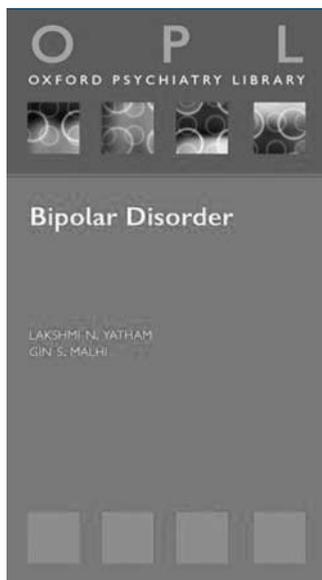


## Book reviews

Edited by Allan Beveridge, Femi Oyeboode  
and Rosalind Ramsay



**Bipolar Disorder  
(Oxford Psychiatry  
Library)**

By Lakshmi Yatham & Gin Malhi.  
Oxford University Press. 2011.  
£9.99 (pb). 96pp.  
ISBN: 9780199562305

'Pocketbook' is usually a misnomer; few of these books actually fit into the average pocket. But this title really is a pocket reference in the most literal sense. In 96 slender pages (8 of which are blank), it attempts to summarise the current consensus on bipolar disorder. This is no mean feat considering the ever-expanding research landscape. It is to the authors' credit that they largely succeed in their goal, and do so in succinct, uncomplicated prose.

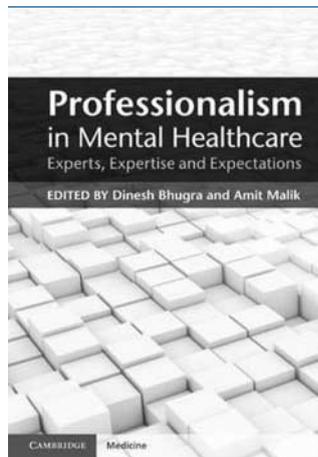
The appeal of pocketbooks is in the ability to condense masses of evidence into concise practical advice. In this respect, evidence-based treatments are covered well, interspaced with the authors' clinical experience. References for further reading are listed at the end of each chapter. Unfortunately, these are not cited in the text, leaving the reader unable to connect each claim with the corresponding publication.

Although the history, epidemiology and aetiology of bipolar disorder are briefly visited, the focus is rightly on clinical management. Accordingly, over half the book deals with treatment. Key points and tables are used to good effect. Treatment algorithms, though useful, are almost small enough to be illegible. The chapter on diagnosis provides an overview of bipolar disorder classifications and a comprehensive differential diagnosis. However, DSM-IV is the sole diagnostic tool included, with obvious repercussions for those working under ICD-10.

It would be churlish to complain about omissions in such a short book. Although aimed at busy professionals, I think it is an ideal companion for medical students on psychiatric placements. When the rate of published research seems to grow unabated, it is helpful to be told exactly what is worth remembering. Students should also be attracted by the price: could ten pounds be better spent?

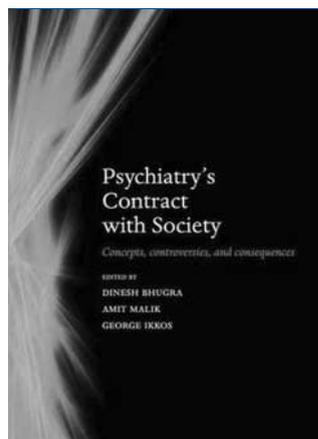
**Thomas James Reilly** University of Aberdeen, Highland Medical Education Centre, Centre for Health Science, Old Perth Road, Inverness IV2 3JH, UK.  
Email: t.j.reilly.06@aberdeen.ac.uk

doi: 10.1192/bjp.bp.111.095018



**Professionalism  
in Mental Healthcare:  
Experts, Expertise  
and Expectations**

Edited by Dinesh Bhugra  
& Amit Malik.  
Cambridge University Press. 2010.  
£29.99 (pb). 208pp.  
ISBN: 9780521131766



**Psychiatry's  
Contract  
with Society:  
Concepts, Controversies,  
and Consequences**

Edited by Dinesh Bhugra,  
Amit Malik & George Ikkos.  
Oxford University Press. 2010.  
£29.95 (pb). 272pp.  
ISBN: 9780199566778

Two books sharing two editors published by the leading university presses in the UK have been bundled together for a combined review. Is this justified over and above their alliterative subtitles? On the face of it, no, it is not. Only the two shared editors out of the 54 contributors write in both books. The first book promises to 'redefine the professional role' given a recent debate on 'doctors as experts and professionals'. The other one seeks to document changes in the 'implicit contract [that] sets out society's expectations of psychiatry and mental health professionals and, in turn, of professionals' expectations of society'. In practice, there is a great deal of overlap, although *Psychiatry's Contract with Society* has a broader perspective.

I have spent my working life as a doctor, almost all of it as a psychiatrist. That this was a 'profession' was from the start axiomatic. I was aware of the sociological literature that identified the socialisation process involved in my induction into the profession as a medical student and trainee. This process was for me very benign and I assimilated the behaviours and values of my teachers (rejecting some on the way). I hope I learnt skills to put these values into practice and that I have continued to learn as the demands on me as a psychiatrist evolved. *Professionalism in Mental Healthcare* is focused on how to help mental health professionals follow this journey. It contains chapters on the evolving regulatory frameworks for doctors in a number of jurisdictions and on the teaching of 'professionalism'. Highlights are chapters by Vikram Patel on what professionalism means in resource-poor settings, by John Talbott on the practicalities of introducing a curriculum for professionalism in a medical school and by Jim Sabin and Steven Moffic on the ethical foundations of professionalism.

It had never occurred to me that as a psychiatrist I had a contract with anyone other than my employer. I have always been aware that in my role I have had to balance competing interests