Ghodse’s Drugs and Addictive Behaviour

Hamid Ghodse has been president of the United Nation’s International Narcotics Control Board, is professor of psychiatry and director of the International Centre for Drug Policy at St George’s University of London and a member of the Expert Advisory Panel of World Health Organization (WHO) on Alcohol and Drug Dependence.

Moving from an overview of the global drug problem, Professor Ghodse then tackles a wide range of substances, alcohol, tobacco, drugs (from herbals, over the counter drugs and solvents to cannabis, hallucinogens and opioids), their patterns of use and evidence-based treatments. A valuable section on assessment of the dependent patient will be especially useful in occupational medicine.

The range of treatment options, including evidence-based prescribing of drugs and appropriate dosages, form a core
body of knowledge not available generally in such texts that would enable care of appropriate patients to be carried out safely in general practice. For the occupational physician, it enables an evidence-based, safe shared care approach to workers who are tackling their dependence problem.

All degrees of dependence of a comprehensive range of substances are addressed with current treatment options, enabling a thorough evidence-based approach to the patient in the occupational health clinic.

Highly readable, and including illuminating sections on historical and cultural aspects of substance use, it is a single-author text based on over 30 years of clinical experience in the UK and work with WHO and other international agencies. The many references and assessment tools included facilitate understanding of the evidence base. New to the fourth edition is the chapter on tobacco use and further additions and updates have been made to the chapter on alcohol, first included in the third edition. The book is a comprehensive tool that will be invaluable to occupational physicians, particularly the Hamid Ghodse substance abuse assessment questionnaire in Appendix 4.

Rating

★★★★★ (Essential for the bookshelf)

Jane Wilford