

Cardiac Arrhythmias: Practical Notes on Interpretation and Treatment (7th edn)

David H Bennett
 Hodder Arnold 2007
 Price £29.99. Pp 411
 ISBN 978 0340925621

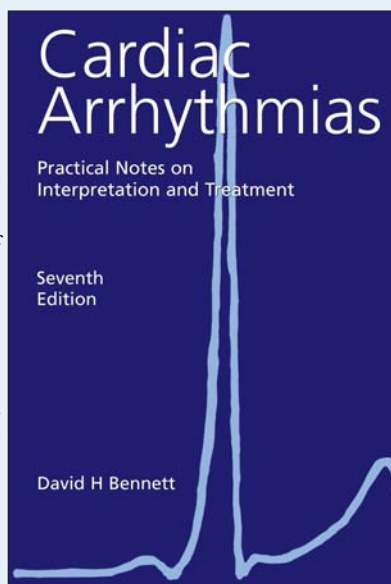
Even to some cardiologists the management of arrhythmia is considered a dark art mastered by a few in the poorly illuminated electrophysiology laboratory. This book dispels such myths, giving a concise but comprehensive guide to the diagnosis and management of abnormal heart rhythms. It is very much a practical guide with an emphasis on high quality electrocardiogram reproductions to illustrate the text. This is highlighted by the final chapter which contains 100 arrhythmias for interpretation.

Readers should find the layout logical with chapters for each of the principal arrhythmias, for important clinical top-

ics such as syncope and sudden cardiac death as well as for the main therapeutic interventions; pacing, defibrillators and catheter ablation.

In its 25th year of single author publication a criticism of this book is that it adopts an old-fashioned approach to managing arrhythmia as although catheter ablation has its own chapter it is not emphasized as highly as it might be by the younger generation of specialists.

Also without shame there is no bibliography or reference list as this book represents the opinion of one of the UK's most experienced electrophysiologists. It



is an easy-to-read textbook in which I could find no important omissions.

This book was originally written with junior doctors in mind, but it will prove a useful resource to cardiac nurses, physiologists, paramedics and accident and emergency staff. Although trainee electrophysiologists may need to look elsewhere for some of their esoteric facts this book provides an excellent foundation for all those

involved in the care of arrhythmia patients.

Mark Earley, St Bartholomew's Hospital, London

The Foundation Programme For Doctors – getting in, getting on and getting out

Ferras Alwan, Rohin Francis,
 Emma-Jane Smith
 Radcliffe 2007

Price £16.95. Pp 110
 ISBN 978 184619 116 9

This new book is a concise, informal guide to the foundation programme for junior doctors, which contains essential information for all medical students as they prepare for life after medical school. With the foundation programme now running in its second year the book is very much up to date with the latest news on applying and preparing for the daunting next 2 years after graduation.

Written by medical students and doctors currently in the foundation programme, it gives an excellent insight to life as a junior doctor and the chapter about the assessment tools and portfolio is definitely a must read. With so much change in the medical application process over the last 12 months this book is an excellent starting point for fourth and fifth year medical students who know very little about the programme.

There is an excellent chapter on frequently asked questions, which is comprehensive and succinct. The language is clear and informal, easy to read and the

advice very useful. Many students worry about the application form and how the form is assessed. The book gives excellent examples using model answers to both highlight excellent responses and weaker answers to help the applicant recognize what the assessors are looking for. This would have helped me considerably when I applied for the foundation programme, as we were unaware of how the application form was scored.

This unique book is an excellent read for all medical students preparing for the foundation programme.

Tom Kurien, Derby Royal Infirmary, Derby

Oxford Handbook of Nutrition and Dietetics

Edited by Joan Webster-Gandy, Angela Madden and Michelle Holdsworth

Oxford University Press 2006
 Price £24.95. Pp 730
 ISBN 978 0 19 856725 7

This recent addition to the well-known Oxford handbook series follows the same pocket-sized format as its predecessors and gives a broad cover on its subject matter. It is well structured and easy to find what you are looking for.

The book covers the basics of current dietary patterns and nutritional assessment before moving on to cover a thorough range of specific macro- and micronutri-

ents. There follow informative chapters on nutrition through the life cycle including an excellent section on breastfeeding and in specific disease conditions such as renal disease, epilepsy and human immunodeficiency virus infection.

I found the last short chapter on popular diets such as the cabbage soup and macrobiotic diets very interesting and potentially useful to field difficult questions in outpatients or general practice. The appendices are extensive and include weight and measures conversion charts, technical energy expenditure prediction equations and nutritional composition of common foods.

Compared to other equivalent texts I felt the biology of digestion was given quite a minimal overview and I also noted some minor technical errors.

This book would appeal most to student or newly qualified dietitians because of its handy size and broad curriculum. It was originally to be aimed at general practice, but I cannot think the majority of GPs or indeed health professionals would want the degree of technical detail included in most sections. However, any health professional working in the area of nutrition would find it a useful quick reference.

Anna Clare, North Manchester General Hospital, Manchester