

Managing Mental Health Problems

*A Practical Guide
for Primary Care*

*by Nick Kates
& Marilyn Craven*



Hogrefe & Huber Publishers

Managing Mental Health Problems A Practical Guide For Primary Care

J Elliott



Managing Mental Health Problems A Practical Guide For Primary Care:

Managing Mental Health Problems Nick Kates, Marilyn Craven, 1998 This down to earth handbook is designed to help family physicians and family medicine residents increase their skills in the assessment and management of a wide range of common psychiatric and mental health problems The authors emphasize effective time saving strategies for the busy primary care clinician and include numerous interviewing and management tips as well as advice on involving families utilizing community resources and making appropriate referrals While designed for physicians the material is easily accessible to a broad range of social workers crisis counselors and certainly psychologist clinicians who need to cost effectively assess new clients The authors have worked together as a team for many years exactly in this field assisting primary care clinicians to best deal with the mental health aspects of their practices As a result the authors have seen and helped others work through almost all imaginable challenges

Handbook of Primary Care Psychology Leonard J. Haas, 2004-08-19 This handbook is designed to provide authoritative information to the psychologist working in primary care settings and to those seeking to learn about clinical issues in such settings Scholarly and at the same time practical this volume offers both the clinician and the researcher a wide ranging look at the contexts in which psychological services become of paramount importance to the health of the patient The handbook will cover the prevalent psychological conditions in the primary care setting depression anxiety somatization eating disorders and alcoholism illnesses in which psychological disorders play a major role such as heart disease diabetes cancer pain management headache asthma low back pain sleep disorders among others and issues of concern to psychologists treating children ADHD disciplinary problems etc treating women abuse infertility menopause sexual dysfunction treating men workaholism alcoholism sexual dysfunction and treating the older patient death and dying cognitive impairment late life depression Other important topics include psychological side effects of common medications resistance to treatment spiritual concerns in the treatment of patients cultural differences in healing suicide AIDS prevention of disease and many others Leonard Haas is a noted authority in the area of primary care psychology and has recruited expert contributors for the 41 chapters and two appendices that make up this definitive handbook for a growing and important subspecialty in clinical psychology The work may also be used in graduate courses in health psychology

Medical Management: A Practical Guide Hameen Markar, Geraldine O'Sullivan, 2012-08-31 This essential guide provides a lifeline to authoritative reliable information on medical management giving you all the skills you need whether managing a junior colleague as a lead doctor or running multidisciplinary consortia in the NHS or private sectors Learn key skills from leadership managing change quality control and project management through to doctors in difficulty appraisals and revalidation managing exceptional performance and poor performance Comprehensive coverage of NHS and private healthcare primary care acute and emergency care mental health and many other sectors Gain insight into important topics such as healthcare innovations and technologies implementing evidence based medicine medical education patient safety and

primary care consortia Refine your management skills with advice wisdom and practical help from key opinion leaders medical professionals and management experts In this world of change reforms and new government initiatives can you afford not to build on your existing skills Whether you are new to medical management or an experienced director wishing to stay up to date and refine your expertise this book will be an invaluable source of advice to help you manage the delivery of high quality care

Handbook of Cognitive Behavioral Approaches in Primary Care Robert A. DiTomasso,2010 Print CourseSmart

The Oxford Handbook of Clinical Psychology David H. Barlow,2014-03-31 The exponential growth of clinical psychology since the late 1960s can be measured in part by the extensive perhaps exhaustive literature on the subject This proliferation of writing has continued into the new century and the field has come to be defined as much by its many topics as its many voices The Oxford Handbook of Clinical Psychology synthesizes these decades of literature in one extraordinary volume Comprising chapters from the foremost scholars in clinical psychology the handbook provides even and authoritative coverage of the research practice and policy factors that combine to form today s clinical psychology landscape In addition to core sections on topics such as training assessment diagnosis and intervention the handbook includes valuable chapters devoted to new and emerging issues in the clinical field including health care reforms cultural factors and technological innovations and challenges Each chapter offers a review of the most pertinent literature outlining current issues and identifying possibilities for future research Featuring two chapters by Editor David H Barlow one on changes during his own 40 year odyssey in the field the other projecting ten themes for the future of clinical psychology The Oxford Handbook of Clinical Psychology is a landmark publication that is sure to serve as the field s benchmark reference publication for years to come It is an essential resource for students clinicians and researchers across the ever growing clinical psychology community

Practical Management of Pain E-Book Honorio Benzon,James P. Rathmell,Christopher L. Wu,Dennis Turk,Charles E. Argoff,Robert W Hurley,2013-09-11 Obtain all the core knowledge in pain management you need from one of the most trusted resources in the field The new edition of Practical Management of Pain gives you completely updated multidisciplinary overview of every aspect of pain medicine including evaluation diagnosis of pain syndromes rationales for management treatment modalities and much more It is all the expert guidance necessary to offer your patients the best possible relief Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Access up to the minute knowledge on all aspects of pain management from general principles to specific management techniques with contributions from renowned pain management experts Understand and apply the latest developments in pain management with brand new chapters covering disability assessment central post stroke pain widespread chronic pain and burn pain Effectively ease your patients pain with today s best management techniques including joint injections ultrasound guided therapies and new pharmacologic agents such as topical analgesics

A Practical Guide to Child and Adolescent Mental Health Screening, Evidence-based Assessment, Intervention, and Health Promotion Bernadette

Mazurek Melnyk, Pamela Lusk, 2021-10-28 This book is a thorough and relevant first step for health professionals to learn about mental health disorders among children and adolescents from diagnosis to treatment to resources and prevention Richard H Carmona MD MPH FACS 17th Surgeon General of the United States From the Foreword Updated with new research findings and best evidence based practices the third edition of this quick access guide aids practitioners in preventing screening diagnosing and managing children and adolescents who present with mental health symptoms and disorders This new edition describes key changes in the field with an emphasis on trauma and stressor related disorders cognitive behavioral therapy skills building suicidal and self harming behaviors substance abuse disorders prescribing antidepressants to youth and promoting mental health in schools New and updated screening tools instruments and interventions add to the therapeutic arsenal along with diagnostic criteria case studies and risk factors In addition this guide delivers new information on care for the caregiver and new technologies to enhance life balance The third edition continues to deliver the essential nuts and bolts of evidence based content in a practical and user friendly format Grounded in DSM V criteria and diagnoses with a holistic view of the patient this guide contains a wealth of resources including screening tools parent patient handouts and other resources to educate families about mental health disorders and ways to foster patient wellness New to the Third Edition Describes new evidence based programs to enhance mental health and well being Presents updated educational materials for families and caregivers Featured chapters Evidence based Assessment and Management of Trauma and Stressor Related Disorders Evidence based Assessment and Management of Adverse Childhood Experiences Evidence based Assessment and Management of Substance Abuse and Addiction Spectrum Evidence based Assessment and Management of Anxiety Disorders Evidence based Assessment and Management of Depressive Disorders Promoting Mental Health in Schools Self Care for Clinicians Who Care for Children and Adolescents with Mental Health Problems Key Features Provides a tool kit for healthcare professionals to enhance care and improve outcomes Contains a variety of valid and reliable screening tools for mental health disorders in children and teens Addresses concise evidence based assessment and management guidelines Includes downloadable access to patient education handouts resources and a variety of other resources for children teens and parents

Managing Suicide Risk in Primary Care Craig J. Bryan, M. David Rudd, 2010-11-19 Primary care is the new frontier for preventing suicide and Bryan and Rudd are its pioneers offering wisdom and guidance based on their experience in bridging behavioral health care to the primary health care setting This is a truly significant reference Lanny Berman PhD ABPP Executive Director American Association of Suicidology President International Association for Suicide Prevention In their pragmatic and useful book titled Managing Suicide Risk in Primary Care Bryan and Rudd provide an essential reference guide for health care professionals working in primary care settings PsycCRITIQUES This book offers a comprehensive approach that can help the physician become competent to assess and intervene with suicidal risk as well as lessen his or her anxiety when dealing with patients at suicide risk Needless to say this

can be a life and death matter for some patients One of the great strengths of this book is how they have adapted insights and interventions from traditional mental health care for the uniqueness of primary care I highly recommend this book for any professional working in primary care It will be taken off the shelf for reference and reviewed many times in the course of a career Family Medicine Journal Roughly forty five percent of individuals who commit suicide make contact with a primary medical provider in the month prior to their death nearly twenty percent make contact within one day of their death This practical guide demonstrates how the primary care setting an increasingly important provider of mental health treatment can be an effective place for preventing suicide and providing ameliorative care Firmly grounded in the clinical realities of primary care Bryan and Rudd address the key issues that often plague behavioral health consultants BHCs in such settings where appointments are brief patient contact is limited and decision making and treatment are collaborative They offer effective strategies for BHCs to manage patients across a suicidal crisis beginning with the development of procedures prior to crisis steps to take during a crisis planning for post crisis care transition to specialty mental health facilities and legal issues Key Features Targets techniques for suicide assessment and prevention in primary care settings Addresses the clinical realities of working in a primary care setting and how to adapt them to the needs of suicidal patients Covers clinical protocols legal issues and risk management Discusses the formation of collaborative relationships with patients and staff Provides brief interventions with suicidal patients and post crisis strategies Written by leading specialists in behavioral health primary care and suicidology *Psychiatric Presentations in General Practice* K. S. Jacob, Anju Kuruvilla, 2016-11-30 Medical schools currently use specialist perspectives on psychiatric disorders to train physicians nurses and health professionals This results in a lack confidence among non psychiatric health professionals which reduces their ability to manage common mental health conditions in primary care and secondary hospitals This book is a practical guide to common mental health conditions encountered in general medical practice **Primary Care Mental Health** Linda Gask, Tony Kendrick, Robert Peveler, Carolyn A. Chew-Graham, 2018-09-20 Around ninety per cent of all patients with mental health problems are managed solely in primary care including thirty five per cent of all those with serious mental illness Primary care plays an increasingly essential role in developing and delivering mental health services and in the wellbeing of communities In this book internationally respected authors provide both a conceptual background and practical advice for primary care clinicians and specialist mental health professionals liaising with primary care Clinical policy and professional issues such as working effectively at the interface between services are addressed with a key focus on patient and service user experience Following the highly successful first edition which was awarded first prize at the BMA Medical Book Awards in the category of Primary Health Care this fully updated volume includes new chapters on mental health and long term physical conditions prison populations improving access to care and public mental health **Mental Healthcare Matters in Primary Care** Ruth Chambers, Elizabeth Boath, Gill Wakley, 2001 Bridging the gap between theory and practice this book

shows how to integrate quality improvements into everyday work It outlines how learning more about mental health and reviewing current practice can be incorporated into personal development or practice learning plans

Core Psychiatry E-Book Padraig Wright, Julian Stern, Michael Phelan, 2012-01-08 A new edition of a highly successful award winning textbook for trainee psychiatrists covering in one volume all the subjects required for the new MRCPsych and similar exams Written in a highly engaging manner it will also prove invaluable to qualified psychiatrists who need to keep up to date with the latest developments as well as clinical psychologists general practitioners psychiatric nurses and senior medical students Concise yet comprehensive Core Psychiatry reflects the latest developments in the curriculum plus all that is new and essential in clinical practice and the sciences that underpin it It includes new information on the new Mental Capacity Act and Mental Health Act as well as enhanced sections on psychopharmacology old age psychiatry child and adolescent psychiatry forensic psychiatry and rehabilitation The book also makes reference to the latest NICE guidelines and includes new sections on sleep medicine and trauma psychiatry New edition of a popular MRCPsych curriculum based text Previous edition Highly Commended Mental Health category in the BMA Awards 2005 Contains useful summary boxes lists and key points to make last minute learning easy Comprehensive and authoritative resource written by contributors to ensure complete accuracy and currency of specialist information Chapters prepared by specialists working in conjunction with trainees content totally up to date and jointly written by authors who have recently been in the exam situation Contains the latest findings in sleep medicine and trauma psychiatry Expanded section on psychology including social psychology to reflect the latest MRCPsych examination format Text updated in full to reflect the new Mental Capacity Act and Mental Health Act Relevant chapters now contain a skills and competency section to reflect changes in MRCPsych curriculum Updating and amendments to improve coverage of old age psychiatry child and adolescent psychiatry forensic psychiatry and rehabilitation Contains reference to the latest NICE guidelines in boxes and tables Enhanced discussion of the use of the best current management options both pharmacological and psychotherapeutic the latter including CBT DBT EMDR and psychodynamic group couple and family therapy

Oxford Textbook of Old Age Psychiatry Tom Denning, Alan Thomas, Robert Stewart, John-Paul Taylor, 2021 Part of the authoritative Oxford Textbooks in Psychiatry series Oxford Textbook of Old Age Psychiatry Third Edition has been thoroughly updated to reflect the developments in old age psychiatry since publication of the Second Edition in 2013 and remains an essential reference for anyone interested in the mental health care of older people

The Practical Guide to Weight Management, 2nd Edition Understanding the Role of Diet, Nutrition, Exercise and Lifestyle, 2006

Bright Futures in Practice: Practice guide Michael S. Jellinek, Bina P. Patel, Mary C. Froehle, 2002

EBOOK: Introduction To Mental Health Nursing Nick Wrycraft, 2009-08-16 This is a comprehensive and reader friendly text that offers students a great introduction and insight into the modern world of mental health nursing The quotes from students and practical activities engage the reader and enhance application of theory to clinical practice and educational development Students will benefit

from the guidance and support this book offers to complement their nurse education Lisa King Senior Lecturer in Mental Health Nursing The University of Chester UK Full of insights into what it s like to be a mental health nursing student including direct quotes from current students This engaging new textbook provides a student focused introduction to the main issues and themes in mental health nursing The book requires no previous knowledge and the content has been carefully chosen to reflect the most significant aspects of this important and rewarding area of nursing The book includes specific chapters on Social inclusion and the Ten Essential Shared Capabilities Mental health promotion Mental health at different stages of the life course Physical health issues in mental health settings Mental health law Therapeutic interventions specifically Cognitive Behavioural Therapy CBT and psychoanalytic psychodynamic approaches The concept of recovery Scenarios and exercises are used to demonstrate integration of theory and practice These can be easily linked to your placement experience and overall learning and development Readers are encouraged to develop an analytical and investigative approach to their studies Other important areas covered in the book include the National Service Framework NSF for Mental Health the Care Programme Approach CPA and the Tidal Model of mental health nursing Introduction to Mental Health Nursing is the perfect introduction for all nursing students with an interest in a career in mental health nursing Contributors Geoffrey Amoateng Amanda Blackhall Alyson Buck David A Hingley Richard Khoo Mark McGrath Mary Northrop Tim Schafer Allen Senivassen Julie Teatheredge James Trueman Henck Van Bilsen Steven Walker Steve Wood

Practical Guide to Obesity Medicine Jolanta Weaver,2017-09-29 Get a quick expert overview of the many key facets of obesity management with this concise practical resource by Dr Jolanta Weaver Ideal for any health care professional who cares for patients with a weight problem This easy to read reference addresses a wide range of topics including advice on how to unpack the behavioral causes of obesity in order to facilitate change manage effective communication with patients suffering with weight problems and future directions in obesity medicine Features a wealth of information on obesity including hormones and weight problems co morbidities in obesity genetics and the onset of obesity behavioral aspects and psychosocial approaches to obesity management energy and metabolism management and more Discusses pharmacotherapies and surgical approaches to obesity Consolidates today s available information and guidance in this timely area into one convenient resource Primary Care of Women Hackley,Jan M. Kriebs,2016-08 Primary Care of Women Second Edition is an essential and easy to use resource for healthcare providers who offer primary care to women Ideal for new and experienced clinicians it focuses on the need to address women s health holistically Each chapter begins by discussing common symptoms and how to evaluate them before moving on to diagnosis and management of the most common conditions seen in women Topics include prevention screening management of common health problems and the presentation and management of common health issues in pregnancy Completely updated and revised the Second Edition includes new chapters on sleep disorders dental health and complementary and alternative medicine Also included is an

increased focus on topics such as mental health and violence

Principle-Based Stepped Care and Brief Psychotherapy for Integrated Care Settings Alexandros Maragakos, William T. O'Donohue, 2018-02-13 This timely volume provides the practitioner with evidence based treatments for many of the clinical problems encountered in integrated care It applies the core concepts of stepped care to integrating brief mental health interventions as a way to address ongoing problems in the modern healthcare landscape It sets out in depth the state of the healthcare crisis in terms of costs staffing and training issues integration logistics and management system culture and a variety of clinical considerations Central to the book is a best practice template for providing behavioral stepped care in medical settings including screening and assessment levels of intervention and treatment referrals and collaboration with primary care and other specialties Using this format contributors detail specific challenges of and science based interventions for a diverse range of common conditions and issues including Depression Anxiety disorders Adherence to chronic obstructive pulmonary disorder management Alcohol and other substance misuse Attention deficit hyperactivity disorder Chronic pain Neurocognitive disorders Paraphilias problematic sexual interests WU3 Sexual abuse and PTSD in children A solid roadmap for widescale reform *Principle Based Stepped Care and Brief Psychotherapy for Integrated Care Settings* is deeply informative reading for health psychologists social workers psychiatrists and clinical psychologists It also clarifies the research agenda for those seeking improvements in healthcare quality and delivery and patient satisfaction

Managing Long-term Conditions and Chronic Illness in Primary Care Judith Carrier, 2022-12-30 This practical guide will assist healthcare practitioners to manage and meet the physical and psycho social needs of people with complex chronic diseases long term conditions Systematic and evidence based care which takes account of the expert patient and reduces unnecessary hospital admissions is vital to support those with long term conditions chronic diseases and those who care for them Effective management of long term conditions is an essential part of contemporary nursing and healthcare policy and practice globally Reflecting recent changes in the curriculum this fully updated multidisciplinary edition highlights the key issues in managing long term conditions It provides a practical and accessible guide for nurses and allied health professionals in the primary care environment including case studies on HIV and dementia and content on mental health the physical and psychosocial impact of living with long term conditions effective case management self management and the expert patient behavioural change strategies and motivational counselling Packed with helpful clearly written information *Managing Long term Conditions and Chronic Illness in Primary Care* includes case studies fact boxes and pointers for practice It is ideal reading for pre and post registration nursing students taking modules on long term conditions and will be a valuable companion for pre registration students on community placements

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