

Practical Child and Adolescent Psychiatry for Pediatrics and Primary Care

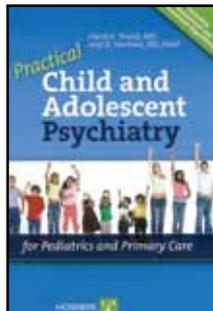
Harsh K. Trivedi
Jeryl D. Kershner

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& Huber Publishers,
2009

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\$68.00

The authors of Practical Child and Adolescent Psychiatry for Pediatrics and Primary Care have succeeded in producing a handbook that contains information and clinical pathways designed to provide the information judged to be most helpful in this area to practising physicians. This book was written specifically for a paediatric and primary care physician audience, utilising clear algorithmic steps that demonstrate what should be done in each envisaged clinical situation.

Practical Child and Adolescent Psychiatry for Pediatrics and Primary Care is structured with each chapter dealing with the chief complaints that the target audience are likely to encounter. The algorithms direct the reader through the



assessment and treatment of children and adolescents with mental health problems.

The structure of the book is designed to assist physicians in developing their own framework with which to tackle these problems when they present in the clinical setting.

The book is then divided into four sections: Section 1 – consisting of two chapters instructing people how to use the book and set up a medical office environment to best care for children and adolescents with psychiatric problems. Section 2 – consisting of seven chapters outlining approaches to the main symptoms as they are most likely to present to the clinician in the area of child and adolescent psychiatry. Section 3 – consisting of 13 chapters outlining the diagnostic criteria of the major psychiatric disorders present in children, including information interpreted from the DSM-IV. Section 4 – consisting of eight chapters detailing possible useful interventions, including pharmacological, psychotherapeutic and psychosocial approaches.

Appendices – six of these are included, providing

charts detailing psychiatric evaluation, suicide and risk assessment and DSM-IV diagnostic criteria.

There is also useful reference material that enables diagnoses to be confirmed and tied back to relevant DSM criteria. The appendices contain material that can be utilised in the development of assessment tools within Australian general practice.

A note of caution: the majority of the material within this book is generic in its usefulness, but unfortunately several sections refer to interventions and medications specific for the American medical system and these do not easily transfer into the Australian healthcare system.

This is an interesting book documenting a system of management that will be useful in the clinical setting where doctors are frequently confronted by the difficult problems of diagnosis and management of child and adolescent psychiatry.

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When to Really Worry

Michael Carr-Gregg

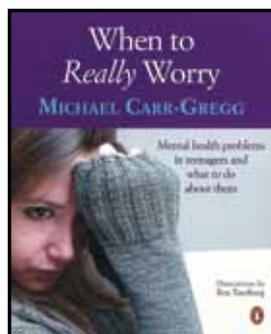
Australia: Penguin
Books, 2010

ISBN 978 0143 009 061,
\$19.95

Michael Carr-Gregg is well known for his work with adolescents and for a series of compact books aimed at parents.

While previous titles in the series ('The Princess Bitchface Syndrome', 'Real Wired Child' and 'Surviving Adolescents') have discussed adolescence more generally, *When to Really Worry* focuses particularly on teenage mental health.

The first few chapters deal with how to tell the difference between normal adolescence



and mental illness (not always an easy task!). This is followed by an overview of psychological approaches and a review of commonly used psychiatric medications along with a section on what parents can do to assist, which also explains how to go about choosing a doctor/therapist and how to get the best out of a therapeutic relationship.

Subsequent chapters examine the most common adolescent mental

illnesses and their specific management. The chapters on self harm and youth suicide are particularly useful, with a solid evidence base to the advice given and clear directions on how to proceed with an at risk adolescent.

The book's dedication to two young women who tragically suicided sets the tone for Carr-Gregg's strong advocacy for better understanding

and management of adolescent mental health. A wealth of further resources including websites and telephone numbers is given at the end of this book.

The strength of this books lies in its accessibility to parents, but it is equally recommended for anyone else dealing with young people, including doctors. Information is covered succinctly and with an emphasis on the practicalities of the subject, while the use of cartoons and humour further engages the reader.

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