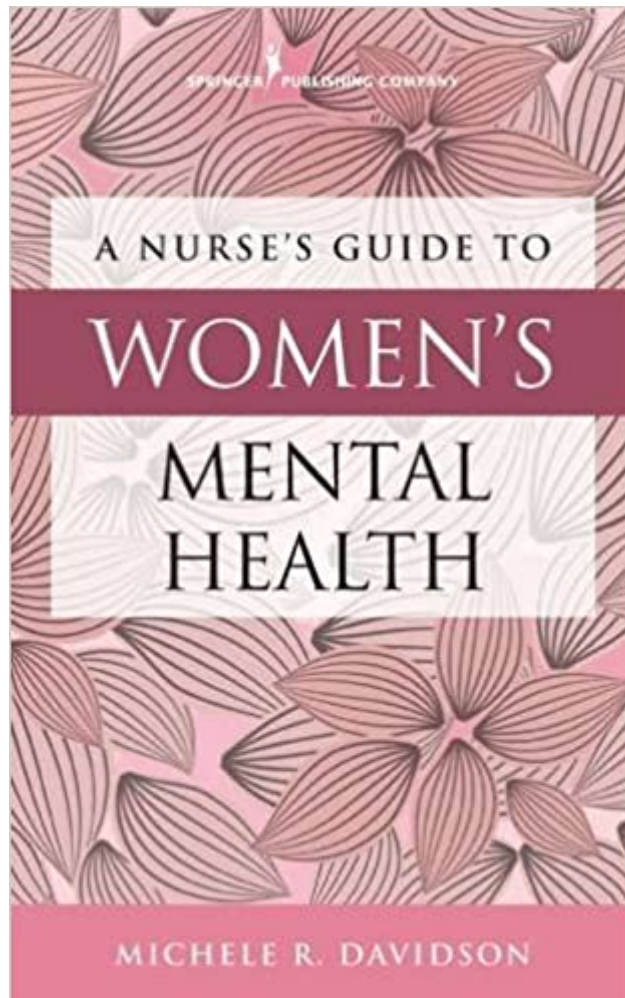




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# **A Nurse's Guide To Women's Mental Health**



## Synopsis

Named a 2013 Doody's Core Title! 2012 Third Place AJN Book of the Year Award Winner in Psychiatric-Mental Health Nursing! This is a great resource for any nurse working with women."--Score: 94, 4 Stars. Doody's Medical Reviews This is a quick-access clinical guide to the range of mental health issues and diagnoses that commonly affect women across the life span. It focuses on the unique biopsychosocial factors that make women especially vulnerable to psychological disorders and emphasizes key stressors specific to women that are precursors to mental illness. Frequent headings and bulleted, concise presentation of information facilitates reading. In addition to discussing mental health issues specific to women, the guide covers unique populations such as disabled women, lesbian and transgendered women, female veterans, women with forensic health concerns, and women who have been the object of violence. Chapters also address childbearing issues, including menstruation-related problems, infertility and its psychological implications, and antepartum, intrapartum, and postpartum psychological disorders. Developmental milestones, the impact of culture on mental illness, and global health issues are covered as well. Tables and charts present key facts in an easy-to-read format. Key Features: Provides a concise, easy-to-use guide to women's mental health issues across the life span for new and seasoned nurse practitioners Focuses on stressors unique to women as precursors of mental illness Delivers commonly occurring DSM-IV disorders in women, using a consistent format that includes etiology, assessment, and drug and behavioral therapeutic approaches Discusses preconception and childbearing issues, the impact of violence, female veterans, disabled women, lesbian women, and transgendered women

## Book Information

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## Customer Reviews

"This is a quick-access clinical guide to the range of mental health issues and diagnoses that commonly affect women across the life span. It focuses on the unique biopsychosocial factors that make women especially vulnerable to psychological disorders and emphasizes key stressors specific to women that are precursors to mental illness. Frequent headings and bulleted, concise presentation of information facilitates reading. In addition to discussing mental health issues specific to women, the guide covers unique populations such as disabled women, lesbian and transgendered women, female veterans, women with forensic health concerns, and women who have been the object of violence. Chapters also address childbearing issues, including menstruation-related problems, infertility and its psychological implications, and antepartum, intrapartum, and postpartum psychological disorders. Developmental milestones, the impact of culture on mental illness, and global health issues are covered as well. Tables and charts present key facts in an easy-to-read format. Key Features: Provides a concise, easy-to-use guide to women's mental health issues across the life span for new and seasoned nurse practitioners Focuses on stressors unique to women as precursors of mental illness Delivers commonly occurring DSM-IV disorders in women, using a consistent format that includes etiology, assessment, and drug and behavioral therapeutic approaches Discusses preconception and childbearing issues, the impact of violence, female veterans, disabled women, lesbian women, and transgendered women "

Michele R. Davidson, PhD, CNM, CFN, RN, is an Associate Professor of Nursing and an affiliate faculty member for the Women's Studies Program at George Mason University. She has 21 years of clinical experience in women's health nursing including labor and delivery, postpartum, NICU, reproductive endocrinology, and inpatient gynecology at Columbia Hospital for Women. She has delivered over 1,000 babies during her career as a nurse midwife and has treated women with a variety of mental health disorders. Dr. Davidson formulated a postpartum depression support group which provides ongoing treatment to indigent women. She has published over 50 papers, contributed more than 17 chapters to other author's textbooks, and published an additional 15 textbooks that she has co-written, including the international bestseller *Old's Maternal-Newborn Nursing and Women's Health Care Across the Lifespan* (9th ed) which has been translated into nine

languages and used throughout the world. Dr. Davidson is a member of the American College of Nurse Midwives (ACNM) where she served as past vice president of the Washington, D.C. chapter and has served as an item writer for the ACNM National Certification Examination. She is also an educational affiliate of the American College of Obstetricians and Gynecologists (ACOG). Dr. Davison is a member of the American College of Forensic Examiners International (ACFEI), the International Society of Psychiatric-Mental Health Nurses (ISPN), and the Marce Society. She received an honorary award from the March of Dimes for her ongoing care to pregnant women. In 2002, Dr. Davidson established the Smith Island Foundation to provide rural health care education and screening programs and children's programming to a small island community in the Chesapeake Bay. She subsequently developed an immersion clinical practicum for students to participate in rural community health on Smith Island. She is also the author of the children's book, *Stowaways to Smith Island*.

The information in this book will allow nurses, both novice and experienced, to gain a better understanding of their female patients' emotional needs. Patient satisfaction has never been more important for health care organizations than it is now, and it relies heavily on whether or not the patient felt understood by the nurses who provided care. By implementing the valuable and comprehensive material provided in "A Nurse's Guide to Women's Mental Health," even the newly graduated nurse will be able to effectively provide a holistic nursing experience to women patients. Whether you read it from cover to cover or look up relevant topics, each subject area includes information about etiology, signs and symptoms, assessment and screening, and both pharmacological and behavioral treatments. Over and above any other mental health reference, the book also provides suggestions for laboratory screening to rule out organic causes for a woman's symptoms. This book should be required reading for every nurse who works with women patients.

This book is exactly what I was looking for. I'm not a nurse. I'm using it for my focus in psychology.

This book offered a great review and in-depth explanation of the mental illnesses the effect women. I was really excited to see a book that specifically focused on the needs and care of women with mental health issues. This book has some chapters that are hugely missing in the literature like LGBT content, forensic mental health, adolescent and child mental health, and mental health during the childbearing years. I bought this book as a reference and find myself using it daily. I have also shared it with co-workers and other psychiatric professionals who feel it is a must-have for the

bookshelf. I am now purchasing a second copy for reference at home. This is perhaps the best book written in mental health this year!!

Although this is a text for students, the profile of current services available for many american women in our communities is well-documented and quite sadly and clearly true. Thank you for filling in this background for our caregivers. Nursing students need this in order to provide trauma-informed care. This book is a gem!

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