

A hand holding a glass filled with a light-colored liquid. Overlaid on the glass is a diagram of faculties, with text such as 'INTUITIVE, REASONING, REFLECTIVE FACULTIES' and 'LITERARY, OBSERVING, KNOWING FACULTIES'. The diagram also includes terms like 'Comparative', 'Actions', 'Mental', and 'Physical'.

SECOND EDITION

# RAPID

## Psychiatry

 WILEY-BLACKWELL

Clare Oakley  
Amit Malik

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# Rapid Psychiatry

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## ***Preface***

It has been an absolute joy and challenge to complete this book for undergraduate medical students. *Rapid Psychiatry* is set out in 11 different sections. In addition to the introduction, differential diagnosis, psychopharmacology and the appendices which cover topics that are relevant across the range of patient groups and clinical settings, the book contains sections on the main areas of specialism within psychiatry. Within most sections, the chapters are arranged in alphabetical order except for the introduction and appendices chapter which do not lend themselves well to such an arrangement. We hope that this book will make the undergraduate experience more enjoyable for all medical students and that many more will decide to choose psychiatry as their future career.

# ***Acknowledgements***

We are both grateful to Allison Hibbert, Alice Goodwin and Frances Dear whose excellent original work provided the inspiration for this second edition. We would also like to thank Dr Helen Smith for her invaluable contributions regarding the Scottish mental health legislation. This book would not have been possible without our own teachers and the authors of many reference textbooks and scientific papers whose wisdom has been sieved in the subsequent pages. Whilst the format of the book did not lend itself to referencing every expert and publication, we thank them all. The team at Wiley-Blackwell have supported us throughout this process, from Joan Marsh, who first introduced us to the publication house, to Ben Townsend, whose enthusiasm convinced us to take on this project, and finally to Laura Murphy, whose patience and support have guided this book through its many revisions. And finally we thank our families for their patience and support through our hours of writing and revising the text.

# ***List of Abbreviations***

5-HIAA	5-hydroxyindoleacetic acid
5-HT	5-hydroxytryptamine (serotonin)
AA	Alcoholics Anonymous
ABC	Airway, breathing, circulation (basic life support)
ABG	Arterial blood gases
ACE	Angiotensin-converting enzyme
ADHD	Attention deficit hyperactivity disorder
AMHP	Approved mental health practitioner
AMP	Approved medical practitioner
APP	Amyloid precursor protein
AV	Atrioventricular
AWI	Adults with Incapacity (Scotland) Act 2000
BMI	Body Mass Index
BNF	<i>British National Formulary</i>
BP	Blood pressure
Ca	Calcium
CBT	Cognitive-behavioural therapy
CJD	Creutzfeldt-Jakob disease
CMHT	Community Mental Health Team
CNS	Central nervous system
CPN	Community psychiatric nurse
CRP	C-reactive protein
CSF	Cerebrospinal fluid
CT	Computed tomography
CTO	Compulsory Treatment Order

CVA	Cerebrovascular accident/stroke
CXR	Chest X-ray
DKA	Diabetic ketoacidosis
DSM	<i>Diagnostic and Statistical Manual of Mental Disorders</i> (US diagnostic guidelines)
DZ	Dizygotic
ECG	Electrocardiogram
ECT	Electroconvulsive therapy
EDC	Emergency Detention Certificate
EEG	Electroencephalogram
EMDR	Eye Movement Desensitisation and Reprocessing
EPSE	Extrapyramidal side effect
ESR	Erythrocyte sedimentation rate
EtOH	Ethanol (alcohol)
FBC	Full blood count
FTA	Fluorescent treponemal antibody test
GABA	$\gamma$ -aminobutyric acid
GAD	Generalised anxiety disorder
GCS	Glasgow Coma Scale
GGT	$\gamma$ -glutamyl transferase
GI	Gastrointestinal
GP	General practitioner
GPI	General paresis of the insane
HIV	Human immunodeficiency virus
HR	Heart rate
IBS	Irritable bowel syndrome
ICD	<i>International Classification of Diseases</i> (WHO)

	diagnostic guidelines)
ICP	Intracranial pressure
IM	Intramuscular
IQ	Intelligence quotient
ITU	Intensive therapy unit
IV	Intravenous
LD	Learning disability
LFT	Liver function test
LP	Lumbar puncture
LSD	Lysergic acid diethylamide
MAOI	Monoamine oxidase inhibitor
MDT	Multidisciplinary team
MHA	Mental Health Act (1983)
MHO	Mental health officer
MI	Myocardial infarction
MMR	Measles, mumps and rubella
MMSE	Mini mental state examination
MRI	Magnetic resonance imaging
MSE	Mental state examination
MSU	Midstream urine
MZ	Monozygotic
NA	Noradrenaline (norepinephrine)
NSAID	Non-steroidal anti-inflammatory drug
OCD	Obsessive-compulsive disorder
OT	Occupational therapy
PD	Personality disorder
PTSD	Post-traumatic stress disorder

RC Responsible clinician  
RMO Responsible medical officer  
SOAD Second opinion approved doctor  
SSRI Selective serotonin reuptake inhibitor  
STDC Short-Term Detention Certificate  
TCA Tricyclic antidepressant  
TFT Thyroid function test  
TIA Transient ischaemic attack  
TMS Transcranial magnetic stimulation  
TPHA *Treponema pallidum* haemagglutination assay (test for syphilis)  
U&E Urea and electrolytes  
UTI Urinary tract infection  
VDRL Venereal Diseases Reference Laboratory  
WHO World Health Organization

# ***Introduction to Psychiatry***

# ***Summary***

The following are the broad headings of a standard psychiatric assessment, which are discussed in detail later in the chapter. Special considerations for specific patient groups (children, older people, etc.) are discussed at the beginning of relevant chapters.

## **Psychiatric history**

- Patient's personal details
- Presenting complaint
- History of presenting complaint
- Past psychiatric history
- Past medical history
- Drug history
- Family history
- Personal history:
  - Childhood
  - School
  - Occupations
  - Psychosexual history
  - Alcohol and substance use
  - Forensic history
  - Social situation
- Premorbid personality

## **Mental state examination**

- Appearance and behaviour
- Speech
- Mood