



Psychiatric Medications for Older Adults: The Concise Guide

By Carl Salzman

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Pharmacotherapy can greatly improve the quality of life of older adults with psychiatric problems. Yet prescribing is typically complicated by the effects of normal aging, challenges in diagnosis, the presence of medical comorbidities, and the use of multiple medications. This quick-reference guide presents the vital information needed to develop and monitor safe, effective psychiatric regimens for older adults. From the editor of the leading textbook on geriatric psychopharmacology, the volume provides handy diagnostic pointers for assessing prevalent symptoms and disorders. It offers concise discussions of commonly used medications, summarizing their benefits and limitations for use with this population. Delineating tried-and-true guidelines to help enhance therapeutic effects while decreasing unwanted side effects, this book belongs at the right hand of all prescribers and caregivers working with older adults.

The volume first provides overarching principles for evaluating older adults appropriately, understanding their concerns about medication, and maximizing treatment compliance. Salzman then moves chapter-by-chapter through frequently encountered clinical problems: depression, anxiety, sleep problems, failing memory, and agitation. Chapters describe the clinical presentation of each disorder and enumerate effective assessment strategies. Included are tips for distinguishing between different disorders and recognizing medical and psychiatric comorbidities. Medications used to treat each problem are then reviewed. Emphasizing a "start low, go slow" approach, the book offers practical advice on how to select the right medication, determine starting and maintenance dosages, and anticipate side effects that may be of particular concern to frail patients or those with chronic health conditions. Throughout the volume, case illustrations, tables, and bulleted lists present key information in a concise, accessible format. The appendix features invaluable tables that summarize recommended dosage ranges for all medications discussed and encapsulate potential drug interactions.

Ideal for primary care physicians, nurses, and psychiatrists, this guide also belongs on the desks of fellows and residents in geriatric medicine and psychiatry, nursing home administrators, social workers, psychologists, and other medical, mental health, and social service professionals. While written for professionals, the book's clear, factual style will also make it accessible to many

family members and older patients themselves.

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Editorial Review

Review

"This cohesive, well-written handbook will suit a range of practitioners. From Carl Salzman, the foremost expert in geriatric psychopharmacology, the book provides a coherent overview of fundamental principles and issues. Its concise, heuristic case examples do an excellent job of explicating typical presentations, therapeutic approach, treatment, and outcomes. In addition to practitioners, it will serve as a useful text for graduate students across the health-related professions." --Lon S. Schneider, MD, Professor of Psychiatry, Neurology, and Gerontology, Department of Psychiatry and the Behavioral Sciences, University of Southern California School of Medicine

"In this cogent, readable handbook, Salzman combines evidence-based medicine with the experience of an astute clinician. Well organized and readily applicable to the clinical situation, this book will be of significant practical use for mental health professionals and gerontologists. It will be equally important to academicians and researchers as an example of the thoughtful application of clinical research to the treatment of patients." --Steven P. Roose, MD, Professor of Clinical Psychiatry, New York State Psychiatric Institute and Columbia University College of Physicians and Surgeons

"This is an exceptionally well-written book on a topic of increasing importance. Salzman is one of the best-known geriatric psychopharmacologists in the country, and the present volume is the culmination of years of experience as a clinician, researcher, and educator. The result is an eminently readable, highly informative book. The case vignettes are particularly interesting and add a real-life quality to the understanding of the use of medications in older patients. I would recommend this book to all health care providers who work with older people suffering from psychiatric disorders." --Dilip V. Jeste, MD, Division of Geriatric Psychiatry, University of California, San Diego

About the Author

Carl Salzman, MD, is Director of Psychopharmacology and Director of Education at the Massachusetts Mental Health Center, and Professor of Psychiatry at Harvard Medical School. He is the editor of the seminal textbook *Clinical Geriatric Psychopharmacology* as well as over 200 articles, chapters, and reviews. Dr. Salzman's contributions to the field of psychiatry have been recognized with numerous awards. He has chaired a number of national task forces on psychiatric research and training, and has served on the editorial boards of such journals as the leading *American Journal of Psychiatry*. He maintains an active clinical and consulting practice.

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Sonia Cramer:

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