



# The 10-minute consultation: bipolar disorder

## Rationale

The length of consultations varies, but the average length is 10 minutes. In addition, a new GP curriculum was introduced in the UK in 2007, with re-evaluation for practicing GPs; revalidation through continuing medical education is already the standard in other countries. *The 10-minute consultation* series of pocketbooks aim to develop clinicians' history-taking and clinical examination skills, as well as provide detailed information on the management options available in primary care, with emphasis on when to refer (and when not to refer) for specialist investigations and treatments. The pocketbook format is concise and portable, and key points are highlighted for quick reference, either as a memory aid or for day-to-day use on the clinical frontline.

## The 10-minute consultation: bipolar disorder

Bipolar disorder is a heterogenous condition and there is considerable disagreement about its definition and diagnosis. In most cases, however, the onset occurs during early adulthood and the illness follows a cyclic course, between episodes of acute mania and bipolar depression.

*The 10-minute consultation: bipolar disorder* will provide a holistic approach to the assessment and management of bipolar disorder, stressing the importance of ongoing patient review and recall to ensure delivery of high-quality, evidence-based treatment.

## Authorship

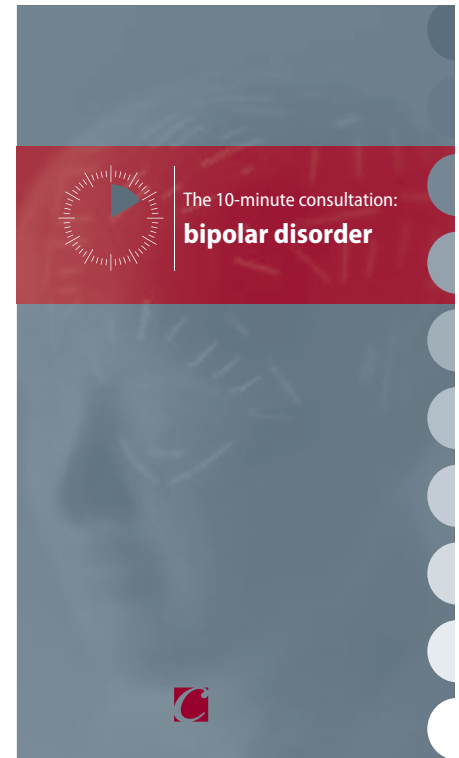
*The 10-minute consultation* author team is composed of GPs and specialist clinical reviewers who together ensure that the content of our books is authoritative and current. We will work closely with an advisory board of GPs from the specialty of primary care and psychiatry whose role is to ensure the accuracy, quality and integrity of the content. By using a team of experienced and highly regarded GPs from the psychiatry specialty, we aim to draw on their clinical experience within the field, closely reflecting the needs of the readers.

## Summary

*The 10-minute consultation: bipolar disorder* will provide clinicians with an invaluable source of information for schizophrenia and highlight the most appropriate diagnostic and management options.

### Key objectives for the reader:

- To understand that bipolar disorder is associated with significant morbidity and mortality
- To understand the epidemiology and risk factors for development of bipolar disorder
- To understand how bipolar disorder can be identified in primary care
- To understand how to competently manage bipolar disorder in primary care
- To understand the indications for specialist referral



## Audience

- ✓ Medical students
- ✓ **Primary care:** GPs, Nurses, Pharmacists
- ✓ **Secondary care:** Nurse specialists, Junior doctors

## Specification

International Editorial Advisory Board  
Paperback: 96 pages (tbc)  
Product dimensions: 110 x 190 mm  
Binding: perfect bound  
Colour: 4-colour cover; 2-colour text



## Table of contents

### 1. Introduction

- How is bipolar disorder classified?
- What is the natural history of illness?
- What are the effects of bipolar disorder on daily functioning and quality of life?

### 2. Who and what to test

- Screening and case finding
- What issues should the GP cover during the 10-minute consultation?
- Differential diagnosis: substance abuse, personality disorders and general medical conditions

### 3. How to manage the patient with bipolar disorder

- Who to treat?
- How to treat?
- Acute-phase management
- Maintenance-phase management
- Psychotherapy

### 4. Person-centred care

- How to identify the patient's beliefs about bipolar disorder (their concerns and expectations)?
- What are the patient's cultural beliefs and practices?
- How to recognise nonconcordance with treatment strategies?
- Are any treatments particularly appropriate?

### 5. Applying the evidence

- What are the implications of the international best-practice guidelines for GPs?
- Selected landmark studies
- What are the prescribing options for treating to target in primary care: a summary
- When to refer?

### 6. Review and recall

- What ongoing patient care, monitoring and follow-up are necessary?
- What roles do other key healthcare workers have in managing the patient?
- What is the role of information technology (IT)?
- What is the role of the expert patient?

#### Further reading

## Other titles in *The 10-minute consultation* series



and many more...

## Bulk distribution

All our publications are available for bulk distribution in markets around the world and have proved extremely popular with industry sponsors as key educational items for clinicians. We can offer significant discounts for purchasing in bulk and across related titles. Other opportunities include: translated versions, custom covers, bookmarks, bellybands, competitive print lead times, tailored deliveries to suit rep visits and/or direct mailings, an efficient and friendly customer service.

## More information

To place an order and/or request further details and quotes, please contact:

Sarah Findlay  
Editorial Director

Cedilla Publishing Limited  
PO Box 58871  
London SE15 9BE  
UK

Direct tel: +44 (0)7794 485294  
Email: [sarah@cedillapublishing.com](mailto:sarah@cedillapublishing.com)