



Essentials of Physical Health in Psychiatry

By Irene Cormac, David Gray

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As a psychiatrist, you may be the only medically qualified person caring for your patient. So what do you do when your patient with bipolar disorder also has poorly controlled asthma? Someone taking antipsychotic medication complains of chest pain what action do you need to take? Your elderly patient with dementia shows signs of respiratory distress following a fall do you manage this yourself, or arrange a transfer to the emergency department? People with a mental illness or intellectual disability are especially vulnerable to physical illness but may not have easy access to a primary care doctor. All psychiatrists must be able to deal with medical emergencies and minor injuries, interpret basic medical investigations and recognise where and when to get help from a general practitioner or another specialist. Uniquely addressing this need, *Essentials of Physical Health in Psychiatry* is co-edited by a psychiatrist and a physician, and provides you with: basic information on common problems that may affect psychiatric patients; recommendations on regular medical review and disease screening; confidence to deal with common medical emergencies; and advice on when to refer to a specialist. Each chapter contains: an introduction; information on diagnosis, treatment & screening; clinical pearls of wisdom; many relevant illustrations and diagrams; attractive full-colour layouts; and summarised learning points. RCPsych Publications is the publishing arm of the Royal College of Psychiatrists (based in London, United Kingdom), which has been promoting excellence in mental health care since 1841. Produced by the same editorial team who publish *The British Journal of Psychiatry*, they sell books for both psychiatrists and other mental health professionals; and also many written for the general public. Their popular series include the College Seminars Series and the NICE mental health guidelines. RCPsych publishes in all areas of psychiatry and mental health, including but not limited to: Clinical psychiatric practice Intellectual disability Mental health services for children, adolescents, adults and the elderly Psychopharmacology Psychotherapy Rehabilitation psychiatry Family mental health Service provision RCPsych Publications books can help with the following disorders: Addictions Affective disorders Attention deficit hyperactivity disorder (ADHD) Bereavement Borderline personality disorder Cognitive-behavioral therapy (CBT) Dementia Depression Eating disorders Perinatal psychiatric disorder Post-traumatic stress disorder (PTSD) Psychosis Schizophrenia Sleep problems

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Essentials of Physical Health in Psychiatry By Irene Cormac, David Gray Bibliography

- Sales Rank: #4633376 in Books
- Published on: 2012-11-15
- Original language: English
- Dimensions: 10.00" h x 8.00" w x 1.25" l, 2.56 pounds
- Binding: Paperback
- 528 pages

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Editorial Review

Review

"For a specialty that can tend to marginalize physical health, this is a concise reference with some good pointers towards more detailed information where appropriate. ...Of more interest to medical students and doctors working within the area of mental health." - Nursing Times (Online) "It is time for psychiatrists to be seen as 'real doctors' again and it is our job to make sure our patients get the physical healthcare they are entitled to. But some rapid revision is called for...this book will give us confidence that we have an up-to-date handle on physical health. This book will be invaluable to any member of the psychiatry team." - British Journal of Psychiatry "The layout makes this an easy to read reference, with summary boxes clearly colour coded for those in a hurry. Of particular use are the learning points at the end of each chapter." - Nursing Times (Online)

About the Author

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