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*Conflict of interest: none declared*

### Self-test questions

*The following statements are either true or false (answers on page 55)*

3. Maternal depression has no effect on the future mental health of the child.
4. Perinatal depression is often underrecognised.

## Patient support organisations

### Perinatal depression

#### ***beyondblue***

beyondblue is an Australian independent not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders. The beyondblue website has informative sections on depression, postnatal depression, anxiety and bipolar disorder. It has recommended links to additional information and contacts in every state and territory.

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

Telephone information line: 1300 22 4636

#### ***Post and Ante Natal Depression Association (PANDA)***

PANDA is a Victorian not-for-profit self-help organisation that provides confidential information, support and referral to those

affected by post- and antenatal mood disorders, including partners and extended family members. PANDA produces and distributes accurate information about post- and antenatal mood disorders to health professionals and the wider community, in the form of:

- resources and information on antenatal and postnatal depression and postpartum psychosis, on the website and in paper copy
- telephone support and information
- information and referral details for supports and services in your area
- newsletters for members.

Website: [www.panda.org.au](http://www.panda.org.au)

Telephone: 1300 726 306 Victoria, (03) 9481 3377 outside Victoria

## Book review

### **Therapeutic Guidelines: Analgesic. Version 5.**

**Melbourne: Therapeutic Guidelines Limited; 2007. 285 pages. Price \$39, students \$30, plus postage**

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Version 5 updates the previous version of this therapeutic guideline, published in 2002. Its stated aim is 'to provide clear, practical, authoritative and succinct therapeutic information for busy health practitioners'. Although it is not explicitly stated, the target audience appears to be students, junior doctors (including specialist trainees) and general practitioners. In the subject area of analgesia, successive versions have seen an increase in detail about the theoretical and pathophysiological considerations which underpin clinical practice, reflecting the considerable growth in knowledge since the first version appeared in 1988.

The book discusses the mechanisms and pathophysiology of pain, followed by both general and specific information about pharmacology. Non-pharmacological methods are also covered in some detail. Guidelines are provided for assessing pain (including pain in children), managing chronic pain and for a range of specific clinical situations. Despite its compact size, the book is very comprehensive and covers a wide range of situations where pain will need to be assessed and managed. Although much will be very familiar to experienced practitioners, there is still value in reviewing basic knowledge, especially when that knowledge has been added to in the recent past. This book would be invaluable for students and junior doctors, and is likely to be helpful for rural practitioners, given the very wide range of clinical scenarios that they will encounter. It will also be helpful for those who find that the management of chronic pain is becoming more prominent in their day-to-day practice. In short, a useful update of a trusted tool.