. It includes dedicated sections for pre-pregnancy care including the psychological component of the periconceptual period and addresses developments in assisted reproductive technologies and pregnancy outcome.

‘This should be on the shelf of every labour ward lead in the country. It is clear and well-written with good references. It includes lots of useful detail and addresses an unmet need.’

Embryology at a Glance, 2nd Edition

Medical students

Embryology at a Glance is a highly illustrated and innovative introduction to key embryological concepts, with concise, memorable descriptions of main embryological developments. This new edition covers the basic principles of human development, from mitosis and meiosis, before exploring the primary formation of each body system, including the development of the musculoskeletal, circulatory, digestive, reproductive, and nervous systems during the foetal and neonatal periods. Key features include: new chapters on cell signalling genes, stem cells, and antenatal screening for common congenital and genetic defects and full colour photographs and illustrations. Links to clinical practice highlighted throughout as well as timelines of each developmental stage and MCQs and EMQs for revision and review. A companion website at ataglanceseries.com/embryology featuring 15 brand new animations, and podcasts to help clearly explain the processes that occur during development. An additional instructor resource contains an image bank of all the figures from the book to aid teaching this fascinating area. Embryology at a Glance provides the perfect alternative to the overwhelming detail seen in conventional embryology texts. It presents the right level of detail on embryology and congenital abnormalities for all medical students and health professionals to develop a thorough understanding of human development and its implications for clinical practice.

‘Without reservation this colourful and well-structured book would be perfect for a medical student wishing to know more about embryology. Its strengths include: the EMQ/MCQs at the back; superb illustrations; and brilliant tone and language. I also found the ‘clinical relevance’ paragraphs very good. This is a very well-put together book which makes a difficult subject understandable.’

Eureka Obstetrics & Gynaecology

First to final year medical students

Eureka Obstetrics & Gynaecology includes all the core science and clinical information that students need for the obstetrics and gynaecology module of their course, conveniently brought together in one book. Its integrated approach teaches students how to apply biomedical principles to everyday practice across primary, acute and emergency care settings and provides an ideal revision aid in the run up to exams. The goal of Eureka Obstetrics & Gynaecology is not just to give students all the content they need to succeed in their course, on the wards and in their exams; but also, to present the material in a fresh, innovative and engaging manner. The book achieves this goal with its carefully-planned content that reflects the teaching and curriculum design of today’s courses, its accessible full-colour design and its innovative learning features: insightful long-form cases written in a unique narrative style that support problem-based learning and show students

Poverty and health

In June 2017 the board published a briefing, Health at a price — reducing the impact of poverty. The paper outlined the different ways poverty can impact on people’s physical and mental health, and explored actions that can be taken to prevent and mitigate this.

Analgesic use

The board has developed complementary policy briefings exploring ways of supporting improvements in analgesic use. These focused on supporting safer prescribing of analgesics for chronic pain, and improving access to pain relief at the end of life, and were published in March 2017.

Current ongoing board of science workstreams include: unmet women’s health needs; prescribed drug dependence, the health impact of air pollution; antimicrobial resistance; e-cigarette regulation; mental health (and parity of esteem with physical health); illicit drug use and vaccination.

You can find out more about the board on the BMA website bma.org.uk
how to think like an experienced clinician; graphic
methods by bringing the stories of the patients depicted
in the cases to life and highlight the skills that
students need to communicate with colleagues,
patients and their relatives; starter questions at
the beginning of each chapter designed to engage
the reader and make learning and revision more
interesting for the student; test boxes highlight
important clinical tips, tricks and learning points
throughout the book; extensive four-colour illus-
tration programme includes artworks of
anatomical structures, physiological and other core
science processes, photographs of clinical signs
and examination techniques. With its compact sizes,
accessible format and attractive design, Eureka
Obstetrics & Gynaecology is an exciting addition
to the learning resources available to future clinicians.

‘This is a good single collection of bioscience,
clinical information and images. The cases and
short answer questions bring the material to life
and encourage deep understanding and learning.
Although this is similar to other books on the
market it has particular success in the integration
of pathology into clinical context. It is a well-written
friendly text. The mixture of formats, cartoon, tables
and pictures allows a refreshing contrast. This
creates a very enjoyable read. It has a good mixture
of images, designs, tables and cartoons and uses
high quality printing, product and paper with a good
plasticised cover and smoothed corners which adds
to the comfort of reading.’

Gynecologic and Obstetric Surgery: Challenges and Management Options
Arri Coomarasamy, Mahmood I Shaikh, G Willy Davila and Klong K Chan – Wiley-Blackwell,
March 2016 ISBN: 9780470657614 £130

Junior and senior obstetrics and
gynaecology practitioners

This book offers management options to many of
the challenges a gynaecologic or obstetric surgeon
may face before, during or after an operation.
Divided into two sections, the book first covers
general pre-, intra-, and postoperative challenges
and, second, specific operative procedures within
the specialist areas in obstetrics and gynaecology.
Key learning summaries are provided at the
end of each chapter, and there are case studies,
management options with tips and tricks, and
ideas for prevention of complications. This book
is designed to guide the gynaecologic or obstetric
surgeon to safe practice throughout all stages
of surgical management. It covers obstetric and
gynaecologic procedures; this highly practical book
through a thoughtful, and insightful approach to the
best surgical management of patients to minimise
complications and steer the surgeon through
complexities and challenges.

I would definitely recommend this book to surgical
trainees especially those in their senior training as a
useful text prior to observing/undertaking new
surgical procedures and prior to the MRCOG. Basic
surgical techniques and practical patient management
are covered extremely well. This is one of the best
surgical textbooks I have. I have navigated a long
time with its patient management focused chapters,
case studies and excellent key point summaries.
There are numerous surgical textbooks within O&G
but I feel this is one of the best I have seen for a
long time. It is a highly practical patient focused text
which is excellent teaching material.

Oncology – the winner of this category
will be announced from this shortlist

Fast Facts: Non-Small-Cell Lung Cancer
Mary O’Brien and Benjamin Besse – Health Press
£15

Junior hospital doctors, oncology trainees,
specialist nurses, medical students, primary
care providers with a special interest in
lung cancer, researchers and specialists

Rapid developments in the classification, screening
and treatment of non-small-cell lung cancer
(NSCLC) are improving outcomes for patients
with the disease. This concise, up-to-date book
covers the latest CT-based screening and interval
growth imaging techniques and proposed changes
to the TNM classification system as well as
stereotactic radiation for early-stage tumours. This
insightful guide is designed to bring all healthcare
professionals working in this fast-moving field up
to speed with recent advances in a concise, highly
accessible format, at an affordable price. Today’s
developments will change tomorrow’s standards of
provides a comprehensive overview of the latest
developments in this area, written in a refreshingly
readable style from an international perspective. It
will bring all healthcare professionals working in
this field up to speed. Fast. The book is also accompanied
by a short, freely available at fastfacts.com,
which has been provided by the authors to further
aid understanding and reinforce the key messages.

I would recommend this book to any healthcare
professional with a basic understanding of lung
cancer but keen to learn the latest developments
in a few hours. This book is concise, easy to read,
up to date and addresses almost all the key areas
in clinical management of non-small cell lung
in the cases to life and highlight the skills that
students need to communicate with colleagues,
patients and their relatives; starter questions at
the beginning of each chapter designed to engage
the reader and make learning and revision more
interesting for the student; test boxes highlight
important clinical tips, tricks and learning points
throughout the book; extensive four-colour illus-
tration programme includes artworks of
anatomical structures, physiological and other core
science processes, photographs of clinical signs
and examination techniques. With its compact sizes,
accessible format and attractive design, Eureka
Obstetrics & Gynaecology is an exciting addition
to the learning resources available to future clinicians.

‘This is a good single collection of bioscience,
clinical information and images. The cases and
short answer questions bring the material to life
and encourage deep understanding and learning.
Although this is similar to other books on the
market it has particular success in the integration
of pathology into clinical context. It is a well-written
friendly text. The mixture of formats, cartoon, tables
and pictures allows a refreshing contrast. This
creates a very enjoyable read. It has a good mixture
of images, designs, tables and cartoons and uses
high quality printing, product and paper with a good
plasticised cover and smoothed corners which adds
to the comfort of reading.’

Gynecologic and Obstetric Surgery: Challenges and Management Options
Arri Coomarasamy, Mahmood I Shaikh, G Willy Davila and Klong K Chan – Wiley-Blackwell,
March 2016 ISBN: 9780470657614 £130

Junior and senior obstetrics and
gynaecology practitioners

This book offers management options to many of
the challenges a gynaecologic or obstetric surgeon
may face before, during or after an operation.
Divided into two sections, the book first covers
general pre-, intra-, and postoperative challenges
and, second, specific operative procedures within
the specialist areas in obstetrics and gynaecology.
Key learning summaries are provided at the
end of each chapter, and there are case studies,
management options with tips and tricks, and
ideas for prevention of complications. This book
is designed to guide the gynaecologic or obstetric
surgeon to safe practice throughout all stages
of surgical management. It covers obstetric and
gynaecologic procedures; this highly practical book
through a thoughtful, and insightful approach to the
best surgical management of patients to minimise
complications and steer the surgeon through
complexities and challenges.

I would definitely recommend this book to surgical
trainees especially those in their senior training as a
useful text prior to observing/undertaking new
surgical procedures and prior to the MRCOG. Basic
surgical techniques and practical patient management
are covered extremely well. This is one of the best
surgical textbooks I have. I have navigated a long
time with its patient management focused chapters,
case studies and excellent key point summaries.
There are numerous surgical textbooks within O&G
but I feel this is one of the best I have seen for a
long time. It is a highly practical patient focused text
which is excellent teaching material.

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professionals working in this fast-moving field up
to speed with recent advances in a concise, highly
accessible format, at an affordable price. Today’s
developments will change tomorrow’s standards of
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developments in this area, written in a refreshingly
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this field up to speed. Fast. The book is also accompanied
by a short, freely available at fastfacts.com,
which has been provided by the authors to further
aid understanding and reinforce the key messages.

I would recommend this book to any healthcare
professional with a basic understanding of lung
cancer but keen to learn the latest developments
in a few hours. This book is concise, easy to read,
up to date and addresses almost all the key areas
in clinical management of non-small cell lung

Pediatric Radiation Oncology, 6th Edition

Radiation oncologists in training or practice, medical radiation physicists and dosimetrists, as well as paediatric oncologists

Pediatric Radiation Oncology, Sixth Edition continues to be the premier reference that offers comprehensive coverage of this challenging area for the radiation oncologist in training or practice, medical radiation physicists and dosimetrists, as well as paediatric oncologists and others interested in understanding childhood malignancies. This definitive text has been completely updated to reflect recent advances in the field. Manageable in size and engaging to read, it efficiently synthesises data on pathogenesis, pathology, diagnostic workup, staging, treatment approaches (particularly radiation therapy — indications, doses, volumes, and treatment planning), and toxic outcomes, as well as guidance on decision making when data is lacking. For 30 years, this standard reference has helped demystify radiation therapy for childhood cancer and contributed to the quality and quantity of life for children affected by this disease.

‘This is a book I would eagerly recommend to my trainees (I am a paediatric oncologist) as well as nurse specialists to help them understand the role of radiation oncology in the treatment of childhood tumours. It is a very well-written comprehensive text that is perfectly pitched to its intended audience. It is a well-produced book with effective and very useful digital access via a reliable platform in Inking. The initial chapter putting this book and treatment of children’s cancer in context is thoughtful — provoking and a great start to the book. The division of the chapters into disease types mirror clinical practice and makes the book easy to navigate. The illustrations, tables and figures are well-done and complement the text in an optimal manner. I thoroughly enjoyed reading the book.’

Problem Solving Through Precision Oncology

Clinical and radiation oncologists, surgeons, general physicians and trainees, GPs, oncology nurses, clinical scientists and healthcare administrators

Precision oncology offers a hugely exciting opportunity to personalise cancer treatments and prevention for the benefit of the individual but does present great challenges at present, scientific and ethical. This new educational resource provides an overview of the latest progress in developing precision oncology, plus a ground-breaking collection of case studies (‘Problems’) showing precision oncology in practice. It includes a clear, readable summary of developments, alongside real-life case studies, providing a valuable update for all involved in the oncology community. The editors lead research and clinical teams at four UK centres of excellence in the field.

‘This is an excellent introduction to the subject for newly interested individuals and an adequate source of knowledge for clinicians with various backgrounds. It is a very welcome addition addressing a gap in the oncology market with the rapid evolution of knowledge and techniques which is transforming our understanding of cancer and its variability and starting to have a real impact on individualising treatment with better targeting of therapeutic agents and also prognostication. The book is concise but covers a comprehensive range of advances in several fields and offers an excellent overview for clinicians. Central principles and facts are presented in a clear and simple manner and coupled with practical application relevant to patient management with plenty of clinical case examples. It is a much-needed addition to the oncology library.’

Paediatrics — the winner of this category will be announced from this shortlist

Clinical Pediatric Nephrology, 3rd Edition

Paediatric nephrologists

The third edition of a bestseller, this book provides insight from a wide array of international contributors in the field of pediatric nephrology. Copiously illustrated with photomicrographs and clinical diagrams, the third edition reflects current advances in the field. It aims to define the specialty and provide clinical guidance in order to provide a state of the art reference work for this small subspecialty field.

The text is an essential companion to any paediatrician either specializing in nephrology or holding a specialist interest. It serves as an excellent resource on a broad range of paediatric kidney problems and while the management of many of the conditions may change over time, the text will still provide good explanations on the pathophysiology of the problems. The text is written at an appropriate level and is easy to follow. Each chapter contains multiple choice questions that are an effective way of reinforcing the points, while they are mainly there to support American paediatric nephrology trainees sitting exams, they would also benefit UK trainees sitting membership exams. I have already recommended this text to a colleague undertaking UK based paediatric nephrology training and a colleague with a nephrology interest. This is a high quality textbook and one I would want in my library as a paediatrician with a special interest in nephrology. Whilst this book is targeted at keen medical students through to specialists, realistically it is going to be used by the latter as the price of the book would be a deterrent to most trainees in paediatrics.’

Learning from Paediatric Patient Journeys: What Children and Their Families Can Tell Us

Medical students and instructors

Stories from paediatric patients and parents of paediatric patients, with introductory commentaries from a psychiatrist, a medical student and a parent. It aims to document the importance of medical professionals listening to the experiences of those going through the medical system. No other text documents in such detail and profusion the patient experience in paediatrics.

I have thoroughly enjoyed reading it and learnt lots, even though I am over halfway through my paediatric training. The main strength is that it is in essence a collection of families’ stories with helpful reflection points, rather than a textbook explaining how parents feel and how to communicate. It makes you stop and think about your own practice. This is an excellent book, which is easy to dip in and out of and can be used by everyone who works with children. It could also be used as a discussion point for teaching purposes and for self-reflection.’

Neinstein’s Adolescent and Young Adult Health Care: A Practical Guide, 6th Edition

Paediatricians, family practitioners, gynaecologists, internists, house staff, nurse practitioners, PAs, residents, medical students, and fellows, as well as school clinics, college health centres, juvenile detention centres, paediatric emergency rooms and other facilities that serve adolescents and young adults

Highly regarded as the go-to resource of adolescent medicine for more than 30 years, Neinstein’s Adolescent and Young Adult Health Care remains the number one choice in the care of adolescents and young adults. The 6th Edition continues to deliver practical, authoritative guidance on everything from normal development to legal issues, psychosocial care, and special populations. Extensive Updates include the addition of young adult healthcare; a new colour design; numerous new chapters; more algorithms, photos, and bulleted text; and fresh perspectives from a new senior editor and two new associate editors. This renowned title is ideal for daily practice or board preparation, and is recommended by the American College of Physicians for their internal medicine library. It is one of the first texts to incorporate young adults into the scope of adolescent healthcare. The new full-colour design and more clinical photos provide visual appeal and clarity and new chapters cover US and world data on the health of adolescents and young adults, potential effects of technology use on youth, and the growing issues regarding transgender adolescents and young adults. A new section explores special populations such as foster placement; young adults in the military; homeless, incarcerated, and immigrant youth and young adults; Native American youth and more. It is evidence-based throughout, with numerous references provided for further research.

Neinstein’s concisely covers topical areas unique to adolescent and young adult health in an easily.
Pediatric Evidence: The Practice- Changing Studies


Medical students, residents and seasoned practitioners
Increase your knowledge of the clinical trials and evidence that lay the groundwork for current practice with Pediatric Evidence: The Practice- Changing Studies. Brief, easy to read, and accessible, this timesaving resource allows you to quickly familiarize yourself with the 100 most practice-changing clinical trials in paediatrics. Key features include: convenient, succinct synopses of each study, including editorial commentary on the impact of the trial and the context for incorporating it into practice. The reader can access an important mix of historical and contemporary studies, with an emphasis on material most relevant to today’s practice and explore landmark clinical trials in all areas of paediatrics, including the subspecialties of allergy/immunology, cardiology, critical care, emergency medicine, endocrinology, gastroenterology, genetics, haematology/oncology, infectious diseases, neonatology, neurology, primary care, psychiatry, renal, and rheumatology.

This is a very useful reference book for GPs, paediatricians, emergency medicine and social media and people interested in research. A range of historical and contemporary studies are included from small case controls to huge double-blinded randomised controlled trials. All doctors are expected to conduct their own research, as well as to keep up to date with current research. It is impossible for any doctor to keep fully up to date with research, but it is important for doctors to be familiar with the trials that inform their practice. This is an excellent resource and very easy to read, saving the reader time. It is a very good introduction to the concept of evidence-based medicine.¹

SickKids Handbook of Pediatric Thrombosis and Hemostasis, 2nd Edition

General and specialist paediatricians (in particular intensivists, neonatologists, cardiologists/cardiac surgeons, rheumatologists and nephrologists), haematologists/oncologists (paediatric and adult), as well as medical trainees, nurses, nurse practitioners and pharmacists
This updated and extended edition of the SickKids Handbook takes the reader through the entire field of paediatric thrombosis and haemostasis. An introductory section concisely explains the complex pathophysiology of thrombosis and haemostasis. The chapters that follow include practical, evidence-based information on the diagnosis and management of inherited and acquired bleeding disorders and thrombotic events of the venous, arterial, and cardiac and central nervous systems that affect children. Special features include practical clinical algorithms and appendices that cite normal laboratory reference ranges, as well as recommended dosages of blood products and main haemostatic agents. A stand-alone chapter is dedicated to developmental haemostasis and bleeding in the neonate. A chapter on antithrombotic therapy in children gives succinct information on the old and new anticoagulants, antiplatelet drugs and thrombolytic agents.

For a paediatric trainee like myself this would be a very useful reference book covering extensively a complex area within paediatric haemostasis clearly and in enough detail. The depth of information provided on relevant topics makes for a very comprehensive, unique text in a specialised area which is beneficial to a wide range of healthcare professionals both generalists and specialists. It offers practical information with useful clinical algorithms and information and it is well-indexed and easy to read. As a paediatric trainee, I felt this was a comprehensive, well-written book, which will be extremely useful as a reference book on haemostasis and thrombosis. It is evidence-based and practical as stated in the objectives and relevant to a diverse reader. Throughout the book, I came across situations on the general paediatric ward where I thought to myself, ‘I can look that up in SickKids Handbook of Paediatric Thrombosis and Haemostasis’ and found it very beneficial in enhancing my knowledge. I plan to continue to use it in such a way.”²

Pathology – the winner of this category will be announced from this shortlist


Practicing pathologists, particularly those in training grades, anatomical technicians in autopsy suites, and partners with a legal interest in autopsy practice
This atlas leads the reader through the adult autopsy process, and its common variations, with a large number of high-quality macroscopic photographs and concise accompanying text. External realities and checks are discussed at the beginning of the book, which goes on to cover specific body cavities and organ systems in detail. The book ends with chapters on topics including forensic autopsies, specialist sampling, toxicology analyses and the radiological autopsy.

‘I would recommend this book because it gives very comprehensive coverage of the subject, with ample illustrations that enable it to be used as a practical guide for pathologists in training. It is very instructive and the division into the various chapters is logical and makes it easy to access topics of interest. I would like to have had access to a book as good as this during my training. This is an excellent book providing a comprehensive guide to performance of the autopsy from authors experienced in this field of practice. The information is presented in a logical way, with step-by-step coverage of the technical approach to performing an autopsy and detailed guidance on what observations should be made and how to interpret them. The book is visually appealing, with the text of each chapter divided into short well-written and clearly headed sections. There are numerous high quality macroscopic (and some microscopic) photographs that are accompanied by explanatory legends that are very informative. The book will appeal to pathologists in training and more junior technical staff, as the high level of detail makes it a very useful source of easily accessible practical guidance.’³

Diagnostic Lymph Node Pathology, 3rd Edition
Margaret Ashton-Key, Penny Wright and Dennis Wright – CRC Press, August 2016 ISBN: 9781498732697 £99

Pathologists
This book presents a logical and systematic approach to lymph node biopsies and guides general pathologists and haematopathologists alike through the maze of differential diagnoses, enabling them to reach an accurate diagnosis. It has an easy-to-read format and contains boxes for quick reference detailing the clinical, morphological, immunohistochemical, and genetic features of each entity. This edition covers classical and less well-known features of individual disease processes. It is a valuable guide for professionals and trainees.

‘I had anticipated that this was going to be ‘another atlas’ of haematopathology and was delighted with what I found. This is the book that I would happily sit down and read, but would also dip into to update my knowledge in key areas when relevant. I found it a very useful reference and really liked that it was concise, well-presented and small enough to have on hand when needed. I shall certainly recommend this book to colleagues. The strength of this book is that it is clearly written by authors that have an understanding not only of their subject but also of the needs and aspirations of their target audience. Any text will have to compete with digital formats but in this case the printed form has my vote – it can sit on the desk or beside the microscope and therefore can be used as a reference of aide memoir when required. This is an excellent book as it holds true to its aim of assisting haematopathologists and general pathologists with an interest. It is concise and very well-illustrated making it easy to have to hand and to look relevant items up. It is also very readable.”⁴
Haematopathologists, general pathologists and clinicians in haematology- oncology

This is the world’s leading reference in haematopathology now in a completely updated second edition. It is authored by international experts in the field, and covers a broad range of hematologic disorders – benign and malignant – with information on the pathogenesis, clinical and pathologic diagnosis, and treatment for each. It is comprehensive in scope, and it’s a must-have resource for residents and practicing pathologists alike.

‘The book is extremely comprehensive and has been updated to include the entities in the latest (2016), WHO classification of lymphomas. The chapters are sensibly grouped and cover the entities in as much detail as you would want. It is very much a reference manual and would not work for someone with a general interest to read and understand how to tackle a lymphomatous disease in a specimen. This is an excellent and comprehensive book. It fits best into the category of reference manual, covering all the lymphoma entities in obvious defined chapter groupings. The chapters are well-written, with in depth descriptions highlighting the most recent molecular characteristics in these entities. The book is up to date with the latest 2016 WHO classification included. The first few chapters describe some of the more general principles of lymphoma pathology, including some useful advice on how to process the fresh lymph node. The pictures and diagrams are of an excellent quality. The contributors are all well-regarded world experts in haematopathology, the expertise and knowledge comes through in the book. Overall this textbook should be by the microscope of any pathologist reporting lymphomas routinely, and would be of interest to haematologists.’

Modern Soft Tissue Pathology: Tumors and Non-Neoplastic Conditions, 2nd Edition


Pathologists

Fully updated throughout, the second edition of this bestselling book provides a comprehensive guide to the pathology of soft tissue tumours and tumour-like lesions. Reflecting the latest WHO classification throughout, this new edition incorporates advances in clinicopathologic, biologic and genetic studies. As such, detailed coverage of immunohistochemistry and molecular diagnostics is included for each entity. Soft tissue tumours are broadly defined to include metastatic melanomas, carcinomas, and lymphoid proliferations in soft tissue, enabling the reader to distinguish between easily confused entities. Chapters are richly illustrated throughout with high-quality colour images, depicting typical histology and variants of each entity. Each printed copy of this new edition is also packaged with a password, providing online access to the book’s text and images. Written and edited by renowned international leaders in the field, this is an essential guide to all diagnostic modalities in soft tissue pathology. The concise tables and illustrative panels allow the reader to formulate an understanding of each entity at a glance. Detailed information about immunohistochemistry and genetics is integrated into the text for each entity, allowing the reader to understand tumour biology and make use of the full panoply of diagnostic modalities. A world leader in soft tissue pathology, providing an authoritative one-stop resource for diagnostic practice, edits it.

‘Every new topic starts with a bit of basic background on the normal histology relating to the entity. This is exceptionally helpful for someone new to this topic. As a textbook for pathologists wishing to improve their basic knowledge of soft tissue pathology, I would highly recommend Modern Soft Tissue Pathology. As an ST1 with minimal exposure to soft tissue pathology, I have found this book easy to read and understand. Images are reasonably well-rounded and flows nicely. I have been very impressed by the standard of this book.’

Popular medicine – the winner of this category will be announced from this shortlist

Defeating Teenage Depression: Getting There Together


Teenagers with depression, parents, teachers and IAPT therapists

Depression is more than being sad or in a bad mood and it can make life feel life it is all too much. Depression tells you that there is nothing you can do about it, but the right help can turn this story around and help you to rediscover all there is to enjoy in life. This practical guide uses evidence-based techniques from IAPT (Interpersonal Psychotherapy for Adolescent) which has been used to help children and young people with depression around the world. IAPT helps people to develop their own story/narrative of what is happening in their lives so that they can understand their depression better, from its causes to its symptoms, and plan how to get out of it. Readers will learn who to call on for help, even when depression tries to tell them that no one is interested. IAPT helps you to build a support team and to sort out problems with other people that are an inevitable part of life when you are growing up and so much is changing around you. Roslyn Law is a consultant clinical psychologist and one of the leading practitioners of IAPT. IAPT is in the UK. She is IAPT lead at the Anna Freud Centre. This book aims to help adolescents overcome depression using a therapy with a growing evidence-base and provide a useful resource for supporters such as parents and teachers and to provide a resource book for IAPT therapists. This is the first book to make IAPT techniques available to the popular self-help market.

‘This book’s main strength has to be its appeal to a wide range of clinical and non-clinical readers. It is topical, clinically sound and empowering. It is engaging and therapeutic – a positive book which guides the reader to reflect on experiences and trigger processes and enable them to seek change and shape the thinking process. It is a well-written therapeutic text which could have a positive impact on many. It could empower therapists, clinicians, parents and most importantly the teens themselves to problem solve and understand the depth of emotion and behaviours that shape their mental health. It is also a valuable tool for those who do not present to a GP or teacher but wish for support and help. This book challenges any reader to evaluate thinking patterns and reflect. This is an informative thought-provoking read which every reader will take something positive from.’
Women in Academic Medicine (WAM) group

The past decades have seen great advances in increasing diversity in the medical workforce, particularly with regards to gender equality. Women now make up more than half of graduates from British medical schools, yet this diversity is not reflected in academic career pathways, particularly in more senior academic positions.

The Women in Academic Medicine (WAM) group was established to consider how best to tackle the relative lack of women in academic medicine compared with medicine as a whole, and the lack of comparable career progression. Over the past decade, the group has played an important role in gathering evidence and raising awareness of the issues that women face when pursuing a career in academic medicine, influencing policy within the BMA and at a national level. The group also provides a forum for women to meet and support each other through the very successful bi-annual conferences, and through building strong links with other groups.

The group holds a unique position within the BMA, representing women in academic medicine from all disciplines and welcoming members from medical students at the beginning of their career through to established academics in senior positions. As chair of the WAM group, I am very proud to be part of a group which continues to empower female academics and celebrate their significant contribution to medical research.

Dr Carmen Soto
Chair, Women in Academic Medicine group
doctorcarmensoto@gmail.com

In the Bonesetter’s Waiting Room: Travels Through Indian Medicine

Aarathi Prasad – Profile Books, May 2016

General public, encompassing those interested in narrative non-fiction about medicine, travel to India and health in developing countries

India defies definition, and the story of medicine in India is similarly rich and complex: shaped by unique challenges and opportunities, uniting cutting-edge technological developments with ancient cultural traditions, fuelled by political changes which transformed the lives of millions and moulded by the energy of forceful individuals. Here, Aarathi Prasad investigates how Indian medicine came to be the way it is. Her travels will take her to bonesetter clinics in Jaipur and Hyderabad and the waiting-rooms of Bollywood’s best plastic surgeons, and introduce her to traditional healers as well as the world beating heart surgeon who is revolutionising treatment of the poor around the globe. From the asthma treatment ‘cure’ that invokes swallowing a live fish, to ground-breaking mental health initiatives in Mumbai’s Dharavi mega-slum and ground-breaking neuroscience happening inside the Mughal walls of old Delhi, in the Bonesetter’s Waiting Room tells the story of the Indian people, in sickness and in health, and provides a unique perspective on the most diverse and fascinating country in the world. The book aims to introduce some of the fascinating and unique aspects of the Indian healthcare system to general readers, by way of compelling stories and interviews. It aims to provide a cross-section, from wealthy plastic surgery patients to those living on the edges of society. As far as I am aware there is no book on the subject that is commercially available — it is a valuable contribution to the literature on healthcare, the experience of the sick and the healthy, and India.

I would certainly recommend this book to anyone who wants to learn more about this subject but, more importantly, I have recommended this to friends and family who have never thought about reading on the topic. The social and ethical themes raised within the pages of this book are of interest to most, and the strength of the narrative makes it an enjoyable read whatever one’s background. The format of the book, as a sort of quasi-travelogue interspersed with personal and historical accounts, is one of its great strengths. Prasad’s journalistic background shines through, and makes the content of this book accessible to the general population. Equal parts travelogue, personal narrative and documentary this book deftly weaves together the fabric of many stories to present an accessible account of the rich history of Indian medicine within the context of the modern evolving world. The themes of tradition, healthcare and spiritual beliefs, and ethics make its message relevant to all who read it, and the narrative voice is vibrant and engrossing. Prasad gives an account of India and its rich sociocultural background and history within the context of an evolving healthcare system, which combines cutting edge technologies and social enterprise with deeply ingrained belief systems that run counter current to the modern medical model. Her ability to weave these disparate elements into a cohesive whole make the geographical and historical adventure through India immensely instructive and engaging. Her aim to present a snapshot of Indian medicine through the lens of its people has certainly been met in this book. Written in the style of a travel narrative, this book is uniquely placed among other works, as it presents layers of Indian history, culture and background from the perspective of what seems to be a pilgrimage of sorts. Prasad refers to her grandfather’s practise of Ayurvedic medicine at various points throughout the book, and this personal connection strengthens the quality of the narrative, and makes it more accessible to a general audience. She achieves a delicate balance between the non-fiction documentary tone, which relates thousands of years of tradition and the current issues and strengths of the healthcare system, and this quasi-biographical thread running throughout. The breadth of this subject cannot be covered in its entirety within the pages of any book. However, the author does provide a comprehensive snapshot of the state of healthcare in India currently, and helps the reader to understand the historical, social and spiritual reasons for this. This book most certainly meets its stated objectives in terms of readership and comprehensiveness. It has encouraged me to read further on the topic, and I will be keeping a keen eye out for any further publications by the book’s author.

Snowball in a Blizzard: The Tricky Problem of Uncertainty in Medicine

Steven Hatch – Atlantic Books, June 2016

General public interested in medicine/science/statistics

This book is a unique insight into how and why medicine can go wrong from Steven Hatch, a practising physician, a specialist in infectious diseases and assistant professor of Medicine at the University of Massachusetts Medical School. There is a wry joke among radiologists: finding a possible tumour in a mammogram, they say, is akin to finding a snowball in a blizzard. The result? Up to 30% of breast cancer surgeries are done on those who have no cancer at all. In Snowball in a Blizzard medical professor Steven Hatch reveals that although modern medicine has reached new levels of scientific prowess, we know far less than we think we do. Indeed, CAT scans,
The Life Project: The Extraordinary Story of Our Ordinary Lives
Helen Pearson – Allen Lane, January 2017

General public
In a cold March in 1946, the birth of every child one week was recorded. It was the start of an extraordinary project: the longest-running study of human development in the world. It would change the way we are born, schooled, parent and die, irrevocably transforming our understanding of why our lives take the course they do. This is the story of an unparalleled endeavour, its incredible legacy, and the scientific heroes who have fought to keep it alive. They are one of the UK’s best-kept secrets. This book aims to share with a broad public readership this extraordinary tale of scientific endeavour, people fighting incredible odds and unexpected discoveries, full of human interest. More than anything these studies have shown the importance of our early years on all that follows.

This is an enthralling book which has something for everyone whatever their interest in health and society, it has something for everyone and it is an easy read without dodging the details of research. Few authors could have achieved what this author has done. On 5 March 1946 data were collected on 7,000 births. Their follow-up was mapped at different times into their old age. Subsequent studies were started in fresh cohorts in 1958, 1970, 2001 all of which continued until at least 1999. Her account of those each of these studies is truly enthralling including the account of how they were set-up, continued and the interaction with funding bodies and, particularly well, the principal investigators for the principal investigators of the work. They come over as real life people. Few authors would have had the skill and assiduity to interviewed, read, absorbed and then written so clearly, but critically, with a feeling of warmth about the investigators and participants. For example, the behaviour of professor Nevill Butler, especially his cooking of tinned beans on a Bunsen burner (page 131) or how he cornered Margaret Thatcher when she was prime minister (page 133) and subsequent pages would enliven any selection committee considering the book. I could replicate these anecdotes from other pages. It is the author’s human appraisal not only of the projects, but also the people involved funders, researchers and participants, that makes this such a lively book. Reading this book should make one think how these social studies have influenced so much political thinking of whatever persuasion. If you have not read this book then you should do; just for own interest.

The Pregnancy Encyclopedia: All Your Questions Answered
Dr Chandrima Biswas, Judy Barratt, Claire Cross and Susannah Steel – DK, February 2016
ISBN: 97802416532 £25

Newly pregnant women and their partners and parents
Just discovered you’re pregnant? Feeling a little bit lost? The Pregnancy Encyclopedia has the answers to all your questions, including the ones you haven’t even thought of yet. From early pregnancy symptoms such as morning sickness to having a baby and breastfeeding. The Pregnancy Encyclopedia covers everything that you need to know. Top experts in the pregnancy field offer up encyclopaedic knowledge on every topic from trying for a baby right through to caring for your newborn up to three months and everything in between. The Pregnancy Encyclopedia is set out in an accessible question-and-answer format so you can find the answer to your burning questions, including Information on morning sickness, c-sections, breastfeeding, baby clothes and even a due date pregnancy calculator. The Pregnancy Encyclopedia is the trusted back-up you need at one of the most important times in your life. This book is more comprehensive and visual than its competitors, and is this is very helpful for readers.

The book fills a gap in what is out there. There is a clear focus on who it is intended for in a logical sequence with practical tips and images which make easy understanding. The pictures make easy understanding along with down-to-earth simple pertinent questions from mums answered with utmost care. It is an amazing piece of work with a clear focus. The precise, accurate expert information is so neatly laid out with awesome images.

Therapy Pets: A Guide
Jill Eickersley – Sheldon Press, August 2016

Animal lovers and people with a wide range of chronic conditions
Most people are aware of guide dogs for the blind and how they become beneficial to the one who has them. Over the last 50 years there has been an increasing realisation among health and therapy professionals that close contact with other living creatures can be therapeutic. All kinds of people can benefit – the young, the old, those with mental health problems such as anxiety and depression, those with dementia, stroke victims and those who have survived trauma and sexual abuse. This book looks at how the animal-human bond can benefit well-being and overall health. Topics include: the origins of pet therapy, dating back to the 17th century and famous people who found it helpful, such as Florence Nightingale and Sigmund Freud. This book presents the evidence suggesting that animal-assisted therapy can boost health and wellbeing, and shows that cats, dogs, horses and other animals do have therapeutic value to people suffering ill health. Animal-assisted therapy is an emerging discipline and there are few books for the lay reader. This book serves to introduce the topic in a lively, accessible and helpful way.

This is an excellent introduction to the subject. Last year I wrote a blog article about assistance dogs, so I had a fair knowledge of the subject, but I learned a lot from this book. Most people know about guide dogs and they may recognise that their elderly neighbour’s best companion is her dog. Few will be aware of the evidence that pets — and not just dogs — can help so many groups of people. And they are likely to think that pets and care homes just don’t mix. The book may be short (68 pages) but it covers the benefits of pets to people with a wide variety of conditions and needs, at home or in care, old and young. There is a lot of sensible advice for those considering a therapy pet for themselves or for others, suitable warnings, and references. I feel its great strength is the number of quotations from individuals and organisations that are involved with the ruse. They describe how beneficial pet therapy can be and, most importantly, they will overcome many readers’ doubts, as they can see it done in practice. All the more inspirational are their stories of the healing impact of pets, real and realistic. This is probably the simplest and certainly the best book I have read in recent years. A pleasure to read, and not just for readers who are considering involvement with therapy pets.

MRIs, mammograms, and blood tests provide a wall of data. The false positives are rife. Thus, to be a good doctor, surgeon, or psychiatrist, it is just as important to know what one doesn’t know, as what one does. Covering everything from the efficacy of frizz to the regular barrage of health advice by the media, Hatch shows why it is essential that doctors and their patients know how to interpret data. A drug that might be very effective to a certain cohort of hearing dogs for the deaf. Over the last 50 years there has been an increasing realisation among health and therapy professionals that close contact with other living creatures can be therapeutic. All kinds of people can benefit – the young, the old, those with mental health problems such as anxiety and depression, those with dementia, stroke victims and those who have survived trauma and sexual abuse. This book looks at how the animal-human bond can benefit well-being and overall health. Topics include: the origins of pet therapy, dating back to the 17th century and famous people who found it helpful, such as Florence Nightingale and Sigmund Freud. This book presents the evidence suggesting that animal-assisted therapy can boost health and wellbeing, and shows that cats, dogs, horses and other animals do have therapeutic value to people suffering ill health. Animal-assisted therapy is an emerging discipline and there are few books for the lay reader. This book serves to introduce the topic in a lively, accessible and helpful way.

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Primary healthcare – the winner of this category will be announced from this shortlist

Family Medicine: The Classic Papers


Family doctors and primary care practitioners

Brings together classic papers chosen for both their historical importance and contemporary relevance, selected by a team of experts and edited by global family medicine leaders Michael Kidd, Iona Health and Amanda Howe. The book explains the importance of each selected paper and how it contributes to international healthcare, current practice and research. It aims to serve as an inspiration to current family doctors and family medicine researchers and educators, as well as to doctors in training, medical students and emerging researchers in family medicine. The book displays the broad scope of primary care delivered by family doctors around the world, bringing together and disseminating some of the most important research ever carried out in family medicine and primary care.

‘This is an excellent collection of landmark papers relating to general practice and also gives a global perspective of its importance and challenges. Its great strength is that it brings together some of the landmark papers relating to general practice in their original form. Many papers are quoted in training and education but rarely seen in this format and in one place. It also has a global reach, demonstrating that many of the challenges facing general practice in the UK are also faced by healthcare systems around the world. It makes you proud and privileged to be a GP. I’ve not come across a book like this before. I particularly was struck by the way that Barbara Starfield’s classic research, Contribution of Primary Care to Health Systems and Health, was placed right at the middle of the book, suggesting this was literally at the heart of research and placed right at the middle of the book, suggesting, was Barbara Starfield’s classic research, before. I particularly was struck by the way that this was}.

The Appointment: What Your Doctor Really Thinks During Your Ten-Minute Consultation


General market, medical students/trainee doctors and practicing GPs

Despite the modern trend towards empowering patients and giving them more choice, the nuts and bolts of medical practice largely remain a mystery—a closed box. In reality, the more health information is available on the internet, the more patients can feel swamped and confused. The Appointment offers an intimate and honest account of how a typical GP tries to make sense of a patient’s health problems and manage them within the constraints of their health system and the short 10 minute appointment. We have always been fascinated by our own health but in recent years, especially for older people, seeing the GP has become a regular activity. In the past decade the average number of times a patient visits his or her GP has almost doubled. Despite this increasing demand, getting to see a GP is not always easy so those intimate 10 minutes with the doctor are extremely precious, and there’s more than ever to cram in. Taking the reader through a typical morning surgery, The Appointment shines a light onto what is really going on in those central 10 minutes and lets the reader, for the first time, get inside the mind of the person sitting in front of them—the professional they rely on to look after their health. Experienced GP Dr Graham Easton shows how GPs really think, lays bare their professional strengths and weaknesses, and exposes what really influences their decisions about their patients’ health. Each chapter deals with a single appointment—fictionalised but based on years of experience with real patients. The book deals with the most common (and some uncommon) forms of illness, with the pressures of a ticking clock, with the conflict between patient expectations and NHS requirements, and with the intense workload for a typical doctor. Graham Easton is a practising GP, Fellow of the RCGP and Programme Director for GP Specialty Training at Imperial College London. He is an experienced communicator of medical ideas to the non-medical public, through books, articles and TV and radio appearances. This book aims to give patients an insight into the decision-making processes and workings of their GP surgery while highlighting wider issues in training and everyday primary care: it is an important step for providing transparency in the patient charter.

The book is an outstanding achievement – effectively bridging the gap between the patient and the doctor, reinforcing that they are on the same team. It celebrates the skills of the GP, in an era where it may seem that the internet has replaced their skill set. Instead it shows the complex art of medicine, and the difficult decisions a doctor must make within a short appointment time. Although it is mostly based on Easton’s observations, it is also excellently researched and draws on numerous secondary sources. These are clearly documented in the book’s references list. The book is split into eighteen patients, each identified by their initials, and some brief ‘patient notes’ as they may appear on the GP’s computer. Easton takes the reader through his thoughts as each patient attends their appointment. He breaks down the art of medicine to the reader, describing how he approaches various clinical presentations. The most gratifying aspect of the book, however, is how successfully Easton humanises the medical practitioner. The GP is presented as a person who endeavours to do their best, but may sometimes make mistakes, or unsuccessfully resolve complaints. Furthermore, the GP is presented as a patient: one who is also struggling to control their weight, with their own health anxieties and embarrassments. The book is a novel contribution in its marrying of these elements: although it is primarily an explanation of ‘how GPs think’, the book brings closer the doctor and the patient in this honest and uplifting account. The book is an impressive achievement and has been a pleasure to read.

The CSA Exam: Maximizing Your Success


GP trainees and GP trainers

Written by a team of practising GPs and CSA examiners, in collaboration with the recent CSA Role-Player Lead responsible for training and quality-assuring the work of the simulated patients in the exam. The CSA Exam: Maximizing your... Success is a key resource for trainees and their trainers. It is prepared for various components of the MRCPG examination. Designed to help readers prepare and pass the CSA exam. The CSA Exam: Maximizing your... Success is a key resource for trainees and their trainers. In preparing for this component of the MRCPG examination, the authors of this book have constructed a simulated examination using the guidelines provided for the CSA exam. This book is based on the guidelines provided for the CSA exam and is designed to help you prepare for the CSA exam. The CSA Exam: Maximizing your... Success is a key resource for trainees and their trainers. It is prepared for various components of the MRCPG examination. Designed to help readers prepare and pass the CSA exam. The CSA Exam: Maximizing your... Success is a key resource for trainees and their trainers. It is prepared for various components of the MRCPG examination. Designed to help readers prepare and pass the CSA exam. The CSA Exam: Maximizing your... Success is a key resource for trainees and their trainers. It is prepared for various components of the MRCPG examination. Designed to...
The Inner Physicist: Why and How to Practise ‘Big Picture Medicine’

Roger Neighbour OBE – Royal College of General Practitioners, February 2016 ISBN: 978085044115 £29.99

GP’s at every career stage, including trainees

The Inner Physician deals with the relationship between different parts of the individual doctor’s own mind. In the final volume of his ‘Inner’ trilogy, Roger Neighbour, author of The Inner Consultation, explores the relationship between a doctor’s professional and private selves. He suggests that the mind of every doctor retains an untrained ‘ordinary human being’ part – their Inner Physician – which makes an important contribution often neglected, to the bedside manner.

The Inner Physician, which he calls ‘the amateur within’ or ‘the expert minus the expertise’, plays a main role in diagnosis and treatment, and is the chief source of insight, empathy and clinical acumen. Drawing on ideas ranging from Greek philosophy to catastrophe theory and quantum mechanics, but written in an engaging easy-to-read style, The Inner Physician creates a powerful case for humanity, thoughtfulness and self-awareness as hallmarks of the effective clinician. It will be challenging but inspiring to GPs at any career stage, and also to specialists keen to understand how their own work fits into medicine’s ‘big picture’. Coming at a time when doctors are under pressure to function more as biomedical technicians than effective clinicians, The Inner Physician aims to help GPs rediscover their pride in the human aspects of their work with patients.trainees should be comforted and inspired to have confirmed what they always knew – that they themselves are an important factor in their clinical effectiveness.

‘I would recommend this book to all GPs and GP training. I would further to add that this book needs to find its way into the undergraduate medical curriculum. It will have the benefit of adding value, insight and understanding to all clinicians’ lives with the end result of improving both patient and clinician interactions. It is timed well, considering the increasing workload demands on an ever-shrinking workforce which sees frontline clinicians faced with many challenges when dealing with an enormous number of patient consultations. It reminds the clinician to stop and take stock of their whole self and how this is impacting on their own and also on the journey of the patients they interact with. The books inspires you to reflect on your interactions, and embrace a closer connection with your thinking and feelings, as well as your own thinking to myself, while reading this book. — Sometimes need longer than 10 minutes with a patient, and I want to get to know my patients not just their illness. This is an exceptional book. The book would be a useful and timely addition to the GP curriculum. The author introduces some fascinating concepts – ‘Crichton’s switch’, ‘the Inner Physician’, ‘the mecha-physician’, ‘narrative reasoning’, ‘power and the art of attention’ – novel ideas, described with such care and backed up with examples to really seal the understanding of the concepts. I have enjoyed reading this book and find it has re-emphasised to me the human factors that drew me to the profession; it has given an important to feeling and vocalising those thoughts, acknowledging their effects on the clinical journey and on you.’

Psychiatry – the winner of this category will be announced from this shortlist

An Introduction to Cognitive Behaviour Therapy: Skills & Application, 3rd Edition


Trainees including IAPT trainees (UK) and students taking specific CBT courses at all levels (certificate to masters) or those taking CBT modules on other courses such as psychology and clinical psychology programmes, will find this book essential. The 3rd edition textbook is made up of 19 chapters covering the basic theory, skills and applications of cognitive behaviour therapy, and is fully updated to reflect recent developments in CBT theory. It includes in-depth material on working with diversity, and new case studies and exercises to help the reader reflect and explore how theory can be used to develop effective practice. A new companion website features more than 40 videos illustrating the CBT skills and strategies discussed in the book, including Measuring CBT’s effectiveness, Socratic Method and applications; Physical techniques and behavioural experiments; Applications of CBT to specific client disorders; Using video in CBT, and more. The video presentations are delivered by OECT trainers, clinicians and researchers who are considered to be among the country’s leading experts in the field of CBT. The companion website further offers linking to TAB’s, a casenote and casebook and useful resources.Redefining Mindfulness: Integrating Mindfulness Into Your Psychiatric Practice


Psychiatrists, psychologists, psychiatric trainees, social workers, counsellors and nurses

Featuring embedded exercises and guided meditations, as well as an appendix with audio recordings and a resource list. Becoming Mindful: Integrating Mindfulness Into Your Psychiatric Practice provides clinicians with readily accessible tools to use in sessions with patients. With chapters that focus on the benefits of mindfulness for both the clinician and the patient, this guide discusses practical aspects and offers solutions for overcoming common obstacles, including restlessness and boredom, sleepiness, and sensory craving. Key points summarise each chapter’s content, making it easy for busy clinicians to quickly reference the information they need to most effectively treat patients, including children and adolescents; patients battling substance addiction; and patients suffering from such disorders as depression, post-traumatic stress disorder, and attention-deficit/hyperactivity disorder. With additional sections on mindful eating, mindfulness and technology, and the growing field of positive psychiatry.

I would definitely recommend this book to people with no or a very basic understanding/ experience of mindfulness to understand mindfulness more and how it can fit into clinical practice. It’s probably too basic for those who are already familiar or experienced or those who are keen on gaining in-depth knowledge/applying it to a specific patient group. This is a good, evidence-/ neuroscience-based introduction to mindfulness and its use in psychiatry, with plenty of caveats and cautions that there is only a small body of research on mindfulness so far (particularly chapters 2, 6 and 8). There is an excellent explanation of the ‘mindfulness attitude’ in chapter 3, which clearly explains some of the difficult-to-grasp ways of best approaching mindfulness. It highlights possible pitfalls/blocks to practising mindfulness, and also has caveats that mindfulness may not be most suitable for mindfulness techniques (such as psychosis and trauma patients). It is generally very realistic about the lack of research/ evidence done so far. It is a comprehensive and critical review of the research that has been done. I would recommend this book as an excellent basic introduction to mindfulness in psychiatry. This is especially important as mindfulness is being increasingly recommended as a treatment in psychiatry as well as being used by more and more people in everyday life, and it is important to understand the evidence for and the evidence behind it, even if you don’t plan to practice it or use it with patients yourself.’

Marijuana and Mental Health


Clinical and research psychiatrist, psychiatric trainees and fellows, clinical psychologists and psychiatric nurses

A debate continues within society as to whether cannabis is simply a harmless substance that should be fully legalised, a possibly beneficial treatment for patients with certain illnesses, or a drug with the potential to worsen addiction and cause mental health problems. The controversy persists in the medical
Medical Psychotherapy


Specialist trainees in psychiatry, consultants working in psychotherapy, psychologists and allied health professionals

Medical Psychotherapy provides an accessible account of the wide range of psychological therapies and their clinical applications within psychiatry and medicine today. The book begins with an introduction to medical psychotherapy and its history, and the role of the medical psychotherapist in mental health clinics and training. This is followed by chapters summarising the main models of psychotherapy, the general therapeutic competencies, and current methods of assessment and treatment. Further chapters examine issues related to life course, specific psychiatric disorders, and personality disorders. This handbook attempts to offer an overview of psychotherapies under the umbrella of the ontology of medical psychotherapy. Each therapy is given its own voice, and the reader is invited to hold in mind, and to integrate, the disparate array of ways of healing minds. Medical Psychotherapy draws together succinct descriptions of the main models of psychotherapy, written by the foremost voices on psychotherapy in the UK, who offer an accessible, theoretical, and evidence-based depiction of each therapy and its clinical role for patients.

I would recommend the book to anyone needing an overview of medical aspects of psychotherapy, especially medical trainees from medical students, general psychiatry trainees or specialist psychotherapy trainees, and also those training in other disciplines. It will also be informative and a good source reference for experienced clinicians and teachers. It is the sort of book for which many people will want a personal copy to keep with them, rather than just a library copy. The book is non-partisan (although psychodynamic approaches are best reflected in the discussions). If not literally an ‘essential book’ to have, it must come very close to ‘required reading’ a necessary tool for all those needing an overview of medical psychotherapy. The book is extremely strong in providing a consensus overview of the whole field of medical psychotherapy—this is a remarkable achievement and the strong, reassuring, editorial presence of a whole team of experts is comforting. It will be very valuable to all medical psychotherapists and those in training, and it is also appropriate for other psychiatrists and trainees who will find the book an invaluable source of wisdom across the whole spectrum of psychotherapy. The breadth of coverage is excellent overall with good choices made in selecting topics and case examples. This book is a remarkable achievement in bringing together a comprehensive but concise compilation of research in the area of cannabis and mental health.

The BMA Foundation for Medical Research is a charity that awards grants and prizes for pioneering medical research. The BMA has been awarding research grants since 1839, and was one of the first professional organisations to award scholarships and prizes to encourage and further medical research.

This year, approximately 12 research grants totalling just over £60,000 are awarded each year to medical doctors and research scientists, all funded by past bequests to the BMA Foundation. The grants fund basic and clinical medical research, covering a diverse range of research topics, from heart disease to neurological disorders to cancer. The grants are awarded to clinical academic doctors and research scientists, and aim to support grant winners in their research aims and career development.

The impact of BMA Foundation funding has been wide ranging across medicine and healthcare. Research projects supported by the foundation have led to the discovery of novel mechanisms in complex disease, opening the door to new and more targeted treatment. This has ultimately raised clinical standards, disease outcomes and improved patient care.

How to apply

The BMA Foundation grants are advertised widely in the British Medical Journal, on the BMA Foundation website www.bmafoundationmr.com, and externally. Details of the grants on offer are made available from September each year. The online application system opens in December, and the deadline for submitting applications is early March. Grants are available for a maximum period of three years.

Full details can be found on the BMA Foundation website or by contacting E: researchgrants@bma.org.uk T: 020 7383 6341

BMA Foundation for Medical Research

The project identified for the first time the effects of alcohol on first trimester placental development and also nutrient transfer across the placenta.

Dr Clare Tower, previous winner of the Eyck & Strutt grant for kidney research

The rhino-virus studies led to the identification of viruses being a major cause of asthma exacerbation and identification of a defect in interferon-beta production, thereby reducing the innate immune system response to viruses. This discovery has led to the development of inhaled beta-interferon as a new treatment for virus induced exacerbation.

Prof S Holgate, previous winner of the HC Roscoe grant for research into upper respiratory disease

‘[The grant] obtained scientifically novel and extremely interesting data that has since been published in the highest ranking nephrology journals. Our data is quoted in international policy documents on the management of children with chronic kidney disease.’

Dr Rukhshana Shroff, previous winner of the Eyck & Strutt grant for kidney research

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BMA Foundation for Medical Research

www.bmafoundation.org.uk

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How to apply
Mentalization-Based Treatment for Personality Disorders: A Practical Guide

Anthony Bateman and Peter Fonagy – Oxford University Press, January 2016

Mental health workers

Mentalising – the ability to understand oneself and others by inferring mental states that lie behind overt behaviour – develops within the context of attachment relationships. It is crucial to self-regulation and constructive, intimate relationships, both of which are impaired in personality disorders because of sensitivity to losing mentalising at times of anxiety and attachment stress. Loss of mentalising leads to interpersonal and social problems, emotional variability, impulsivity, self-destructive behaviours, and violence. This practical guide on mentalisation-based treatment (MBT) of personality disorders outlines the mentalising model of borderline and antisocial personality disorders and how it translates into clinical treatment. The book is divided into four parts: the mentalising framework, basic mentalising practice, mentalising groups, and mentalising systems. It covers the aims and structure of treatment, outlines how patients are introduced to the mentalising model so that their personality disorder makes sense to them, explains why interventions are recommended and what is not recommended, and systematically describes treatment in group and individual therapy to support more stable mentalising. People with personality disorders commonly have co-morbid mental health problems, such as depression and eating disorders, which complicate clinical treatment. Therefore, the book advises the clinician on how to treat comorbid mental health problems. Additionally, mentalising problems in families and social systems, for example, schools and mental health services are also covered. A families and carers training and support guide is provided as families and others are often neglected during the treatment of people with personality disorder. The book is a valuable guide for all mental health workers on how to effectively treat personality disorders.

“This book is definitely the place to start. It is very well-targeted to its potential audience, which is for practitioners and students seeking a more specific and informed guide to caring and treating persons with personality disorder. The book has many summary sections for those with less time to focus on the more extensive and theoretical sections. I believe the book will quickly become the go-to text on the topic of mentalisation therapy for personality disorders, providing much detail necessarily for selectively excluded from research papers on the topic. This book fills a gap in the market and integrates a lot of material in a more practical and mainstream way than many books on therapy for offenders and the vulnerable. This is a very useful book for anyone working with personality disordered persons.”

Neuroimaging and Neurophysiology in Psychiatry

David E Linden – Oxford University Press, March 2016

Psychiatrists, psychologists in training and postgraduate students in neuroimaging

Neuroimaging and Neurophysiology in Psychiatry explains the basic physics and physiology behind the main techniques of neuroimaging, including MRI and PET, and non-invasive neurophysiology. This title covers all the clinically relevant aspects of neuroimaging and neurophysiology methods. It includes individual chapters on techniques, diagnostic disease markers, and neurophysiological treatments. To ensure psychiatrists are familiar with the clinical relevance of reported abnormalities. With the latest research, Neuroimaging and Neurophysiology in Psychiatry is an invaluable and easy to read reference that will help practising psychiatrists in the evaluation of the use of neuroimaging methods in clinical, research, and forensic settings. Psychiatry is striving to identify biological correlates of mental disorders and symptoms of psychopathology, and the techniques of neuroimaging have become the main working horse of this endeavour. They also provide a key route for the exclusion of identifiable organic causes of psychiatric syndromes. Psychiatrists need to be familiar with the current neuroimaging and neurophysiology methods in order to understand and interpret scan and EEG reports appropriately and to understand the limitations of the respective method. They also need to have a grasp of neuroimaging research designs in order to understand the ever-increasing number of patient studies purporting to identify neuroimaging and neurophysiological biomarkers. This handbook explains the basic physics and physiology behind the main techniques of neuroimaging, including MRI and PET, and non-invasive neurophysiology. It shows normal findings on CT, MRI, and EEG and abnormalities in patients with psychiatric symptoms that suggest organic causes. These pathological examples illustrate the indications of imaging and neurophysiology tests in patients with...
Psychiatric and Behavioral Disorders in Intellectual and Developmental Disabilities, 3rd Edition

Colin Hemmings and Nick Bouras – Cambridge University Press, March 2016

Psychiatrists and psychologists

Fully revised, this new edition reviews the most up-to-date and clinically relevant information on the mental health and behavioural problems of people with ID (intellectual, developmental and learning disabilities). The use of the techniques for monitoring disease, disease response, and as biomarkers are also helpfully covered. No other monograph on the subject offers as concise and easy-to-read account as this book, which should promote the spread of these techniques from neurology to psychiatry and from research lab to clinic room.

Shawn Christopher Shea – Elsevier Inc, October 2016
ISBN: 9781437719896 $89.99

Psychiatrists, psychologists, counsellors, social workers, nurses and other mental health professionals

With time at a premium, today’s clinicians must rapidly engage their patients while gathering an impressively large amount of critical information. These clinicians appropriately worry that the ‘jargon’ beneath the questionnaires will be lost in the shuffle of time constraints, data gathering, and the creation of the electronic health record. Psychiatric Interviewing: The Art of Understanding: A Practical Guide for Psychiatrists, Psychologists, Counselors, Social Workers, Nurses, and other Mental Health Professionals, 3rd Edition tackles these problems head-on, providing flexible and practical solutions for gathering critical information while always attending to the concerns and unique needs of the patient. Over five years in the making, this classic introduction to the art of clinical interviewing is now updated, expanded and innovatively designed for today’s reader with more than 7.5 hours of streaming video integrated directly into the text itself. Readers will become expert interviewers, acquiring the rare opportunity to see the author illustrating specific interviewing techniques and subsequently discussing effective ways in which to employ them.

Sports Psychiatry

Alan Currie and Bruce Owen (editors) – Oxford University Press, March 2016

Psychiatrists, primary care physicians and other trained specialists

Psychiatric conditions of all kinds can present in sporting populations due to the high intensity physical effort, competition and anxiety associated with competitive sports. Mental illness is not just a health concern, but is likely to have a significant impact on sporting performance and achievement. Part of the Oxford Psychiatry Library series, this concise and practical pocketbook covers the breadth of psychiatric conditions that can present in sportspersons and sportswomen. It provides practical and up-to-date guidance, which is invaluable for all health professionals working within sporting communities. Chapters cover the spectrum of anxiety states and mood disorders that are often seen in the sporting context, as well as other conditions such as eating disorders, substance abuse and addictive behaviours, attention deficit and hyperactivity disorder and personality disorders. This book is designed to equip all health professionals who work in sport with a sufficient understanding of how mental illness manifests and how it can be managed to ensure that the mental health needs of athletes are met in the same manner as their other health needs. While several existing comprehensive text books already cater for the needs of specialised sports psychiatrists and researchers, this concise handbook aims to provide practical guidance to all clinicians as a way of ensuring that all sportspersons and sportswomen receive mental healthcare when necessary.

Stahl’s Self-Assessment Examination in Psychiatry: Multiple Choice Questions for Clinicians, 2nd Edition


Prescribers specializing in psychiatry, primary care physicians, nurse practitioners, psychologists and pharmacists

This book features 150 new and updated case-based questions, divided into 10 core areas of psychiatry, this collection will help you identify areas in which you need further study. Each question is followed by an explanation of the answer and a list of references. After completing the questions you will be better able to: diagnose patients presenting with psychiatric symptoms using accepted diagnostic standards and practices, implement evidence-based psychiatric treatment strategies aligned with the patient’s recovery goals; integrate recent advances in diagnostic and treatment strategies into clinical practice according to best practice guidelines. All questions have been approved by the American Board of Psychiatry and Neurology as being pitched at an appropriate level for re-accreditation purposes. Though explanations of the correct and incorrect answer choices for every question demystify complex principles and enable the user to build their knowledge and understanding.

primarily psychiatric presentations. The reader will immediately be drawn into the text when and how to evaluate the clinical relevance of reported abnormalities.

“This easy to read reference will be helpful to any neurologist, psychiatrist, psychologist, or neuroscientist who wishes to rapidly understand the field. It spans these disciplines admirably and will improve practice. Innovative clinical synthesis will be of interest to all the specialties working with patients with neurological and psychological problems. New approaches in neuroimaging and neurophysiological techniques are opening up the study of the brain. These advancements are much more familiar to neurologists, who frequently order MRIs, radioligand imaging, and EEGs, than psychiatrists. These techniques have also driven treatment strategies, including deep brain stimulation, first used in movement disorders and now used, on more or less an experimental basis, in obsessive compulsive disorder and other psychiatric conditions. Over 140 pages, this monograph explains the core physics and physiology underlying the main techniques. Clinical relevance is to the fore, from the very first chapter (which discussed the techniques’ use in general) to sections on the individual techniques which hinges on clinical use. The ways in which each technique has improved understanding of a wide-range of conditions is discussed, and these sections are well-researched and to date. There is also considerable value-added through explanations of the indications for the uses of these techniques in working-up patients with psychiatric disorders – something which psychiatrists may be unfamiliar. The use of the techniques for monitoring disease, disease response, and as biomarkers are also helpfully covered. No other monograph on the subject offers as concise and easy-to-read account as this book, which should promote the spread of these techniques from neurology to psychiatry and from research lab to clinic room.”

Psychiatric Behavioral Disorders in Intellectual and Developmental Disabilities, 3rd Edition

Colin Hemmings and Nick Bouras – Cambridge University Press, March 2016

Psychiatrists and psychologists

Fully revised, this new edition reviews the most up-to-date and clinically relevant information on the mental health and behavioural problems of people with ID (intellectual, developmental and learning disabilities). The use of the techniques for monitoring disease, disease response, and as biomarkers are also helpfully covered. No other monograph on the subject offers as concise and easy-to-read account as this book, which should promote the spread of these techniques from neurology to psychiatry and from research lab to clinic room.

Shawn Christopher Shea – Elsevier Inc, October 2016
ISBN: 9781437719896 $89.99

Psychiatrists, psychologists, counsellors, social workers, nurses and other mental health professionals

With time at a premium, today’s clinicians must rapidly engage their patients while gathering an impressively large amount of critical information. These clinicians appropriately worry that the ‘jargon’ beneath the questionnaires will be lost in the shuffle of time constraints, data gathering, and the creation of the electronic health record. Psychiatric Interviewing: The Art of Understanding: A Practical Guide for Psychiatrists, Psychologists, Counselors, Social Workers, Nurses, and other Mental Health Professionals, 3rd Edition tackles these problems head-on, providing flexible and practical solutions for gathering critical information while always attending to the concerns and unique needs of the patient. Over five years in the making, this classic introduction to the art of clinical interviewing is now updated, expanded and innovatively designed for today’s reader with more than 7.5 hours of streaming video integrated directly into the text itself. Readers will become expert interviewers, acquiring the rare opportunity to see the author illustrating specific interviewing techniques and subsequently discussing effective ways in which to employ them.

‘I think this is a lovely idea for a book because it combines factual knowledge via DSM-5 with more conceptual approaches, practical videoed scenarios with teaching, and reflection on the patient experience. It feels like a labour of love and deserves to be a success. The book’s weakness could be that it is difficult in the modern era to sit down with a heavy, hardback textbook and work through its chapters. However, the author has addressed this through a very accessible ebook format and is more approachable and easy to get into by way of the integrated video package, which is comprehensive and does not feel like an afterthought. I see this book as something the practising student or clinician will return to repeatedly throughout a career, or perhaps consult when working through a challenging clinical experience. This is an unusual book, a pleasure to review. I see this book as something the practising student or clinician will return to repeatedly throughout a career, or perhaps consult when working through a challenging clinical experience. In the past, I have reviewed books, which have seemed very expensive for what they are (especially from US publishers). I have to say that the price of $90 including the online resources, seems reasonable given the amount of value the reader will obtain.’

Stahl’s Self-Assessment Examination in Psychiatry: Multiple Choice Questions for Clinicians, 2nd Edition


Prescribers specializing in psychiatry, primary care physicians, nurse practitioners, psychologists and pharmacists

This book features 150 new and updated case-based questions, divided into 10 core areas of psychiatry, this collection will help you identify areas in which you need further study. Each question is followed by an explanation of the answer and a list of references. After completing the questions you will be better able to: diagnose patients presenting with psychiatric symptoms using accepted diagnostic standards and practices, implement evidence-based psychiatric treatment strategies aligned with the patient’s recovery goals; integrate recent advances in diagnostic and treatment strategies into clinical practice according to best practice guidelines. All questions have been approved by the American Board of Psychiatry and Neurology as being pitched at an appropriate level for re-accreditation purposes. Though explanations of the correct and incorrect answer choices for every question demystify complex principles and enable the user to build their knowledge and understanding.
Public health – the winner of this category will be announced from this shortlist

Addiction and Choice: Rethinking the Relationship
Nick Heather and Gabriel Segal – Oxford University Press, September 2016 ISBN: 9780198727224 £54.95

All those with an interest in this global issue

The central problem in the study of addiction is to explain why people repeatedly behave in ways they know are bad for them. For much of the previous century and until the present day, the majority of scientific and medical attempts to solve this problem were couched in terms of involuntary behaviour; if people behave in ways they do not want, then this must be because the behaviour is beyond their control and outside the realm of choice. An opposing tradition, which finds current support among scientists and scholars as well as members of the general public, is that so-called addictive behaviour reflects an ordinary choice just like any other and that the concept of addiction is a myth. The editors and authors of this book tend to take neither view. There has been an increasing recognition in recent literature on addiction that restricting possible conceptions of it to either of these extreme positions is unhelpful and is retracting progress on understanding the nature of addiction and what could be done about it. This book contains a range of views from philosophy, neuroscience, psychiatry, psychology and the law on exactly this middle ground between free choice and no choice; what it is and what its implications are for the theory, practice and policy on addiction. The result amounts to a profound change in our thinking on addiction and how its devastating consequences can be alleviated. It provides an essential, cutting-edge theory and research on addiction, giving the reader an insight into a profoundly change that is happening in the addictions field. Chapter authors include some of the best minds on the planet in the addictions field; hence readers will be stimulated by brilliantly original and authoritative ideas on addiction. It also offers a multidisciplinary perspective, which includes psychiatry, neurology, psychology and the law, demonstrating to readers how diverse positions from varying academic and scientific disciplines can cohere to form a radically new perspective on addiction. This book analyses and criticises basic assumptions about addiction, resulting in a book that will invite the reader to think about the fundamental questions of addiction.

This book is a great starting point for someone who would like to know some of the modern views in addiction science. As a busy clinician and an aspiring public health professional, personally I find that this book has given me a great overview of what’s new in addiction research – especially in the fields of cognitive neuroscience and behavioural economics which I found very insightful. ‘Neuromania’ aside, I think there needs to be a paradigm shift in public health thinking on promotion targets to take into account how these processes and biases fuel ‘healthy’ or ‘unhealthy’ choices made by the individual. The editors have managed to assemble a well-curated collection of articles arguing their point of view.

Cultural Context of Health: The Use of Narrative Research in the Health Sector

Public health decision-makers, researchers and knowledge translation practitioners

Storytelling is an essential tool for reporting and illuminating the cultural contexts of health; the practices and behaviours that groups of people share and that are defined by customs, language and geography. This report reviews the literature on narrative research, offers some quality criteria for appraising it and gives three detailed case examples: diet and nutrition, well being and mental health in refugees and asylum seekers. Storytelling and story interpretation belong to the humanistic disciplines and are not a pure science, although established techniques of social science can be applied to ensure the rigour in sampling and data analysis. The case studies illustrate how narrative research can convey the individual experience of illness and well-being, thereby complementing and sometimes challenging epidemiological and public health evidence.

This short report uses a hermeneutic review and case examples to provide a highly useful and practical guide to narrative research for students, policy-makers and health professionals.

How to use that narrative best while avoiding bias, I think it is an excellent short report: useful for its review but also for its exposition and demonstration of its methodology. It is very well written with appropriate and entertaining quotations and references.

Health Divides: Where You Live Can Kill You

Health and social care professionals and practitioners/policymakers with a health or geography interest

Americans live three years less than their counterparts in France or Sweden. Scottish men survive two years less than English men. Across Europe, women in the poorest communities live up to 10 years less than those in the richest. Revealing gaps in life expectancy of up to 25 years between places just a few miles apart, this important book demonstrates that where you live can kill you. Clare Bambra, a leading expert in public health, draws on case studies from across the globe to examine the social, environmental, economic and political causes of these health inequalities, how they have evolved over time and what they are like today. Bambra concludes by considering how health divides might develop in the future and what should be done, so that where you live is not a matter of life and death. To date, despite the salience within media debates, there has been no recent book – either academic or popular – that has explicitly addressed the North–South health divide or put it within a broader UK and international health inequalities context. This book fills the gap in the market, riding the contingent wave of support for the social justice movement in the process.

This book is very accessible and engaging to a wide variety of audiences. I would also recommend it to people who may not ‘want’ to learn about the subject but for the good of all ‘need’ to learn about this subject; eg politicians who routinely confuse and misinterpret this sort of information. As a public health specialist, I already know and communicate many of the concepts and present similar data to what is in this book. However it has given me a range of new ‘stories’ to use to engage my own audience. It is an exceptional book. I have been reviewing for many years and found it to be the best I have reviewed by some margin. It is an important subject, elegantly presented in an easy and engaging fashion. It also fits with the times in which we live of kylogists and fake news and will help a wide audience understand what is true and what is not, why it is so and why that matters. Health inequalities should not be tolerated as normal or inevitable and this book adds greatly to that end.

Public Health and Epidemiology at a Glance

Students and practitioners in a wide variety of disciplines

This brand new textbook presents a new approach to the teaching and understanding of global health. It aims to provide a readable, comprehensive and balanced introduction to the core topics and issues, describing not only the shared opportunities but also the problems that we all face, wherever we live, and the particular needs of the poorest people in every society. It covers subjects from epidemics and climate change, the need to staff and resource health services appropriately, the rich potential of science and technology, and the impacts of social and political change in the world around us. Grounded in real experience, with commentaries from key opinion leaders in global health around the world, Nigel Crisp brings his considerable experience to the book, discussing the political, moral and practical choices faced by those working towards health improvement nationally and globally, reflecting upon and analysing current developments and policies, including the impetus for global action, and recognising the importance of local contexts.

This is easy to read. Its focus on universal global health is refreshing rather than the common assumption that global health is equivalent to health in developing countries. The commentaries are from different regions.

Public Health and Epidemiology at a Glance, 2nd Edition

Medical students, public health students and junior doctors

Public Health and Epidemiology at a Glance is a highly visual introduction to the key concepts and main themes of public health, providing a comprehensive coverage of all the core topics covered at medical school. It helps students understand the determinants of health and their study, from personal (lifestyle choices and behaviour), environmental, social and economic factors. This fully updated new edition features: more coverage of audit and quality improvement techniques; brand new sections on maternal and child health, and health of older people; new chapters on social determinants of global health.
Health and guideline development; and expanded self-assessment material. This accessible guide is an invaluable resource for medical and healthcare students, junior doctors, and those preparing for a career in epidemiology and public health. In contrast to the clinical role of doctors, who attend to people who are already suffering from some form of illness, public health doctors take a preventive approach; such action may involve persuading decision-makers to put up effective barriers to stop people becoming ill as well as providing information to the right people at the right time to prevent risky behaviour. It may also be appropriate to make sure that clinical doctors are well trained and intervene at the right stages to save as many lives as possible effectively and efficiently. Public health needs to draw on a wide range of disciplines and knowledge in order to fulfil this role, including epidemiology, economics, sociology, psychology, health economics, health promotion, management and leadership, health systems and policy.

‘This book is pitched at an introductory level for students – it is in no way a comprehensive resource on any of the topics included but it is not supposed to be. This is a basic text but a very good one. Ideal for undergraduates or as a revision aid. It has clear, bright, colourful diagrams with accessible text. Its strengths lie in its visual appeal and well-structured snippets of information. This is a highly visual well-written book delivering on key areas of PH and epidemiology.’

**Slum Health: From the Cell to the Street**

Edited by Jason Corburn and Lee Riley – University of California Press, July 2016 ISBN: 9780520281073 $34.95

General market and specialists

Urban slum dwellers – especially in emerging-economy countries – are often poor, live in squador, suffer unnecessarily from disease, disability, premature death, and reduced life expectancy. Yet living in a city can and should be healthy. Slum Health exposes how and why slums can be unhealthy; reveals that not all slums are equal in terms of the hazards and health issues faced by residents; and suggests how slum dwellers, scientists, and social movements can come together to make slum life safer, more just, and healthier. Editors Jason Corburn and Lee Riley argue that value the biologic and ‘street’ science – professional and lay knowledge – is crucial for improving the well-being of the millions of urban poor living in slums.

‘I don’t know of a better introductory text than this one: it’s an excellent addition to the public health library. This is an excellent book in an emerging area of under-researched public health. This is a well-designed book with a clear readership, focused on specialists working in international development and global health. However, it is structured in a way to make it relevant for people working in government in low-income countries, medical professionals, sociologists and urban planners. It is comprehensive with readable summaries of the relevant research evidence, with real life examples embedded in the text. It is easy to find relevant sections and identify important themes. Health and wellbeing in urban slums is a developing area of research, particularly in relation to the rapid urbanisation being experienced in low and middle income countries. This is an excellent addition to the otherwise heavily academic evidence-base in this area.’

**Radiology – the winner of this category will be announced from this shortlist**

**Breast Tomosynthesis**


The use of tomosynthesis in breast imaging is growing rapidly due to its superior ability to identify and characterise normal findings, benign lesions, and breast cancer, as well as its optimal performance with dense breast tissue. Providing unparalleled coverage of this breakthrough breast imaging modality, Breast Tomosynthesis explains how this new modality can lead to enhanced interpretation and better patient outcomes. This new reference is an indispensable guide for today’s practitioner looking to keep abreast of the latest developments with correlative findings, practical interpretation tips, physics, and information on how tomosynthesis differs from conventional 2D FFDM mammography. More than 900 high-quality images offer visual guidance to effectively reading and interpreting this key imaging modality. This new book covers digital breast tomosynthesis (DBT) imaging – or 3D mammography – which represents a breakthrough in breast imaging. Its use is growing rapidly due to its ability to more effectively pinpoint breast abnormalities including cancer and dense breast tissue.

‘This is a good reference book for those with or seeking to introduce tomosynthesis into their practice. It features a well-laid-out clear text and images. It is a rapidly changing field with much research coming out but is up to date on information and references.’

**Callen’s Ultrasonography in Obstetrics and Gynecology, 6th Edition**


Radiologists, obstetricians, gynaecologists, ultrasonographers and imaging technicians

Callen’s Ultrasonography in Obstetrics and Gynecology has been completely and exhaustively updated by a team of obstetric, gynaecologic, and radiology experts to reflect the most recent advances in the field. It addresses the shift in today’s practice to a collaborative effort among radiologists, perinatologists, and obstetricians/Gynaecologists, with new emphasis placed on genetics and clinical management. This must-have resource covers virtually all aspects of fetal, obstetric and gynaecologic ultrasound – from the common to the rare – in one essential clinical reference, allowing you to practise with absolute confidence.

‘I would definitely recommend the book to anyone looking for a comprehensive text on ultrasound in obstetrics and gynaecology. It is thorough, wide reaching and explains each topic in detail and clinical context, which I particularly enjoyed. It would be a good revision source for exams and further ultrasound qualifications, as well as a reference for ATSM and sub-specialty doctors. However, for those looking for a basic summary or starter text, who just want a brief overview, it would be a bit too detailed a resource and they might be better off accessing a smaller, less complete text. I thought that Callen’s Ultrasonography in Obstetrics and Gynecology was a very comprehensive, up-to-date, clinically focused and well-structured text providing a great resource for those of us who regularly use ultrasound in our clinical practice and those wanting to further develop their knowledge. I think that the clear structure of each chapter, its relevance to the underlying science and then the clinical context was a real strength and made it very accessible and relevant to the reader. The copious use of images was a real plus point for me as well. I very much appreciated the educational access to a full e-version of the book including the images and supplementary videos. Although the e-reader has some technical weaknesses, the benefits of mobile access, image enlargement and use of video outweigh the technical issues and make this a really positive addition. Given how big the book is, I will definitely use it more frequently due to the access to the electronic addition. Overall, I feel that I will find this text invaluable in extending my knowledge, maintaining my competence and developing my teaching skills in ultrasound.’

**Handbook of Neuro-Oncology Neuroimaging, 2nd Edition**


Neurosurgeons, neuro-oncologists, neuroradiologists, oncologists and researchers with an interest in neuroimaging and neuro-oncology

In 2016, cancer overtook heart disease as the leading cause of death in the UK. In the United States alone, national expenditures for cancer care are projected to reach $156bn in 2020. It is a global health problem affecting millions. Improvements in imaging technologies and the development of newer methods have allowed tumour localization to be diagnosed much earlier and monitored more diligently during treatment. The Handbook of Neuro-Oncology Neuroimaging details the most up-to-date clinical and technical information regarding the application of neuroimaging techniques to brain tumour and neuro-oncology patients. The second edition of the Handbook of Neuro-Oncology Neuroimaging provides a single-source, comprehensive, reference handbook of the most current neuro-imaging techniques to diagnose, treat and monitor brain tumours and neuro-oncology patients. With material from the first edition updated, this book also features several new important chapters on diverse topics such as advanced imaging techniques in radiation therapy, therapeutic treatment fields, response assessment in clinical trials, surgical planning of resectional disease and immunotherapy. This is an invaluable resource for neuro-oncologists and anyone involved in brain tumour research and treatment.

‘I would strongly recommend this book to its targeted readership of neuro-oncology and neuroimaging specialists. It contains all the already known topics as well as cutting edge technological advances in the imaging and treatment of brain tumours. This is an extremely good book for those interested in neuro-imaging and treatment of brain tumours.’
The Unofficial Guide to Radiology; 100 Practice Chest X Rays with Full Colour Annotations and Full X Ray Reports

Mohammed Rashid Akhtar MBBS BSc (Hons) FRCR (author), Na eem Ahmed MBBS BSc (author), Nihal Khan MBBS BSc (author), Mark Rodrigues MBChB (Hons) BSc (Hons) FRCR (editor) and Zeshan Qureshi BM BSc (Hons) MSc MRCPCH (editor) – Zeshan Qureshi Ltd, January 2017 ISBN: 9781910399019 £19.99

Medical students, junior doctors and junior radiology trainees, nurses, advanced nurse practitioners, physician associates and radiographers

This book contains 100 clinical cases with accompanying high quality chest X-rays, model reports including relevant further investigations and management, and on-image colour annotations. The cases cover the relevant content from the Royal College of Radiologists’ Undergraduate Radiology Curriculum. They are divided into standard, intermediate, and advanced based on the difficulty of the case and level of the specialist involvement. The layout of the cases is designed to make the book as relevant as possible. The X-rays are presented in the context of a real life scenario. We used the Royal College of Radiologists’ (RCR) 2012 undergraduate curriculum to structure the content to ensure it is relevant to medical students and junior doctors. Most of the content is basic radiology or clinical information from the authors’ experience, and therefore there are no reference lists as such at the end of each chapter. We used up-to-date guidance from the GMC (General Medical Council) and the MDU (Medical Defence Union) to develop a radiology image bank while preserving patient autonomy. One hundred images were downloaded using this method to develop a maximum image quality, and ensure anonymity. We utilised a Facebook group of 28,000 students and junior doctors to give us feedback regarding the content and design of the book, as well as the production process. This helped ensure the book meets the learning needs of medical students and junior doctors.

I would definitely recommend this book, especially to medical students – for their OSCEs and for safe clinical practice as a junior doctor. It reviews the basics of chest X-ray interpretation and provides cases (standard, intermediate and advanced). It is useful to undergraduates and junior doctors, simulating real practice by providing a clinical history followed by a chest radiograph, then a schematic presentation of the findings and further recommendations. It is an excellent resource for undergraduate OSCE examination, and for junior doctors’ clinical practice. This book is exactly what all patients with a chest X-ray will wish and expect to see. The chest X-rays are presented in a large (almost full page) view, which again simulates what students and junior doctors would see on their computer screens when interpreting a Chest X-ray. But also makes the radiographs large enough to fully read the X-ray (enabling accurate assessment using the ABCDE approach as the bones, lines, etc are clearly visible). The breakdown of findings on the back page (after each radiograph) is very helpful for students and shows examples of what to say for each of the ABCDE items in a structured report – or when presenting in OSCEs. The summary of each case and further investigations/ management section is very helpful to put the findings in context and direct further action. This is an excellent resource for medical students, junior doctors and junior radiology trainees. It fills a gap in the available literature about this subject and meets the objectives stated. Additionally it presents the information in an easy-to-read, accurate and progressively challenging format. The book layout, illustrations and teaching approach are perfect.

Surgery – the winner of this category will be announced from this shortlist

Aesthetic Facial Reconstruction After Mohs Surgery

Trainees and practising dermatologic surgeons, facial plastic surgeons, plastic surgeons and cosmetic surgeons

Aesthetic Facial Reconstruction After Mohs Surgery provides comprehensive guidance on the repair of soft tissue defects of the face after Mohs surgery. After a brief review of the Mohs technique and of the histologic variations in different skin cancers, the book systematically covers all facial regions explaining how to optimise the aesthetic outcome of tissue reconstruction. Each chapter includes examples of the most common skin cancer defects with detailed pre-operative, intra-operative, and postoperative photographs as well as illustrations and text which will guide the surgeon through each step of the reconstruction. The enclosed DVD highlights key operative details. I recommend this book as an exceptional standard for trainees.

Auerbach’s Wilderness Medicine, 2 Volume Set, 7th Edition

Now in its 7th edition, Auerbach’s Wilderness Medicine continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting. World-renowned author Dr Paul Auerbach and two new associate editors have assembled a team of experts to offer proven, practical, visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce. Now in an exciting two-volume set that includes convenient cross-referenced access, this indispensable resource equips physicians, nurses, advanced practice providers, first responders, and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses – no matter where they happen. The brand-new two-volume format ensures all content is available in print and online to provide easy access. Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts. New and expanded chapters with hundreds of new photos and illustrative drawings help increase your skills and confidence in wilderness medicine. Acquire the knowledge and skills needed with revised chapters providing expanded discussions of high-altitude medicine, improvisation, technical rescue, telemedicine, ultrasound, and wilderness medicine education. 10 new chapters cover Acute High-Altitude Medicine and Pathophysiology; High Altitude and Pre-Existing Medical Conditions; Cycles, Snowmobiles, and other Wilderness Conveyances; Medical Wilderness Adventure Races (MedWAR); Canyoneering and Canyon Medicine; Evidence-Based Wilderness Medicine; National Park Service Medicine; Genomics and Personalized Wilderness Medicine; Forestry and Earth Sciences. 30+ Expert Consult online videos cover survival tips, procedural demonstrations, and detailed explanations of diseases and incidents.

This is an extensive reference book which is clear in its objectivity of covering the broad spectrum of areas that fall into the ‘out of urban’ medical situations. Its intended readership would know where to turn for this 7th edition established reference text and the format and style are trusted and maintained. The text is comprehensive from under the sea to the top of mountains, and all environments in between. It is extensively referenced, edited, reviewed and newly updated with a formidable international review panel. The contributors panel. It fills the gap that it has done for the field of wilderness medicine, and one by which many smaller texts have been inspired. This comprehensive subject reference text is the benchmark text and publication of the subject of wilderness medicine. The new updated version is the ‘go to’ for this subject area. It follows in the tried and tested format of large volume texts and sticks to a trusted format and style.

Flaps and Reconstruction Surgery, 2nd Edition

Plastic surgeons and residents and practitioners in plastic surgery

With coverage of nearly twice the number of flaps as the previous edition, Flaps and Reconstruction Surgery, 2nd Edition provides trainees and practising surgeons alike with the detailed information required to ensure optimal outcomes. It includes chapters and expert commentaries from more than 100 authors and world-renowned leaders in the field, while brand-new cases and high-quality illustrations are used on flap harvest, markings, and reconstruction keep you abreast of today’s latest developments.

This is an exhaustive text which any reader who is involved in reconstructive surgery would find...
valuable. It is concise yet extremely thorough, and is supported by n-platforms. This is a great book for trainees and experienced surgeons. It takes the reader through basic science, to surgical technique and aids clinical management by discussing algorithms for anatomical areas. The ebook platform is also very well-developed with useful videos, and the contents of the book are up to date. It is hard to see ways to improve this.’

Hamilton Bailey’s Physical Signs: Demonstrations of Physical Signs in Clinical Surgery, 19th Edition


Medical students and trainee surgeons

This fully-revised edition of a classic textbook has been brought completely up to date reflecting current surgical practice in the developed and developing nations, while preserving Hamilton Bailey’s original message regarding the importance of physical signs in clinical surgery. To enable medical students and trainee surgeons to elicit pmb surg signs in the patient and to understanding their meaning and significance. Highly accessible for the undergraduate and surgical trainee with improved presentation of examination details and physical signs and new text features including chapter summaries, clinical cases and special interest boxes and an univalled selection of more than 1400 illustrations exposing the student to a wide range of common and less common diseases.

‘This book offers a broad base in surgical examination and signs with a massive library of images including both physical signs, clinical imaging and anatomical drawings. There are clear mini-summaries of the many relevant pathologies and demonstration of some of the important scoring systems. The book is easy to read and look at the pages are not too busy and the images are not overwhelming. There is discussion of many non-surgical problems within the differentials, enhancing the scope of the book – reinforcing the importance of keeping an open mind in diagnosticians. The end of chapter questions are extremely welcome and well done with clear answers – this is one of the strengths of the book. Efforts have been made to help make learning easy, with mnemonics (NOSPECs in thyroid eye disease etc), further adding to the appeal of the book for students.

Musculoskeletal Trauma in the Elderly

Charles M Court-Brown, Margaret M McQueen, Marc F Swiontkowski, David Ring, Susan M Friedman and Andrew Duckworth – CRC Press, August 2016 ISBN: 9781462252026 £165

Orthopaedic surgeons

A unique book that focuses on the practical management of musculoskeletal trauma in elderly patients. Trauma in older people aged over 65 is a rapidly growing field within orthopaedics. Up to two thirds of fractures occur as a result of a fall and about one third of all fractures occur in the over-65 population. The aim of this comprehensive new text is to present the epidemiology and management of all musculoskeletal trauma that occurs in the elderly. The book deals with the assessment and treatment of medical comorbidities, complications, and the role of orthogeriatric care. Reflecting the multidisciplinary nature of the field, contributors are drawn from orthopaedics and orthogeriatrics on both sides of the Atlantic. The book is intended for all surgeons and physicians involved in the treatment of trauma in the elderly, and it will be relevant to trainees as well as experienced practitioners.

‘The book is targeted at physicians and surgeons dealing with its subject and written by physicians and orthopaedic surgeons who have a specialist understanding of the subject. Epidemiological and general aspects of care and rehabilitation are well-covered in addition to chapters on every conceivable type of fracture and other injuries. Out of 45 chapters, the first 17 are of a general nature and the remainder deal with specific injuries and fractures. There is a very good chapter on falls in the elderly, an increasing and big problem. I am impressed by the detailed medical as well as orthopaedic surgical approach. An excellent chapter on the combined care of elderly traumatised patients describes the ‘orthogeriatric’ protocol for care, which is something fairly new and has apparently proved to be very effective, in terms of outcome and cost. I emphasise that this book, unlike most medical textbooks, is aimed at physicians and surgeons alike and achieves this brilliantly.

Operative Techniques in Shoulder and Elbow Surgery, 2nd Edition


Novice trainees or experienced surgeons

Derived from Sam W Wieselt’s four-volume Operative Techniques in Orthopaedic Surgery, this single-volume resource contains the user-friendly, step-by-step information you need to confidently perform the full range of shoulder and elbow surgical procedures. In one convenient place, you’ll find the entire Shoulder and Elbow section, as well as relevant chapters from the Sports Medicine section of Operative Techniques in Orthopaedic Surgery.


‘This would suit a fellow or consultant in upper limb surgery who wants a textbook with a very comprehensive description of surgical techniques and enough background information to ensure a rational choice of procedure is made. The strength is in the way it has been written; there is no need to plough through a lot of unnecessary text, and there are the points and pitfalls to guide the unfamiliar surgeon. In theory is should be quite easy to produce an operative techniques manual, but this is the best of the bunch, and is one that I will be referring to first when remaking myself of a procedure or looking up an unfamiliar one. A surgeon new to a procedure will find this a very useful guide.’

Operative Techniques in Spine Surgery, 2nd Edition


Novice trainees or experienced surgeons

Derived from Sam W Wieselt’s four-volume Operative Techniques in Orthopaedic Surgery, this single-volume resource contains the user-friendly, systematic information you need to perform confidently the full range of operative techniques in spine surgery. In one convenient place, you’ll find the entire Spine section, as well as relevant chapters from the Oncology and Paediatrics sections of Operative Techniques in Orthopaedic Surgery. Superb full-colour illustrations and step-by-step explanations help you master surgical techniques, select the best procedure, avoid complications, and anticipate outcomes. Written by global experts from leading institutions, Operative Techniques in Spine Surgery, 2nd Edition, provides authoritative, easy-to-follow guidance to the novice trainee and experienced surgeon.

‘This is an ideal resource for a spinal fellow or junior consultant wishing to have a readily available reference text for planning and undertaking all forms of spine surgery. It would help surgeons of the orthopaedic and neurosurgical background, with excellent cross-fertilisation from both codes. The Pearls and Pitfalls and the Techniques sections available in all chapters are wonderfully concise bite-sized chunks of information which can be easily scanned prior to a surgery enabling a clear picture of the suggested advice.’

Postgraduate Orthopaedics: The Candidate’s Guide to the FRCS (Tr & Orth) Examination, 3rd Edition


FRCS (Tr&Orth) examination candidates

There are 36 chapters in the book covering all aspects of preparation for this exam. The third edition has been fully updated revised and expanded to meet the challenges of a continually changing exam format providing detailed core orthopaedic knowledge and insight into tactics and exam planning to increase a candidate’s chance of success.

This edition includes more illustrations and diagrams and additional exam focused material for the trickier areas of the syllabus. This book is already widely used by orthopaedic trainees preparing for the exam but for the third edition we wanted to move the book onto a different level in terms of content and illustrations. We spent a long time getting illustrations professionally redrawn. We also professionally rephotographed a large number of orthopaedic implants. The third edition of Postgraduate Orthopaedics has been fully updated, revised and expanded to meet the challenges of a continually changing exam format, providing detailed core orthopaedic knowledge and insight into tactics and pre-exam planning to increase a candidate’s chance of success. Written by a core of authors chosen specifically for their knowledge of the key factors for exam success, this edition includes more illustrations and diagrams and additional exam focused material for the trickier areas of the syllabus. The trauma chapter has been
Principles of Hand Surgery and Therapy, 3rd Edition

Thomas E Trounkle, Gazzii M Rayan, Jeffrey E Budoff, Marc Baratz and David J Slutsky – Elsevier Inc, December 2016
ISBN: 9780323997532 £249.99

Hand surgery residents and fellows, hand therapists, orthopaedic surgeons and hand surgery specialists

This book is for residents who move through a rotation as well as for hand fellows. It is the perfect size for those just wanting a brief refresher or overview. Trounkle’s third edition maintains its role as the presenter of all ‘need-to-know’ clinical information on the hand for the orthopaedic resident and hand surgery trainee while adding copious illustrative examples and procedural videos.

‘I like how it has distilled all of the relevant information down to be nice and succinct. This book is clearly written so it is suitable for a hand surgery novice or expert. It’s not too verbose and a lot of the diagrams and illustrations make even the most complicated subject easy to understand. The videos are very good. They get to the point and complement the book well. It is very easy to read with lots of pictures and diagrams that break up the text and help with the flow.’

Secondary Rhinoplasty: By the Global Masters

Rod J Rohrich and Jamil Ahmed – Thieme Publishers, September 2016

Plastic surgeons and facial plastic surgeons

Two volumes of more than 1700 pages, containing a bundled ebook with 13 hours of surgical video, broken down into 120 small clips. Volume one covers principles and reconstructive procedures. Volume two covers aesthetic procedures. The book showcases the techniques and personal techniques of more than 50 key global authorities on secondary rhinoplasty and includes more than 30 full secondary rhinoplasty procedural video surgeries. Rhinoplasty is one of the most challenging operations in aesthetic plastic surgery. Not only is it technically difficult as no two noses are the same, unpredictable postoperative healing, natural facial asymmetry and high patient expectations lead to a high incidence of secondary (revision) operations. Secondary Rhinoplasty: By the global masters seeks to provide guidance from world experts to successfully performing this uniquely challenging surgical procedure. It combines contributors from facial plastic surgery and plastic surgery, It features more than 3000 photos and specially designed graphics created for the project. An innovative case-based index allows readers to match their patient’s defect to similar cases featured in the book and see how the expert solved the problem. 120 operative video clips support the material in the book, showcasing operative techniques and in particular 30 full secondary rhinoplasty cases are included.

There are no other resources dedicated solely to this topic – this is the most complete reference available.

‘This is a valuable addition to any rhinoplasty surgeon’s library. I feel that the way it is written and the quality of production, diagrams and photography means that it would become an integral part of your reference resource. Its strengths include: the quality of production; credibility of authors; use of varying opinion from around the world; clear description of approach to correct deformity in secondary rhinoplasty; and the excellent step-by-step surgical technique approach in addressing particular anatomical, aesthetic or structural abnormalities. This production has definitely added to my understanding of rhinoplasty and revision rhinoplasty. I really like the impact it has had on the approach I take in primary rhinoplasty despite it being a secondary rhinoplasty book. It highlights the reasons why errors happen and why secondary rhinoplasty is sometimes needed. This is an excellent, unique book on secondary rhinoplasty and uses a refreshing approach. Although it is a book regarding secondary rhinoplasty it will have a significant impact on your primary rhinoplasty technique.’

Surgical specialties – the winner of this category will be announced from this shortlist

Eyelid & Periorbital Surgery, 2nd Edition

ISBN: 9781626237018 £479.99

Oculoplastic surgeons, ophthalmologists, facial plastic surgeons and plastic surgeons

It covers all aspects of surgery of the periorbital and eyelid region. Volume one covers aesthetic surgery, and volume two covers reconstructive surgery. The book also includes a bundled ebook and extensive video coverage (over nine hours).

‘This is a brilliant introduction to those starting off in this type of surgery and valuable even at a senior level. The subject of eyelid and periorbital surgery is complex and many considerations are necessary in the preparation and execution of surgery. This two volume text certainly delivers in terms of comprehensiveness, quality of text and usefulness of illustrations. It is easy to follow and the detail included in each section for the individual operations is highly commendable. This is a highly accomplished work on peri-orbital aesthetic and reconstructive surgery. Among the few texts in circulation, this is by some length, in my opinion, the most comprehensive, well-written and up-to-date publication on the topic. Extremely valuable particularly to the training plastic, oculoplastic and maxillofacial surgeons, but also an important read for senior surgeons. I would not hesitate to recommend it as a reference text.’

Green’s Operative Hand Surgery, 2 Volume Set, 7th Edition


Hand surgeons, orthopaedic and plastic surgery residents

Widely recognised as the gold standard text in hand, wrist, and elbow surgery, Green’s Operative Hand Surgery, 7th Edition, by Drs Scott Wolf, William Pederson, Robert Hotchkiss, Scott Kozin, and Mark Cohen, continues the tradition of excellence in print and online. High-resolution photos, innovative videos, new expert authors, and more ensure that Green’s remains your go-to reference for the most complete, authoritative guidance on the effective surgical and non-surgical management of upper extremity conditions. Well-written, clearly organised, and updated regularly online, it remains the most trusted reference in hand surgery. Green’s is the core reference for the hand surgery specialty, providing the most authoritative coverage of relevant research, guidelines and expert advice for all disorders of the hand, wrist, and elbow for adults and children.

‘I found this book immensely useful for my work. It gives me access to information I need for case management plans so I highly recommend it for hand surgeons and trainees alike. This book is one of top three books an upper limb surgeon should have on his/her book library. Accessibility via smart phone and tablet make it an exceptional reference to reach for at any time. It describes a vast array of hand surgical techniques to create an enduring rich source of expert procedures, a synthesis of current publication and to assist researchers as the complete guide for success. The book provides tutorials, evidence and interesting concepts. It enlists the surgical mentoring of nearly 90 (and ongoing), thanks to a comprehensive, multi-authored manuscript. The complements this digital version of this book expands further than the written version with illustrative cases including tens of teaching videos and an interesting online update of emerging surgical techniques.’
Handbook of Venous and Lymphatic Disorders
Peter Gloviczki – CRC Press, December 2016
ISBN: 9781498724461 e127

Vascular surgeons

The Handbook of Venous Disorders, first published in 1996, is a handbook for all clinicians and surgeons who are involved with the investigation, evaluation, or management of venous and lymphatic diseases or malformations. Contains the contributions of key opinion leaders in the field of vascular surgery and phlebology and is aligned with the American Venous Forum Guidelines. Vascular disorders include varicose veins, venous ulcers, DVT, lymphedema, and pulmonary embolism, as well as damage to the veins through trauma or tumour growth. The new edition has been completely updated to bring the book in line with current teaching practices.

“This is the go-to text for the specialist or generalist to consult on this expansive subject. It is written with such clarity and consistency of style that trainees will not drown in a sea of disconnected and irrelevant research. Trainees and others will be able to quickly access the definitive text on their chosen subject and understand simply what has been well-presented. This is a book which has brought together the vast and renowned experience of its authors to produce a book which is clear and readable. While the subject matter is of a specific taste, the production of this book is of such a high quality that it is a new benchmark for what a handbook should be. An exceptional achievement.”

Surgery of the Autonomic Nervous System

Neurosurgery, urology, vascular surgery, gastrointestinal surgery, cardiology, neurology, gastroenterology and other areas of general medicine and anaesthetics

This book reviews the basic science underpinning the autonomic control of various body systems and the state-of-the-art clinical applications by which these systems are surgically modulated in patients today. Autonomic surgery can be applied to a wide variety of conditions affecting large numbers of the population such as angina pectoris, hypertension, orthostatic hypotension, sexual dysfunction, regional pain syndromes, headache and epilepsy. Clinical chapters include details of the procedure, operative considerations, outcomes, adverse effect profile, postoperative management of such patients and reflections on personal experience. The book will be of interest to clinicians from multiple medical specialties, including neurosurgery, urology, vascular surgery and gastrointestinal surgery to cardiology, neurology, gastroenterology and other areas of general medicine and anaesthetics.

‘Overall, this book will appeal to the novice and expert alike. The breadth of surgical specialties and is recommended to those wanting a concise text for an update on the autonomic nervous system current research into surgical therapies. The book is written and edited by eminent names in their field. It is a practical size and would slip easily into any bookshelf. Overall, the book is well-structured with a logical flow. The key points box at the start of each chapter provides a useful summary of the current state of knowledge and illustrates outstandingly well. Each chapter begins with basic science and physiology to set the scene for addressing the more complex aspects, which makes them easy to follow for the non-neurosurgeon. The authors review a great deal of research which underpins current theories of the autonomic nervous system and an appropriate number of references support the evidence-based conclusions. The book contains some effective figures and illustrations, which enhance understanding. A number of chapters focus on the pathophysiology of blood pressure control and surgical approaches to the treatment of hypertension. The subsections on neural determinants of cardiovascular performance and pathways associated with exercise are particularly well-written. Current research findings are concisely presented and the authors dispel common myths eg, essential hypertension is precipitated by salt consumption. There is a good discussion on the baroreceptor resetting phenomenon and current novel therapies such as deep brain stimulation and renal denervation are criticised. The section concerning autonomic control of the heart has the right balance of anatomy and physiology to let understanding of the basis of therapeutic approaches in neurocardiology, such as neuromodulatory and electrical neuromodulation. The chapters which consider sympathetically innervated systems in the treatment of upper extremity peripheral vascular disease and the treatment of trigeminal autonomic cephalalgias are interesting, but a little niche. Chapters on spinal cord stimulation for complex regional pain syndrome cover the historical aspects well, with a description of the nociceptive pathways, which sets the scene for newer therapies. The section on central nervous system in control of continence and sexual functions takes a novel approach to outlining physiology, pathophysiology and therapeutic options, such as pudendal nerve stimulation. The pudendal nerve and sacral nerve stimulation chapters are more tailored to my specialist interest and consolidated my own knowledge in this area, in addition to current research. Sacral nerve stimulation for lower urinary tract dysfunction and neuromodulation for faecal incontinence and constipation chapters, are comprehensive and appropriately referenced. These sections stress the importance of patient selection and appropriate pre-operative workup, as well as the treatment techniques themselves. Presentation of published clinical outcome data series is useful to support the success of treatment. The gastric stimulation chapter was illuminating regarding potential development of my own practice, with detailed consideration of the evolution of gut electrical stimulation, most notably in the treatment of obesity. The chapter eloquently describes the development and clinical application of low- and high-energy methods and their efficacy. The authors present balanced arguments in their critical appraisal of vagus nerve stimulation in the treatment of epilepsy, based on trial data, concluding that, although safe, this mode of treatment has limited efficacy. Overall, this book will appeal to the novice and expert across a broad range of surgical specialties and is recommended to those wanting a concise text for an update on the autonomic nervous system current research into surgical therapies. It will have pride of place in any bookshelf.’

Video Atlas of Neurosurgery: Contemporary Tumor and Skull Base Surgery

Practising neurosurgeons, fellows and neurosurgery residents

Video Atlas of Neurosurgery: Contemporary Tumor and Skull Base Surgery is a unique resource that consists of 40 procedural videos and a concise companion textbook that reinforces your understanding of the material. Dr Alfredo Quiliones-Hinojosa brings together a group of outstanding faculty, residents, and fellows lead by Dr Jordina Rincon-Torroella, who carefully selected topics each and wrote each chapter. The videos are enhanced through the inclusion of intraoperative photos, anatomical dissections, outstanding anatomical drawings, and animations that detail key steps and provide the experience of viewing a real-time surgery. Whether consulted together or independently of each other, the video and print content deliver all of the expert knowledge you need for effectively planning and understanding tumour and skull base surgeries. The videos are enhanced through the inclusion of procedural photos, anatomical dissections, outstanding anatomical drawings, and animations that detail key steps and provide the experience of viewing a real-time surgery. Whether consulted together or independently of each other, the video and print content deliver all of the expert knowledge you need for effectively planning and understanding tumour and skull base surgeries.

‘Neurosurgery is an art as well as technically demanding with sub-millimetre accuracy, resilience and often acts of courage required for the best outcomes. This cannot be taught with a 2D book. This publication is unique in combining the tradition of a well-laid out textbook that describes all the aids required for safe surgery with videos describing anatomy, a case scenario and intra-operative narrative to pass on the subtle nuances of the apprenticeship that is neurosurgery. Even more experienced neurosurgeons can use this book to hear the author’s views that feel like gaining a second opinion. Meticulous attention to detail is essential in operative neurosurgery and this publication has uniquely achieved the means of passing on the pearls of knowledge required to perform gold standard neurosurgical operations by combining a clear text with step-by-step operative videos and synoptic line drawings for clarity, a voiceover for subtle nuances and case scenarios to aid retention of knowledge. This book is the perfect companion for the apprenticeship of neurosurgery and should be shared by all neurosurgeons. I only hope that more videos are created and shared by all neurosurgeons.”

Programme and Award Winners

British Medical Association BMA Medical Book Awards 2017

Programme and Award Winners

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become available in the future — maybe in 3D — for continued online learning. Previously, I was becoming worried that ‘sterile’ online videos were replacing textbooks but this book singlehandedly has shown how two differing media can be brought together to improve the learning experience. It is noteworthy that some of the most renowned and experienced neurosurgeons in the world have been quoted at the front of the book in praise of its unique ability to pass on surgical pearls in an easy and clear manner. I cannot highlight enough how unique this book in utilising clear video editing and a narrative to not just complement but aid the memorisation of the clear text of the actual book. This book represents the future of surgical personal training, as it is the closest replica to being in the operating room that I have seen. I am sure that others will follow, to link a text with operative videos but none have done it as well as this book thus far. Even the bibliographies at the end of each chapter are useful as they are short, so the reader is more likely to read them as opposed to a huge long list of references, where one does not know which are the key papers to read for further knowledge. Though succinct — this publication is outstanding.”