



Managing the Side Effects of Psychotropic Medications

By 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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Editorial Review

Review

" "Managing Side Effects of Psychotropic Medications" by Joseph Goldberg and Carrie Ernst provides comprehensive, encyclopedic, coverage of this critical topic but it really is more than a volume on drug side effects; it is actually an indispensable resource for expert practice of psychopharmacology. Not only did I upgrade my own knowledge substantially by reading this book, but I also pledged to our residency training director that every MGH resident would be given a copy!" --Jerrold F. Rosenbaum M.D., Psychiatrist-in-Chief, Massachusetts General Hospital Stanley Cobb Professor of Psychiatry, Harvard Medical School, Boston, MA"

From the Inside Flap

Side effects can jeopardize treatment adherence and discourage the use of otherwise effective pharmacotherapies. How can busy clinicians best anticipate and manage the drug side effects experienced by their patients? How are they best able to make medication decisions that balance treatment risks and benefits thoughtfully and confidently?

Filling a critical gap, *Managing the Side Effects of Psychotropic Medications* provides a wealth of practical and comprehensive knowledge to help clinicians recognize and navigate the diversity of end-organ psychotropic drug effects. This well-crafted resource will help practitioners better understand the consequences of available drug therapies, the range of strategies to effectively counteract adverse effects, and the scientific and practical implications of their treatment decisions. The highly respected authors contribute their depth of clinical wisdom in this supremely useful volume, presenting information that is either unavailable or less clearly distilled in psychopharmacology textbooks. Moreover, this work translates the oft-buried helpful elements of clinical trial data into wise counsel for real-world practice.

This excellent and unique work deconstructs complex scenarios into understandable components, providing invaluable guidance to clinicians as they consider options for managing adverse drug effects that range from the most common to the most serious.

About the Author

Joseph F. Goldberg, M.D., M.S., is Associate Clinical Professor of Psychiatry at Mount Sinai School of Medicine in New York, New York, and Director of the Affective Disorders Research Program at Silver Hill Hospital in New Canaan, Connecticut.

Carrie L. Ernst, M.D., a consultation-liaison psychiatrist, is Assistant Professor of Psychiatry and Assistant Director of the Psychosomatic Medicine Fellowship Program at the Mount Sinai School of Medicine, New York, New York.

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