**A Brief History of Everyone Who Ever Lived: The Stories in our Genes**

This book is about every one of us, who we are and how we came to be. It is also a collective story of our species. The author is a talented science writer and you can feel the excitement coming through the text as he unravels the history of mankind.

The book is split into two parts. Part one focuses on how we came to be and unfolds the journey from ancient times, when there were four types of humans on Earth through to the kings of Europe in the 18th century.

Part two focuses more on genetics and what the study of DNA tells us about our race.

I particularly enjoyed part one, and found it quite positive to think we all have royal and famous descendants. Part two is equally readable, but I personally did not find it quite as interesting.

This book is written well and amusing in places. It is captivating, interesting and engaging especially in relation to our genomes and what we all carry around with us in relation to our history, and to famine, war, disease and health.

Some parts are easy to read and understand whereas other parts are hard going and I had to read twice to understand what the author was saying.

It does come with a handy glossary of terms and is well referenced. This book would be of interest to those studying genetics, medicine and archaeology as well as those who have an interest in genealogy.

Adam Rutherford | Orion Books
432pp | £20 | ISBN: 9780297609377

Reviewed by Valerie McGurk, practice development nurse, paediatrics, Northampton General Hospital NHS Trust

---

**A Handbook of Ophthalmic Standards and Procedures (second edition)**

This new edition of an excellent text is very welcome. It is well written by two very experienced practitioners who are still practicing in the ophthalmic setting.

The book is clearly set out and has a general ophthalmic focus. This is an excellent entry-level text for a registrant new to ophthalmic care or to an assistant practitioner learning new procedures within their sphere of practice. It should be noted that there may be variable practices recommended locally for infection control.

Lynn Ring and Miriam Okoro | m&k publishing | 188pp
£35 | ISBN: 9781910451014

Mary E Shaw, Senior lecturer, Division of Nursing, Midwifery and Social Work, University of Manchester

---

**A Strategic Guide to Continuing Professional Development for Health and Care Professionals**

As part of revalidation, nurses and midwives must show they have reflected on continuing professional development (CPD) activities.

This guide is for professionals registered with the Health and Care Professions Council (HCPC) who are preparing to meet the council’s mandatory CPD requirements.

The book takes a multidisciplinary approach and references the codes of regulators such as the NMC and General Medical Council.

The text applies a structured, outcome-based approach to identifying individual learning styles, as well as planning, monitoring and measuring CPD activities using the tell, record, activity, monitor and measure (TRAMm) model.

Practical examples of how to record CPD activities beyond attending courses are included.

Deb Hearle, Sarah Lawson and Roe Morris | m&k publishing | 164pp | £25 | ISBN: 9781905539727

Catherine O’Keeffe is dean of healthcare education and head of professional development at Health Education England

---

**A Brief History of Everyone Who Ever Lived: The Stories in our Genes**

This book is about every one of us, who we are and how we came to be. It is also a collective story of our species. The author is a talented science writer and you can feel the excitement coming through the text as he unravels the history of mankind.

The book is split into two parts. Part one focuses the reader on how we came to be and unfolds the journey from ancient times, when there were four types of humans on Earth through to the kings of Europe in the 18th century.

Part two focuses more on genetics and what the study of DNA tells us about our race.

I particularly enjoyed part one, and found it quite positive to think we all have royal and famous descendants. Part two is equally readable, but I personally did not find it quite as interesting.

This book is written well and amusing in places. It is captivating, interesting and engaging especially in relation to our genomes and what we all carry around with us in relation to our history, and to famine, war, disease and health.

Some parts are easy to read and understand whereas other parts are hard going and I had to read twice to understand what the author was saying.

It does come with a handy glossary of terms and is well referenced. This book would be of interest to those studying genetics, medicine and archaeology as well as those who have an interest in genealogy.

Adam Rutherford | Orion Books
432pp | £20 | ISBN: 9780297609377

Reviewed by Valerie McGurk, practice development nurse, paediatrics, Northampton General Hospital NHS Trust

---

**A Handbook of Ophthalmic Standards and Procedures (second edition)**

This new edition of an excellent text is very welcome. It is well written by two very experienced practitioners who are still practicing in the ophthalmic setting.

The book is clearly set out and has a general ophthalmic focus. This is an excellent entry-level text for a registrant new to ophthalmic care or to an assistant practitioner learning new procedures within their sphere of practice. It should be noted that there may be variable practices recommended locally for infection control.

Lynn Ring and Miriam Okoro | m&k publishing | 188pp
£35 | ISBN: 9781910451014

Mary E Shaw, Senior lecturer, Division of Nursing, Midwifery and Social Work, University of Manchester

---

**A Strategic Guide to Continuing Professional Development for Health and Care Professionals**

As part of revalidation, nurses and midwives must show they have reflected on continuing professional development (CPD) activities.

This guide is for professionals registered with the Health and Care Professions Council (HCPC) who are preparing to meet the council’s mandatory CPD requirements.

The book takes a multidisciplinary approach and references the codes of regulators such as the NMC and General Medical Council.

The text applies a structured, outcome-based approach to identifying individual learning styles, as well as planning, monitoring and measuring CPD activities using the tell, record, activity, monitor and measure (TRAMm) model.

Practical examples of how to record CPD activities beyond attending courses are included.

Deb Hearle, Sarah Lawson and Roe Morris | m&k publishing | 164pp | £25 | ISBN: 9781905539727

Catherine O’Keeffe is dean of healthcare education and head of professional development at Health Education England