

around the globe are calling for more integrated thinking in approaches to improve health and tackle illness.

The Cambridge Handbook of Psychology, Health and Medicine promises to help bridge this divide. This third edition considers the role of psychological processes in health and medicine. Less of a handbook and more of an encyclopaedia, this weighty tome provides a comprehensive overview of the topic. It is conveniently and logically divided into two parts, the first focusing on the psychology of health and illness, and the second on particular medical topics.


Numerous updates since the previous edition include welcome additional chapters on assisted reproductive technology, e-health interventions, patient-reported outcome measures and the effects of war and conflict. This ensures that the book covers many relevant contemporary issues that readers may encounter in their modern practice.

The earlier chapters provide a useful overview of the underlying processes informing our understanding of illness development. These range widely over diverse areas, such as the relationship of environment, occupation, immigration, gender, sexual orientation and socioeconomic status with health. The focus moves on to consider how the psychological aspects of disease can be assessed and what psychological interventions are available.

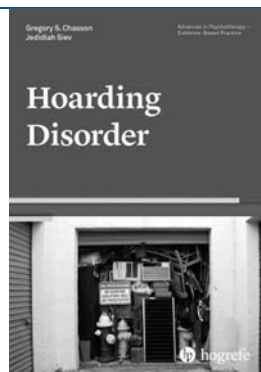
An interesting section for any frontline healthcare professional considers healthcare practice, reflecting on the impact of our often-challenging working environments on practitioner behaviour. Hot topics such as burnout, information quality and communicating risk are covered in dedicated, informative chapters.

The bulk of the second part deals with particular medical conditions and symptoms. This offers an invaluable reference point for any psychiatrist working with patients with the corresponding problem. As well as providing a ready primer on the condition of interest, it also helps to signpost what a psychiatrist could add to the holistic care of such patients.

This book has a very broad scope, which would make it appealing to a variety of audiences. The sections devoted to psychological processes are of interest to candidates preparing for the MRCPsych examinations, while the medical topics chapters would support anyone training to become a liaison psychiatrist. Moreover, the book in its entirety would provide a useful compendium for any student or practitioner of healthcare, regardless of their particular professional background.

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Hoarding Disorder

By Gregory S. Chasson and Jedidiah Siev
Hogrefe Publishing. 2018.
\$29.80 (pb). 76 pp.
ISBN 9780889374072

This is a compact, comprehensive book that has been eloquently written by experts in the field. The book is split into four chapters to help the reader navigate the topic of hoarding disorder. The

first chapter looks at the description of the disorder and uncovers the root of the term hoarding, which comes from the Old English word *hord*, meaning 'treasure, valuable stone or store' (p. 1). The final section of this chapter, 'Diagnostic procedures and documentation', perhaps would have been better placed in chapter 3, which covers diagnosis. The authors acknowledge that there is no universal core battery of instruments to diagnose hoarding disorder and therefore clinicians can be flexible in choosing these. This section is therefore quite useful as a summary of all the various diagnostic interviews and measuring scales that can be used to aid diagnosis as part of a multimethod assessment.

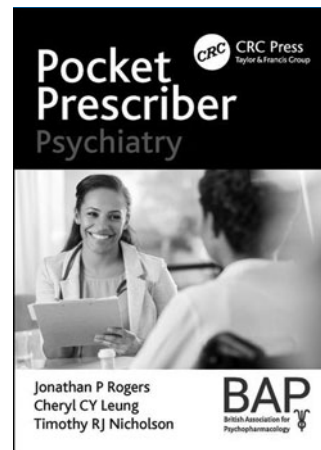
Chapter 2 looks at the theories and models of the disorder, namely cognitive-behavioural and biological models. Chapter 3 takes the reader through the diagnostic assessment and treatment indications. Finally, chapter 4 looks at treatment for people with hoarding disorder. This chapter contains case vignettes to highlight examples in which clinicians could explore issues and problem solve with patients, as well as depicting ways of information giving.

The book is laid out in an easy to read, clear and practical format which lends itself well to being used by clinicians in their clinical practice. A strength of this book is the bold marginal notes that appear throughout and help to make key points stand out on the page. Furthermore, there are boxed clinical 'pearls' with useful bite-size chunks of information that can be applied in clinical practice.

Overall this was an interesting book. In view of the fact that hoarding disorder is a new disorder in both DSM-5 and ICD-11, I think that this book is a good guide to aid clinicians in their understanding of the disorder.

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Pocket Prescriber Psychiatry

By Jonathan Rogers, Cheryl C.Y. Leung and Timothy R.J. Nicholson
First Edition. CRC Press. 2019.
£18.99 (pb). 448 pp.
ISBN 9781444176667

In late 2019, the General Medical Council's *'The Workforce Report'* reinforced that the number of psychiatrists in the UK remains low and that more non-UK medical graduates are gaining a licence to practice. One outcome is that more non-psychiatrists and non-UK medical graduates are treating people struggling with mental health problems. Better textbooks are always required, and concise versions that can cater to a wide audience are increasingly in demand. Problematically, many existing texts have grown to become reference works at the cost of easy accessibility and portability.



In our opinion, *'The Pocket Prescriber (Psychiatry)'* is one of those few tools from which practising psychiatrists and trainees – both UK and international medical graduates – as well as non-mental health specialists will equally benefit. It includes an impressive amount of

information for its compact size. The first section includes an extensive list of UK abbreviations, particularly useful to international and recent graduates who have just started to work within the UK healthcare system.

A meaty second section contains a list of the most commonly used drugs in psychiatry, arranged alphabetically, including relevant information about drugs used in general medicine, information that is always useful to any jobbing prescriber. Each drug includes a summary of mechanism of action, indicated uses, contraindications and cautions, secondary effects, aspects that need to be monitored and dose ranges. The information contained is succinct yet comprehensive, and as much as anyone is likely to reasonably need on a day-to-day basis.

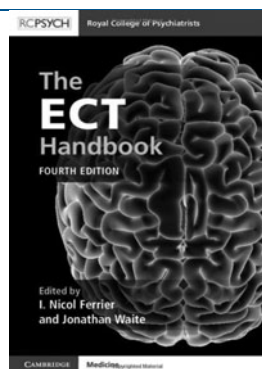
Where the book exceeds expectations is in the subsequent sections, where – surprisingly for one of its size and remit – it has areas dedicated to the most common psychiatric disorders, and information about their diagnoses and treatments protocols. Commendably, this also includes a section on non-pharmacological treatments such as psychoeducation, lifestyle changes and social interventions. Final sections are for ‘miscellaneous’ or ‘special populations’ (such as perinatal) and emergencies. This is, again, broader than we had anticipated, including information on the Mental Health Act, managing self-harm and even medical emergencies such as pulmonary embolism and diabetic ketoacidosis. The book concludes with a list of useful contacts (e.g. Samaritans), reference values, the Mini-Mental State Examination and algorithms for adult basic and advanced life support.

Overall, we found this Pocket Prescriber a wonderfully comprehensive book for its small size. We particularly commend it to those who have recently graduated and those who have just joined the UK healthcare workforce.

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The ECT Handbook

By I. Nicol Ferrier and Jonathan Waite
4th edn. RCPsych/Cambridge University Press. 2019. £45 (pb).
292 pp.
ISBN 9781911623168

The ECT Handbook is an essential addition to your bookshelf whether you are a young psychiatrist in the making or already

running a well-established ECT department. This fourth edition, published by Cambridge University Press, is surprisingly comprehensive for its relatively short 292 pages and it presents an overview of the current best practice in ECT as well as discussing wider issues relevant to the practice of ECT. It fulfils an important role in collating the latest evidence in an accessible way for trainees, prescribers and seasoned practitioners of ECT, as well as providing a useful update for anyone interested in the modern practice of ECT. The book is well laid out and consists of 28 concise, stand-alone chapters written by experts in their field. Each chapter is summarised and key points are highlighted. The book is easy to use and acts as an excellent point of reference for the use of ECT in different mental and medical disorders.

Despite ECT having a controversial history, it is still regarded as one of the most effective treatments in psychiatry for the treatment of severe depression, psychotic depression and treatment-resistant depression. The Handbook presents the clear evidence base for these indications, but also looks at the utilisation of ECT in bipolar disorder, intellectual disability, children and adolescents, older adults, neuropsychiatric disorders and in pregnancy and the postnatal period, presenting the most up-to-date guidelines and evaluating available evidence. There are also chapters dealing with how ECT works, potential side-effects, anaesthetic issues, legal considerations, and patients', carers' and the public's perception of ECT. Hence some parts of the book will have a more general appeal; other parts are more aimed at members of ECT teams who need practical guidance.

Of particular interest, the chapter on the use of ECT in the treatment of schizophrenia provides new and exciting evidence on the use of clozapine and ECT in combination to improve clinical outcomes in challenging cases. There is also a very timely chapter on ketamine for psychiatric disorders, which provides a succinct critique of the evidence for efficacy and cautions that esketamine could soon be coming to a clinic near you! Other chapters, such as those on the practical aspects of ECT, interactions between ECT and prescribed medication and seizure monitoring in ECT, are more specifically geared towards ECT practitioners and provide expert guidance on how to carry out ECT more effectively, confidently and safely.

One small criticism I have is that there is some repetition between the chapters. Of course, this is likely to occur when different authors contribute to different sections. However, in some places there are discrepancies that, although minor, could potentially cause slight confusion in the reader.

In summary, this is a well-written, well-researched, evidence-based handbook aimed particularly at ECT practitioners, but also of relevance to any practising psychiatrist. If you are looking to gain knowledge, confidence and a deeper understanding of ECT and other physical treatments then this is the book for you.

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