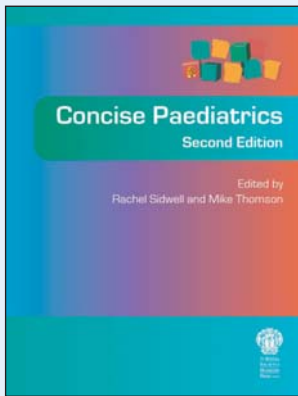


**Concise Paediatrics (2nd edn)**

Edited by Rachel Sidwell, Mike Thomson  
RSM Press 2009

Price £45.00. Pp 550  
ISBN 978 1 85315 836 0

Although not immediately obvious from the title, this is a revision text for the Membership of the Royal College of Paediatrics and Child Health part 2 exam.



It is written in a succinct, user-friendly manner and covers the main components of the syllabus. The clear tables aid fact retention and the chapters are arranged in a logical systematic manner so that the reader can tackle one subject at a time.

As visual learners, we particularly liked the way that facts were presented in note form with key words highlighted in the text. In addition, the drawings of congenital cardiac malformations were clear, making a difficult, and often poorly understood, topic much more straightforward.

The content was not overwhelming when first contemplating the daunting task of revision as you can cover some subjects in only a page. However, the lack of background detail in certain areas would require supplemental reading to ensure adequate exam preparation.

The absence of photographs in the genetics section was disappointing, as displaying the dysmorphic features described would have been extremely useful.

The information was accurate, except unfortunately the immunization schedule depicted was out of date. Including a link to the Department of Health's 'Green Book' website could have avoided this.

As a revision aid this works very well but if you are looking for a textbook as a newcomer to paediatrics there are more suitable books. However, as paediatricians we feel that this book is well worth the investment and would definitely recommend it to colleagues preparing for their membership exams.

*Michelle Slater and Kim Neuling, Heart of England NHS Foundation Trust, Birmingham*

**Training in Ophthalmology: the essential clinical curriculum**

Edited by Venki Sundaram, Allon Barsam, Amar Alwitary, Peng T Khaw  
Oxford University Press 2009

Price £49.95. Pp 447  
ISBN 978 0 19 923759 3

Designed to complement the ophthalmic specialist training curriculum, this is an excellent book which provides not only a comprehensive overview for trainees but also has enough detail to update consultants and staff and associate specialist doctors alike. As well as covering the core ophthalmology topics it also has a chapter looking at good medical practice, audit and training issues.

At the end of each chapter the authors have included a useful section of case-based discussions. This encourages trainees to consolidate what they have learnt in the chapter while providing a useful starting point for a case-based discussions to pursue in more detail with their trainers. This section will be very useful for trainees and trainers alike. However, it could have been even more useful if the answers had been collated as a separate chapter rather than incorporated into the questions as it is all too easy to glance down and read the answers thus missing the true learning potential.

Probably my only other complaint is the font size used – it's tiny! To allow the inclusion of so much detailed information

the font size has been reduced which means that the book is really best suited for dipping in and out of rather than reading as a full text.

So, would I recommend it? Yes. It is well written and contains enough detail and practical tips to ensure it will be a useful addition to everyone's library.

*Fiona Lyon, St James's Hospital, Leeds*

**Horizons in Medicine 20**

Edited by Peter Mathieson  
Royal College of Physicians 2008  
Price £32.00. Pp 304

ISBN 978 1 86016 343 2

This book succinctly outlines thirty interesting new clinical advances. Each chapter is based around presentations given at the 2008 Advanced Medicine Conference of the Royal College of Physicians in London. Chapters include: treatments in asthma, progress in stroke, 100-year update on the diagnosis of latent tuberculosis infection, stem cells, ischaemic conditioning, and a new vaccine for tuberculosis. A series of self-assessment questions are included to reinforce the most important points.

I found the research into ischaemic conditioning summarized in this book

particularly interesting. Remote ischaemic pre-conditioning can be induced by inflating a blood pressure cuff above systolic blood pressure for 5 minutes on three successive occasions. The release of adenosine, bradykinin and endogenous opioids (among others) after this artificially-induced peripheral ischaemia appears to result in protection against cardiac ischaemia for approximately 24 hours. In clinical trials, this has led to a survival benefit for patients undergoing cardiac surgery. The same technique applied at presentation of a myocardial infarction may have a favourable result on infarct size.

This book is easy to read in several sittings, as each chapter runs at under ten pages and they are independent of one

another. I would recommend it to any doctor with an interest in research who is keen to read about developments in a wide range of medical and surgical specialties. I felt inspired by this book as it reminded me of the rapid progress of medical science and I look forward to reading *Horizons in Medicine 21*.

*Michael Desborough, St James's University Hospital, Leeds*

