



Managing the Side Effects of Psychotropic Medications

Joseph F. Goldberg, Carrie L. Ernst

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"Managing the Side Effects of Psychotropic Medications" provides comprehensive, pragmatic information on anticipating and countering adverse drug effects when they occur. Cowritten by a research psychopharmacologist and a consultation-liaison psychiatrist, this book fills a void in the literature, helping mental health practitioners assess the risks and benefits of specific psychotropic medications and undertake strategies for managing adverse effects.

This volume includes a wealth of information relevant to clinical psychiatrists, psychiatric residents, and psychiatric nurses, as well as medical students engaged in a psychiatry rotation. Highlights include: - A review of fundamental concepts from internal medicine relevant to psychopharmacology across all major organ systems affected by antidepressants, antipsychotics, mood stabilizers, stimulants, sedative-hypnotics, and other major psychotropic classes - Practical discussion of the strengths and weaknesses of viable antidote strategies for common adverse drug effects, including weight gain, metabolic dysregulation, sexual dysfunction, sleep disorders, skin rashes, movement disorders, and cognitive disturbances. Readers will understand the scientific rationale and evidence base behind available methods to counteract adverse drug effects - An entire section on vulnerable populations, including children, the medically ill, and older adults, including the special considerations in prescribing and intervening when adverse effects arise - Guidance for managing emergency situations, beginning with how to determine whether such a situation--e.g., allergic reaction or overdose--exists. Easy-to-use tables provide critical information needed to respond rapidly and appropriately to emergency situations including overdoses, neurotoxicities, and systemic reactions - A 25-question, multiple-choice self-assessment that employs a combination of case studies and straightforward questions on mechanisms of action, key symptoms, and medication selection, providing the reader with an effective way to measure learning - A series of appendices that distill complex information into readily-comprehensible form on vital topics including commonly reported adverse effects, common psychotropic drug interactions, resources for practitioners, and rating scales for measuring adverse drug effects.

Most valuable of all, "Managing the Side Effects of Psychotropic Medications" provides concise, bottom-line summary recommendations that synthesize all available empirical and anecdotal information on psychotropic medications. Mental health practitioners will appreciate its comprehensiveness and wise counsel.

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