

Review

Prescribing Mental Health Medication: The Practitioner's Guide (2nd edn)

Christopher M. Doran

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This is an extensive reference text providing up-to-date information on the principles of prescribing psychotropic medication in the USA and the UK. The book is invaluable to clinicians who actively prescribe psychotropic medication (mental health practitioners and nurse prescribers) and is also accessible to other healthcare workers who come into contact with patients who have been prescribed what is often considered a specialist group of medications. Particular recognition is made of the medical, surgical or primary care practitioners who are often left with the responsibility of reviewing unfamiliar medications while the patient is under their care for an unrelated ailment. Throughout the text, clinical tips specific to this group are highlighted by a small icon, which makes it particularly handy for those reading at pace.

The text opens by tackling the myth of psychotropic medication, which can often form the basis of questions from the concerned patient or relative. These are addressed thoroughly and, where appropriate, suggestions are made for

the clinician on how to structure dialogue with the patient. Although these are useful in providing structure to the prescribing consultation, the script should by no means be considered exhaustive. At times, the language used can appear to be fairly stilted, and the recommendation would be that the language be tailored appropriately to the individual concerned.

The book extensively covers the majority of topics relating to the prescribing process, from the initial assessment by the clinician, the prescribing consultation, subsequent medication reviews and where applicable, changes to, or cessation of, medication. There are several chapters focusing on more specialised populations that often conjure up fear and confusion in the prescriber, including pregnant women, elderly people, those with substance misuse and individuals with cognitive impairment. Doran guides the prescriber through the practicalities of prescribing, with further chapters dedicated to both the handwritten and electronic prescription.

This textbook can be used to supplement the BNF and Maudsley guidelines, thus smoothing out the prescribing process and ensuring a patient-centred focus.

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