

## Tips for resources for next study group on Psychiatry/Mental Health

### Murtagh

Don't forget to read all the chapters relating to mental health. This is always the first place to start when studying each system for the exam. Ideal for the approach to the case and diagnostic options, look elsewhere for up to date management guidelines.

### NPS Medicinewise News/ NPS News

These are probably the best summaries on this website

[http://www.nps.org.au/health\\_professionals/publications/nps\\_news](http://www.nps.org.au/health_professionals/publications/nps_news)

<http://www.nps.org.au/publications/health-professional/medicinewise-news>

Depression –

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0003/140673/News\\_78\\_depression\\_0412.pdf](http://www.nps.org.au/_data/assets/pdf_file/0003/140673/News_78_depression_0412.pdf)

Anti-psychotics -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0008/129392/News74\\_antipsychotic\\_therapy\\_0811.pdf](http://www.nps.org.au/_data/assets/pdf_file/0008/129392/News74_antipsychotic_therapy_0811.pdf)

The use of hypnotics -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0006/82392/News67\\_benzodiazepines\\_hypnotics\\_0210.pdf](http://www.nps.org.au/_data/assets/pdf_file/0006/82392/News67_benzodiazepines_hypnotics_0210.pdf)

Treatment of anxiety disorders -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0003/76827/News65\\_anxiety\\_1009.pdf](http://www.nps.org.au/_data/assets/pdf_file/0003/76827/News65_anxiety_1009.pdf)

Atypical anti-psychotics -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0009/23859/news51\\_antipsychotics\\_0407.pdf](http://www.nps.org.au/_data/assets/pdf_file/0009/23859/news51_antipsychotics_0407.pdf)

Treatment of Depression -

[http://www.nps.org.au/\\_data/assets/pdf\\_file/0007/15838/news42\\_depression\\_1005.pdf](http://www.nps.org.au/_data/assets/pdf_file/0007/15838/news42_depression_1005.pdf)

### How to treat – Australian Doctor

The weekly Australian Doctor magazines inside section “How To Treat” have great summaries. Not all the articles are online, some are available through their iphone/ipad app or in their annual yearbooks available to purchase

<http://www.australiandoctor.com.au/education/how-to-treat>

You must be logged on and registered to be able to access the articles. It is free to register online with Australian doctor. There are lots of articles, but the main ones to focus are on some of the common or important conditions

Psychiatry/psychology

Domestic violence - <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=f2b2b263-6af6-4c8b-af08-eb1165194022>

OCD <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=8cb8dc65-aff3-4733-a85a-4828e96ff4a0>

Bipolar disorder <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=f331a837-d3a1-4098-81ff-8d8712ee3f35>

Mental illness and metabolic syndrome

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=ce1467c3-dc69-46ed-8664-5cd886f30e54>

Tourette's disorder <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=ed88b5e7-cddb-481e-a18f-3ebad1db4c3e>

Nicotine dependence <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=49a97e5f-1a02-4b1a-a349-899a4b80ab09>

The suicidal patient <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=03bd4164-894c-4e63-aec1-27fd1421f134>

Depression <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=63ba76cc-5341-ad49-1b30cfe24859>

Addictions <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=a802149f-ce7e-4206-a57e-e9c5111926de> ; <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=4e460818-55bb-47a1-99cd-87c8f591b6b1>

Party drugs <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=9be78a1b-dc64-4f9e-a191-15aeb295ba78>

Hoarding disorder <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=7f3826e5-ac22-4d6e-818f-f163304d2a25>

Insomnia update <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=1e01fd82-cdde-4617-af82-62fe43905a9e>

Panic disorder & Agoraphobia

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=05217e1a-053b-4734-a7f2-ad0fbcf4f8ff>

PTSD <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=3693fe2c-7856-4a8f-a3bd-cc871b1bef74>

Personality disorders <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=dfc3cffe-a247-4d9a-94ff-5155cebb6215>;

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=0b695e78-bea2-43d0-8b0f-c90257498494>

Autism spectrum disorders

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=7dab4420-1dad-496d-a098-299e65fedaab>

Behavioural problems in children

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=649823d3-36cc-4098-b023-f7bd42d71390>

Generalised anxiety disorder

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=0797ab5a-4e54-4f7c-bf1d-1575e5fc210d>

Peri natal depression <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=9998b9ca-7736-4f3f-82ef-2e4989e63c63>

Social phobia <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=93317f7c-0c20-42d2-8c02-04df2e59fc83>

Obsessive compulsive disorder

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=9c230a05-5ad9-4df2-a653-6b7cbb01e5f8>

Depression in adolescents

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=c5501b6a-f4ad-4165-9db7-b3192e1e4bed>

Domestic violence <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=db5e4352-103f-43e6-9855-b16880a38b2a>

ADHD - <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=190f4d0f-baef-436a-8a5a-9cb3a2726285>

Schizophrenia <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=0c664c4f-397c-4341-a0c5-e1111600f4d9>

Anxiety disorders in children

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=2cbfa4a8-123f-498e-83ef-17945a967825>

Eating disorders in females

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=b7a44180-4872-47ab-a2c3-19291df6ff87>

Somatising patients <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=8f50505b14-41e6-bb3d-163e05fb2fa5>

Paraphilia <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=46499f08-592c-4165-a717-ecc0c84b85a9> ; <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=c30d5ffd-6375-479b-b80d-82cc64b78bac>

Eating disorders in males

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=c6b8107f-8016-4b95-ac68-9f8543217ac9>

Gender identity issues <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=aa8ea40d-428b-4a06-8ff7-aa653dd6ef94>

## Key guidelines

Therapeutic guidelines

## Australian Family Physician

Hopefully you are already receiving this. The GP specific medical journal, they have great quizzes linked to them as well including check <http://www.racgp.org.au/afp>

Whole issue on addictions - <http://www.racgp.org.au/afp/2014/june/>

Perinatal mental health - <http://www.racgp.org.au/afp/2014/april/perinatal-mental-health/>

Heart sink patients - <http://www.racgp.org.au/afp/2014/april/blame-shame-and-hopelessness/>

Monitoring depression in young people - <http://www.racgp.org.au/afp/2014/march/depressive-symptoms/>

Communication - <http://www.racgp.org.au/afp/2014/march/art-of-communication/>

Internet based CBT - <http://www.racgp.org.au/afp/2013/november/cbt/>

Whole issue on general practice psychiatry - <http://www.racgp.org.au/afp/2013/september/>

Chronic stress - <http://www.racgp.org.au/afp/2013/august/chronic-stress/>

Obstacles to alcohol and drug care - <http://www.racgp.org.au/afp/2013/may/obstacles-to-alcohol-and-drug-care/>

Bibliotherapy for depression - <http://www.racgp.org.au/afp/2013/april/bibliotherapy-for-depression/>

Women survivors of child abuse - <http://www.racgp.org.au/afp/2012/november/women-survivors-of-child-abuse/>

Whole issues on psychological strategies - <http://www.racgp.org.au/afp/2012/september/>

Psychological triage in GP - <http://www.racgp.org.au/afp/2012/july/psychological-triage-in-general-practice/>

Communication and DV disclosure - <http://www.racgp.org.au/afp/2012/july/gps-communication-skills/>

History of sexual violence - <http://www.racgp.org.au/afp/2012/july/sexual-trauma-in-women/>

Smoking and depression - <http://www.racgp.org.au/afp/2012/may/smoking-and-depression/>

ADHD guidelines – <http://www.racgp.org.au/afp/2012/march/adhd-guidelines/>

Anticholinergic and sedatives in dementia -

<http://www.racgp.org.au/afp/2012/januaryfebruary/anticholinergic-and-sedative-medicines/>

Benzo's - <http://www.racgp.org.au/download/documents/AFP/2011/November/201111jones.pdf>

Aggressive behaviour -

<http://www.racgp.org.au/download/documents/AFP/2011/November/201111sim.pdf>

Asking questions on violence -

<http://www.racgp.org.au/download/documents/AFP/2011/November/201111lee.pdf>

Autism spectrum disorder –

<http://www.racgp.org.au/download/documents/AFP/2011/September/201109tonge.pdf>

Problem behaviour in children -

<http://www.racgp.org.au/download/documents/AFP/2011/September/201109luangrath.pdf>

Problem drinking detection -

[http://www.racgp.org.au/download/documents/AFP/2011/August/201108demirkol\\_detection.pdf](http://www.racgp.org.au/download/documents/AFP/2011/August/201108demirkol_detection.pdf)

Problem drinking management -

[http://www.racgp.org.au/download/documents/AFP/2011/August/201108demirkol\\_managment.pdf](http://www.racgp.org.au/download/documents/AFP/2011/August/201108demirkol_managment.pdf)

Risky drinking in young Australians -

<http://www.racgp.org.au/download/documents/AFP/2011/August/201108pennay.pdf>

Mental health issue - <http://www.racgp.org.au/afp/2011/june/>

Depression in GP -

<http://www.racgp.org.au/download/documents/AFP/2011/May/201105pierce.pdf>

Behaviour concerns in those with intellectual disability -

<http://www.racgp.org.au/download/documents/AFP/2011/April/201104woods.pdf>

Bullying - <http://www.racgp.org.au/download/documents/AFP/2011/March/201103carrgregg.pdf>

Eating disorders - <http://www.racgp.org.au/download/documents/AFP/2011/March/201103yeo.pdf>

Substance misuse - <http://www.racgp.org.au/afp/201010/201010hunter.pdf>

Spousal bereavement - <http://www.racgp.org.au/afp/201010/201010mcgrath.pdf>

Gay men and depression - <http://www.racgp.org.au/afp/201009/201009newman.pdf>

Street drug issue - <http://www.racgp.org.au/afp/201008>

Insomnia - <http://www.racgp.org.au/afp/201006/201006salter.pdf>

Circadian rhythms and depression - <http://www.racgp.org.au/afp/201005/201005boyce.pdf>

Mental health and cultural competence - <http://www.racgp.org.au/afp/201004/201004furler.pdf>

Transsexualism - <http://www.racgp.org.au/afp/201004/201004gurney.pdf>

Motherhood and mental illness - <http://www.racgp.org.au/afp/200908/200908frayne.pdf>;

<http://www.racgp.org.au/afp/200909/200909frayne.pdf>

Diagnosis of male depression - <http://www.racgp.org.au/afp/200909/200909lyons.pdf>

Insomnia - <http://www.racgp.org.au/afp/200905/200905beach.pdf>

Night time problems in kids - <http://www.racgp.org.au/afp/200905/200905davey.pdf>

Sleep and depression - <http://www.racgp.org.au/afp/200905/200905berk.pdf>

Men and depression - <http://www.racgp.org.au/afp/200903/200903wilhelm.pdf>

PTSD - <http://www.racgp.org.au/afp/200903/200903forbes.pdf>

Management of recurrent depression - <http://www.racgp.org.au/afp/200809/200809howell.pdf>

Depression in Gay and HIV positive men -

[http://www.racgp.org.au/afp/200808/200808research\\_newman.pdf](http://www.racgp.org.au/afp/200808/200808research_newman.pdf)

ODD - <http://www.racgp.org.au/afp/200806/200806fraser.pdf>

Prescribing Benzo's - <http://www.racgp.org.au/afp/200711/200711SimKhongWain.pdf>

Risk score in dx of depression - <http://www.racgp.org.au/afp/200711/200711Jeyabalan.pdf>

Children and autism <http://www.racgp.org.au/afp/200709/200709anglely.pdf>;

<http://www.racgp.org.au/afp/200710/200710anglely.pdf>

Eating disorders in adolescence -

<http://www.racgp.org.au/Content/NavigationMenu/Publications/AustralianFamilyPhys/2007issues/afp2007august/200708gonzalez.pdf>

Mental health issue - <http://www.racgp.org.au/afp/200704>

Counselling and graphics - <http://www.racgp.org.au/afp/200701/20070129williams.pdf>

### GP learning – includes check and multiple choice questions

Since it's up date, only has small number of questions available. Your best options are to search for multiple choice questions, or clinical challenge.

Check GP learning closer to the exams as this is where they will give you some practice papers prior to the exam, and they give you feedback on how you went.

<http://www.gplearning.com.au>

### Think GP

You can subscribe to this for free; it has some great information and takes you through a wide range of topics with questions attached.

<http://thinkgp.com.au>

### Text books and other resources

[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Murtagh is essential reading but its greatest use is for his diagnostic framework, diagnostic triads and red flags

Medicine Today is a journal you can get for free – too much detail for the exams, but good articles, check for diabetes articles

Australian Medicine Handbook – introductory pages in each section are a great way to revise management, check psychotropic chapter