## Years 1 and 2 recommended reading

Please note that other more specific references will be provided in the individual study guides. All these are available in the libraries and you are not expected to purchase them all.

A recommended general core text suitable for use throughout the physiological areas of the course is:

**Vander, Sherman & Luciano’s***Vander’s human physiology:: the mechanisms of body function,* Widmaier, Raff and Stang 12th edition (2011)

***Life Support Systems***

# Cardiovascular system

Suntharesaran R and Fagan T: *Mosby's Crash Course: Cardiovascular system* 3rd edition (2008)

J R Levick: *An Introduction to cardiovascular physiology, 5th*  Edition (2010).

Al-Obaidi, Siva and Noble *Mosby’s Crash Course in Cardiology* Harcourt Brace, London , 3rd edition (2008) edited by Ajay Jain and Matthew Ginks

Berne,RM & Levy,MN: *Berne and Levy Principles of Physiology*, 4th edition (2006), Mosby.

Ganong,WF*: Review of Medical Physiology*. Lange. (2005) 23rd Ed.(2010)

# Respiratory System

Schwartzstein and Parker (2006) *Respiratory Physiology*.  A Clinical Approach.  LWW

West John B: *Respiratory Physiology - The Essentials (9th edition*, 2011)

West John B *Pulmonary physiology and pathophysiology. An integrated, case-based approach 2nd ed (2007)*

McGowan, Jeffries, Turley, *Mosby Crash Course Respiratory System,*: 3rd edition (2008) edited by Harish Patel and Catherine Gwilt

Grippi MA, Litzky LA, Manaker S *Pulmonary Science and Medicine: A review of fundamental principles*, Concepts in Science and Medicine Series Lippincott, Williams and Wilkins (2001)

Respiratory System Intermediate text :Nunn’s Applied respiratory physiology 7th edition 2010,

# Alimentary System

Kumar & Clarke, *Clinical Medicine*, 7th edition (2009), WB Saunders, London,

Haslett, Chilvers, Huntre and Boon, Davidson's Principles and Practice of Medicine, Churchill Livingstone, 21st edition (2010)

Robbins,Stanley L.;Kumar,Vinay, Robbins Basic Pathology, 7Rev Ed. (2005)– 8th edition (2007)

Underwood, *General & Systematic Pathology*, 5th edition (2009), Churchill Livingstone

Aspinall RJ |& Taylor-Robinson SD, *Mosby’s Colour Atlas and Text of Gastroenterology and Liver Disease,* Mosby International, Edinburgh, London & New York (2002)

# Urinary System

Koeppen,Bruce M;Stanton,Bruce A, *Renal physiology*, 3rd Ed.

Koeppen,Bruce M;Stanton,Bruce A, Renal physiology, 4th Ed.

Mirpuri and Patel Mosby's Crash Course "Renal and Urinary Systems", Mosby 2003, 3rd edition, Thomas and Stanley, 2007,

Field M, Pollock C, Harris D (2001) *The Renal System*, Churchill-Livingston,

O’Callaghan C, Brenner B (2000), The Renal System at a Glance, Blackwell, 3rd ed 2009,

# Anatomy

Drake, Richard L; Vogl, Wayne; Mitchell, Adam W M

*Gray’s Anatomy for Students*, 2nd Ed: 2010: Elsevier Churchill Livingstone

**or**

Moore, Dalley and Agur, *Clinically Oriented Anatomy* (6th Edition) Wolters Kluwer/Lippincot Williams & Wilkins

Color Atlas of Anatomy, Rohen Yokochi, Lutjen-Drecoll (7th Edition) Wolters Kluwer/Lippincot Williams & Wilkins

Both of these books are used by the Anatomy teachers as references and for preparing teaching materials. They provide comprehensive coverage of all the anatomical regions and allow access to extra on-line material.

*Best features:* Both of these books combine high quality artwork, colour photography and radiographs with clinical scenarios. If you buy a new copy you gain access to the on-line teaching material, interactive exercises and self-tests..

*Worst features:* Because these books are so comprehensive, you will have to exercise judgment about how much detail you should extract. Be guided by the learning objectives in this respect.

*Guidance:* buy one of these books if you think that you will enjoy anatomy and need an authoritative book that will answer your questions. If you just wish to have the clinical minimum, this may not be for you. Either of these books will provide a good reference for study in later years.

Monkhouse, Stanley, *Clinical Anatomy*: a core text with self-assessment  
1st Ed: 2001: Churchill Livingstone

*Best features:* A textbook with an attitude – it omits trivia and clearly states (most of) what actually matters clinically. The line-drawing illustrations are of variable quality but are unpretentious and useful. Extensive self-testing questions support this slim and inexpensive textbook.

*Worst features:* Sometimes *too* minimalist, omitting some topics that we want you to understand. Many students dislike the absence of colour illustrations.

*Guidance:* This is the probably one to buy if you don’t like anatomy so only want the exam-passing essentials.

# *Molecules, Cells and Disease*

Alberts, Bray, Hopkin, Johnson, Lewis, Raff, Roberts and Walter, *Essential cell biology,* 3rd Edition (2009) Garland Press Publishing, 860 pages.

For a much briefer overview of cell biology and as an aid for revision try:

Norman and Lodwick, *Flesh and bones of medical cell biology,* (2007) Mosby/Elsevier,. 124 pages.

These two books are relevant for the MCD Courses: Introduction to cells, Nucleic acids and gene expression, Metabolism, Cellular organisation of Tissues, and Cancer.

Read and Donnai, *New clinical genetics,2nd ed* (2011) Scion Publishing, 428 pages. Recommended for the MCD Genetics Course.

Nairn and Helbert, *Immunology for medical students*, 2nd Edition (2007) Mosby/Elsevier, 308 pages. Recommended for the MCD Immunology Course.

For a simpler overview of basic immunology try:

Sompayrac, *How the immune system works,*3rd Edition (2008) Blackwell Publishing,. 134 pages.

Gillespie and Bamford, *Medical microbiology and infection at a glance,* 3rd Edition (2007) Blackwell Publishing, 128 pages.

Bateman and Carr, *Flesh and bones of pathology,* (2009) Mosby/Elsevier, 145 pages.

This is at a basic level appropriate for years 1 and 2, and is recommended for the MCD Cell pathology Course. It is also relevant for the Cancer Course. For more advanced books covering pathology and suitable for the whole medical course see either of:

Kumar, Abbas, Fausto and Mitchell, *Robbins basic pathology,* 8th Edition (2007) Saunders/Elsevier,.960 pages.

Underwood and Cross, *General and systematic pathology*, 5th Edition (2009) Churchill Livingstone/Elsevier, 872 pages.

Recommended Haematology text book

Bain, BJ *Haematology: a core curriculum* (2010) Imperial College Press, 336 pages

Other Haematology books you may find useful for the MCD Haematology Course.

Mehta A and Hoffbrand AV, *Haematology at a glance*, 3rd Edition (2009) Wiley-Blackwell, 128 pages.

Hoffbrand AV, abd Moss PAH, *Essential haematology*, 6th Edition (2011) Wiley-Blackwell, 468 pages.

Howard MR and Hamilton PJ*, Haematology: an illustrated colour* *text*, 3rd Edition (2007) Churchill Livingstone/Elsevier, 124 pages.

Other Haematology books you may find useful for the MCD Haematology Course.

***Life Cycle and Regulatory Systems***

# Endocrinology

Laycock J F & Wise, P: *Essential Endocrinology,* Oxford University Press*,* 3rd edition (1996) – basic science and clinical content

Marshall W J: *Clinical chemistry,* 6th edition (2008)

Brook & Marshall, *Essential Endocrinology,* Blackwell Science, 4th edition (2001)

Tomlinson S, Heagerty A M, Weetman A P: *Mechanisms of disease - an Intro. to Clin Sci,* Edited. (1997) – basic science and clinical content

Laycock & Wise, *Endocrinology, Key Questions answered*, Oxford University Press, 1st edition (1997) – MCQ and SAQ with answers

# Human Life Cycle

Moore K L, Persaud T V N: *The Developing Human - Clinically Oriented Embryology*, 7th edition 2003, Saunders – 8th edition (2008)

Sadler,T. W.;Leland,Jill, *Langman's medical embryology*, 11th Ed (2010). Lippincott Williams & Wilkins

Cameron N (2002) Human Growth and Development, Academic Press (for Year 2)

# Musculoskeletal

Jones D, Round J and de Haan A, *Skeletal Muscle from Molecules to Movement*, 1st Ed (2004)

*Textbook of Orthopaedics, Trauma and Rheumatology,* Edited by Rashid Luqmani, James Robb, Daniel Porter, John Keating, Mosby Elsevier

<http://www.elsevier.com/wps/find/bookdescription.cws_home/714456/description#description>

**Neuroscience and Mental Health**

This book is recommended for the first and second years of the course. It is a revision text rather than a textbook but it covers most material in the course and should be useful in your clinical studies.

*Mosby Crash Course Series* – *Nervous system* (3rd Ed 2007), M Hughes et al

There is no single textbook perfectly suited to the Neuroscience and Mental Health Course. The following list of textbooks are recommended either to buy or for reference in the first year. They are available in the library. In the second year we recommend that you buy a textbook. They differ in content and presentation – choose one that suits you personally.

A Longstaff: *BIOS Instant Notes in Neuroscience* (Garland Science, 3rd Ed, 2011)

As the title suggests, basic neuroscience information is presented in short sections and these map well to individual lectures. It is not particularly clinically oriented but is a useful book to dip in and out of for details on specific topics

MJT Fitzgerald, Gruener G and Mtui, E: *Clinical neuroanatomy and related neuroscience* (W B Saunders Co Ltd, 6th Ed 2011)

This book is written from a strongly functional point of view. It integrates clinical material with neuroanatomy but is weak on neurophysiology and neurochemistry

AR Crossman & D Neary: *Neuroanatomy* *– an illustrated text* (Churchill, 4th Ed, 2010)

Straight neuroanatomy; very clearly presented with appropriate clinical context; no basic neurophysiology or neurochemistry but worth thinking about if you find neuroanatomy particularly difficult

D Purves et al.: *Neuroscience* (Sinauer, 4th Ed 2007).

This is more comprehensive than the other textbooks. Coverage of basic science is considerably deeper than needed for core medicine but good if you have a particular interest in the subject or intend to do a BSc in Neuroscience. Clinical content is adequate and there is a useful CD-ROM on human neuroanatomy

MF Bear, BW Connors & MA Paradiso: *Neuroscience – Exploring the brain* (Williams & Wilkins, 3rd Ed, 2007)

Written from a biological perspective; comprehensive in a similar way to Purves but with limited clinical content

GD Perkin: *Mosby’s colour atlas and text of neurology* (Mosby, 2nd Ed 2002)

Clear presentation of clinical neurology; very useful for later years but too little basic explanation for use on its own in the early years

Ogden, J. (2007) Health Psychology: A Textbook – 4th Edition. A clear, concise text covering a range of topics within health psychology including health behaviour, illness beliefs, pain, stress and doctor-patient communication.

Gazzaniga, M. et al (2009) Cognitive Neuroscience: The Biology of The Mind – 3rd Edition. This is a very comprehensive but also clearly explained text covering cognitive neuropsychology.

**Psychology**

Kowalski, Westen, *Psychology,* 6th Edition, Wiley (2011) This is a good general textbook, it is well structured and illustrated

Ogden, J. (2007) *Health Psychology: A Textbook* - 4th Edition. A clear, concise text covering a range of topics within psychology relating to healthcare including health behaviour, illness beliefs, pain, stress and doctor-patient communication.

Passer et al, (2009) *Psychology, The science of mind and behaviour*.(EU 5th Edition)

This is a very comprehensive general psychology textbook which covers all the main areas of the module. Although it is not specific to healthcare, if you want to buy one book on psychology in your life, I would recommend this one because the coverage is so broad and the book is clear and well illustrated.

Sarafino, E.P. (2008) ***Health psychology : biopsychosocial interactions* -6th Edition*,* Similar to Ogden in coverage although this is an American book, it is somewhat broader but contains less on health beliefs**

**Pharmacology and Therapeutics**

Rang, Dale & Ritter, Pharmacology, Churchill Livingstone (primary text for yr 2) 7th edition 2011

Page,C. P. *Integrated pharmacology*, 3rd Ed. Elsevier Mosby, 2006,

Grahame-Smith & Aronson *Oxford Textbook of Clinical Pharmacology and Drug Therapy*. 3rd ed, 2002

Neal,M. J., *Medical pharmacology at a glance*, 6th Ed., Blackwell, 2009

Rang Dale & Ritter is the primary text for the Pharmacology & Therapeutics module. *Pharmacology* emphasises the mechanisms by which drugs act and relates these to the overall pharmacological effects and clinical uses. In doing so it sets out for the reader a clear route from a molecular understanding of receptors and drug actions, to the therapeutic uses of the most important groups of drugs.

Another detailed text is *Integrated Pharmacology* which is a newer textbook with an innovative body systems, diseases and disorders approach. Students also appreciate the frequent self assessment sections.

*Oxford Textbook of Clinical Pharmacology and Drug Therapy* is an excellent British clinical pharmacology book written by two experts in the field. This detailed text would meet the needs of the student who finds pharmacology really interesting.

*Medical Pharmacology at a Glance* is a good quick reference guide that is good enough to help you understand the basics, but is not detailed enough to give you all the information you need

**Anatomy of the Head, Neck and Spine** (see list under LSS Anatomy)

***Foundations of Clinical Practice***

# Sociology

Scambler G (ed): *Sociology as Applied to Medicine*, 6th edition (2003) \*\*\*

Armstrong D*: An outline of Sociology as Applied to Medicine*, 5th edition (2003)\*\*

Taylor S & Field D (eds): Sociology of Health and Health Care , 4th edition 2007\*\*,

Charlton J, Murphy M (eds)*: The Health of Adult Britain 1841-1994, volumes 1&2 (1997)\**

Coleman D, Salt J: *The British Population: Patterns, Trends and Processes* (1992)\*

Giddens,Anthony;Griffiths,Simon, *Sociology*, 6th Ed., Polity, 2006,

\*\*\* course textbook, \*\* subsidiary text, \*reference book

# Medical Ethics and Law

Core textbook:

Jonathan Herring, *Medical Law and Ethics*, 3rd edition, OUP 2010

# Epidemiology in Practice

Lucianne Bailey, Katerina Vardulaki, Julia Langham, Daniel Chandramohan (2005) *Introduction to Epidemiology*, Open University Press

Coggon, Rose and Barker, *Epidemiology for the uninitiated,* 5th edition (2003), BMJ publishing.

Greenhalgh,Trisha, *How to read a paper: the basics of evidence-based medicine*, 4th Ed. Blackwell, 2010

Lockett T, *Evidence-based and cost-effective medicine for the uninitiated,* (1997)

Connelly and Worth, *Making sense of public health medicine* (1997) Radcliffe Medical Press

Yarnell John W.G., *Epidemiology and Prevention – a systems-based approach*, (2006) Oxford University Press.

# Communication Skills

Byrne, P. Long, B. (1976) *Doctors talking to patients*. London: HMSO

Cole, S.A. and Bird J. *The Medical Interview: three Function Approach.* (2000*)* 2nd edition. Mosby Missouri.

Lloyd M & Bor R *Communication Skills for Medicine* (2009) 3rd edition Churchill: London

Silverman,J., Kurtz,S.,and Draper,J. *Skills for Communicating with Patients.* (2004) 2nd edition Radcliffe Medical press; Oxford

Smith RC*, Patient-Centred Interviewing; An Evidence-Based* Method (2002) 2nd edition, Lippincott William and Wilkins; Philadelphia

Washer, P. (ed). *Clinical Communication Skills* (2009) Oxford University Press.

*NB. Clinical Communication does not have a single core text, but the books listed are those that students have found useful in the past.*

**First Clinical Attachment** (see reading list is FCA guide for each module)

Scrambler G (ed) *Sociology as Applied to Medicine*, 6th edition (2008),

Silverman,J., Kurtz,S.,and Draper,J. *Skills for Communicating with Patients.* (2004) 2nd edition Radcliffe Medical press; Oxford

***Science and Patient***

**Nutrition**

Bender D A  *Introduction to Nutrition and Metabolism* 4th edition CRC press 2007 ISBN -9781420043129

**Drugs in hospitalized patients**

[Despopoulos](http://www.amazon.com/exec/obidos/search-handle-url?%5Fencoding=UTF8&search-type=ss&index=books&field-author=Agamemnon%20Despopoulos) A, [Silbernagl](http://www.amazon.com/exec/obidos/search-handle-url?%5Fencoding=UTF8&search-type=ss&index=books&field-author=Stefan%20Silbernagl) S. *Color Atlas of Physiology*. Thieme 6th ed. (2009)

Silbernagl S, Lang F*. Color Atlas of Pathophysiology*. Theme 2nd ed (2010)

[Guyton](http://www.amazon.com/exec/obidos/search-handle-url?%5Fencoding=UTF8&search-type=ss&index=books&field-author=Arthur%20C.%20Guyton) AC, Hall JE. *Guyton and Hall* t*extbook of medical physiology*. Saunders 12th ed ( 2011)

*Harrisons’ principles of internal medicine*. McGraw Hill 18th ed.(2011) – selected chapters on clinical cases.

Berne,RM & Levy,MN: *Berne and Levy* p*rinciples of physiology*, 4th edition (2006), Mosby.

Luellmann H. et al. *Colour Atlas of Pharmacology*. Theme 3rd edition, 2003.

**Cardiorespiratory performance**

McArdle et al. (2006) Exercise *Physiology: Energy Nutrition and Human Performance* 7th Edition (2010) LWW

Wasserman et al. (2004) *Principles of exercise testing and interpretation*. 4th edition. LWW

**Water and Electrolytes**

Laycock JF (Ed) (2010). Perpectives on vasopressin. Imperial College Press.

See texts recommended under Urinary System in LSS

***Dr and Patient***

**Personal and Professional Development**

Atul Gawande *The Checklist manifesto*. 2011 Profile Books Ltd. Paperback edition

Judy McKimm and Kirsty Forrest *Professional Practice for Foundation Doctors*..2011 Learning Matters Ltd.