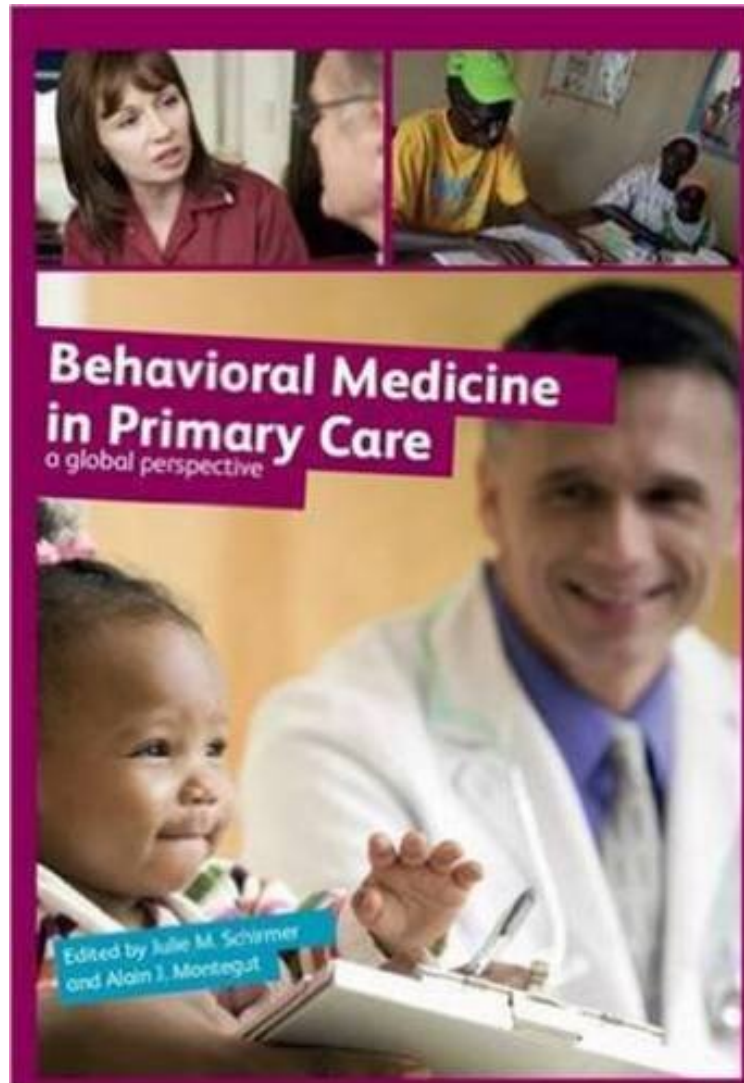


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Behavioural Medicine in Primary Care: A Global Perspective

Julie M Schirmer, Alain J Montegut

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Julie M Schirmer, Alain J Montegut : Behavioural Medicine in Primary Care: A Global Perspective before purchasing it in order to gage whether or not it would be worth my time, and all praised Behavioural Medicine in Primary Care: A Global Perspective:

0 of 0 people found the following review helpful. Excellent resource for working with cultural values in health careBy Frederic C. Craigie, Jr., PhDBehavioral Medicine in Primary Care: A Global Perspective is an excellent resource for readers who are interested in understanding and working with cultural values and traditions in health care and particularly, behavioral health care.The principal authors and editors are longtime family medicine educators Julie M. Schirmer, MSW, and Alain J. Montegut, MD, who collaborate with a strong collection of American and international

colleagues. The first part of the book provides a helpful and coherent review of the essential elements of Western behavioral medicine principles and approaches, including the biopsychosocial model, clinician-patient communication, stages of change and risk reduction counseling, and family systems. The heart of the book, then, explores how these principles and approaches can be applied in working with people of different health beliefs, community structures, and healing traditions. Schirmer, Montegut and colleagues share their considerable experience working with people from Vietnamese, Ethiopian, Somali and other international communities to present ways of providing respectful, effective, patient-centered behavioral health care for people of different ethnic and cultural backgrounds. Particularly strong sections examine alternative ways of conceptualizing health and care and approaches to eliciting and working with patients' explanatory models about illness causation and healing. There is also a fine chapter on practitioner wellness, which underscores the key idea that mental health is more than the absence of mental illness. Practitioners, accordingly, need to be concerned both about alleviating suffering and also about promoting resilience and well-being for themselves and their patients. Case examples complement the text well. Each chapter begins with one or more descriptions of patient presentations in cross-cultural settings and then follows these cases through to some resolution in light of the material that the chapters present. The chapters also conclude with helpful lists of key resources. This book is a great resource for anyone interested in practicing in cross-cultural settings, but these are not the only readers who will find this book meaningful. After all, people whose ethnicity or cultural backgrounds are the same as those of their caregivers still will have their own unique understanding of what values are important in their lives, of what health and healing mean to them, and of how it is that they can best work collaboratively. We don't have to travel globally to find health care where culture matters. The final chapter of the book provides a fascinating and detailed exploration of principles and strategies for developing behavioral health care systems in international settings where professional resources are scarce. Drawing on over a decade of work consulting with medical schools and communities in Vietnam, the authors describe approaches to training, supervision, support and incorporation of behavioral health care in primary care systems which have not had this presence before. Schirmer, Montegut and colleagues are to be commended for this excellent work that can help any of us who care for other people to better understand personal values and beliefs, and to provide care that is person-centered, respectful and effective.

This textbook provides strategies for primary care health professionals to apply behavioral medicine principles and concepts. Many behavioral medicine textbooks assume a Western care model, where providers receive behavioral health training and have access to behavioral medicine specialists. However, providers who care for patients from diverse cultures and ethnic backgrounds may need to take a different approach. Behavioral Medicine in Primary Care recognizes this, enabling physicians, social workers and others unfamiliar with behavioral medicine to meet the mental and behavioral health needs of their patients. Its focus on patients from multiple settings and cultures and its comprehensive, practical format illustrate skills that can be applied immediately wherever care is being provided. It is aimed at everyone seeing patients for primary health care purposes, including physicians, assistant physicians, nurses, midwives, social workers, whether at community health centers, private clinics, or in patients' homes. With its 20 contributing authors from the US, Vietnam, and Oman, it is an invaluable resource for students and practitioners who provide consultation and care in countries different from their own.

From the Publisher "If you are a primary care practitioner working in a highly developed country with patients who have come from other countries and cultures, this book will help you understand the cross-cultural nuances of behavioral medicine in caring for your patients. If you are a primary care clinician practicing in a country and culture different from your own, you too will find the book of great help as you practice in a cross-cultural setting. And if you are a teacher of primary care practitioners in-training anywhere, this should be an invaluable textbook for teaching behavioral medicine to your trainees."--Stephen J. Spann, MD, MBA, Baylor College of Medicine, Houston, Texas, in the foreword "In cases where psychosocial and psychosomatic causations and manifestations of illness are the underlying reasons for the encounter with the family doctor, the application of behavioral medicine best practices may make all the difference in the outcome for the patient. This book will in my view prove an invaluable resource for those who dare to take on the challenge of initiating behavioral change in their patients using principles and strategies proven effective in multiple countries and cultures."--Dr. Alfred Loh, CEO, The World Organization of Family Doctors, in the foreword From the Author When Dr. Pham Huy Dung first approached me to write a book about behavioral medicine for his country, I knew that he was talking to me, because the only other person in the room was the Dean of the National University of Hanoi psychology department who knew nothing of behavioral medicine prior to the meeting. How could I, a person from the "west", be able to write a book that could pertain and be meaningful for primary care physicians and other health care clinicians in Vietnam? My initial thoughts of "no way" evolved over the years, as did my relationship with my Vietnamese colleagues and our ideas about how to best write and structure this book. It would have been much better for faculty promotion if Alain Montegut and I had been the only authors of this text. But we strongly believed that Behavioral Health in Primary Care: a Global Perspective needed to be written not

only by clinicians and teachers from the US and Vietnam, but from other developing countries where behavioral health care concepts and strategies were not developed and the needs were great. We also thought that the book needed to reflect the behavioral health challenges in the developing world and in our own medical homes, which have become much more ethnically diverse. Finally, we believed that individual cases from these countries were needed to illustrate the challenges and the application of behavioral health strategies and concepts. It took 4 years for our ideas to percolate and to line up the publisher, authors and reviewers; two years to write, rewrite, and edit; and six months to finally publish this book. This book developed a community of writers from multiple countries on five different continents. Behavioral Health in Primary Care: A Global Perspective has been translated and published in Vietnam, admittedly with cases originating solely from their country. It has helped to transform key faculty in 7 of Vietnam's medical schools into their country's first behavioral medicine experts. We hope that it inspires other faculty and clinicians to become behavioral medicine and cross-cultural experts. So please pick it up, read it and join our efforts to improve the overall health of our global community. -- Julie M. Schirmer

From the Inside Flap "If you are a primary care practitioner working in a highly developed country with patients who have come from other countries and cultures, this book will help you understand the cross-cultural nuances of behavioral medicine in caring for your patients. If you are a primary care clinician practicing in a country and culture different from your own, you too will find the book of great help as you practice in a cross-cultural setting. And if you are a teacher of primary care practitioners in-training anywhere, this should be an invaluable textbook for teaching behavioral medicine to your trainees." -- Stephen J. Spann, MD, MBA, Baylor College of Medicine, Houston, Texas, in the foreword "In cases where psychosocial and psychosomatic causations and manifestations of illness are the underlying reasons for the encounter with the family doctor, the application of behavioral medicine best practices may make all the difference in the outcome for the patient. This book will in my view prove an invaluable resource for those who dare to take on the challenge of initiating behavioral change in their patients using principles and strategies proven effective in multiple countries and cultures." -- Dr. Alfred Loh, CEO, The World Organization of Family Doctors, in the foreword