Dermatologic and Cosmetic Procedures in Office Practice

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During my years in solo medical practice, I strived to provide my patients a comprehensive scope of medical practice including procedures. Unfortunately, most of my procedural dermatologic experience was learned after residency as I witnessed the needs and requests of my patients. This text and its videos and photographs would have been a wonderful asset to my library and allowed me to offer a wider list of procedures. With many patients seeking techniques to maintain their youth-like skin, the section on cosmetic procedures would have allowed me to expand my skill level and maximize the value of providing dermatologic and cosmetic procedures to my patients as well as increase my revenue through the coding and billing details listed.

This text provides a clear, step-by-step format discussion of the various dermatologic procedures one can provide to patients. Full-color photographs and drawings in combination with high-definition narrated videos demonstrate key procedures, including skin biopsies, cryosurgery, electrosurgery, botulinum toxin injections, and more.

The book has four major sections: (1) Getting Started, (2) Basic Procedures, (3) Cosmetic Procedures, and (4) Putting It All Together. The first section provides information on preoperative preparation, setting up the office for a diverse scope of procedures, common anesthesia, hemostasis management, selecting proper suture for the procedure, and various suturing techniques. In the basic procedures section, various techniques, including different biopsy approaches, electrosurgery, cryosurgery, incision and drainage, and intralesional injections are addressed. The third section, cosmetic procedures, allows the reader to learn various, timely procedures offered in a standard dermatology practice. Lastly, the fourth section addresses the management of benign, premalignant, and malignant skin lesions, as well as proper wound care, when to refer a patient, and dealing with post-procedural complications and adverse effects. In addition, there are an accompanying DVD and anticipated mobile application (November 2012) as supplemental resources.

The text and its content are well organized, demonstrating common dermatologic and cosmetic procedures for one’s practice. Some of the areas of discussion include the use of dermoscopy to more accurately detect skin cancer, the latest information on lasers, botulinum toxin injections and dermal fillers, and the diagnosis and treatment of benign and malignant lesions. Detailed, full-color photographs and drawings and step-by-step instructions demonstrate a “how to perform” presentation on each procedure.

There are more than 40 narrated, high-definition videos that provide a comprehensive resource to the physician guiding him/her through techniques for injecting local anesthesia, demonstrating the various types of nerve blocks, identifying ways to obtain good hemostasis, and through multiple dermatologic procedural techniques.

Additional information in the written text presents background on numerous dermatologic conditions, preventing the reader from having to search additional resources about common topics in dermatology, ie, melanoma and its differential diagnosis, non-pigmented lesions suspicious for cancer, and various inflammatory conditions. Region-specific anatomic photos are provided to assist the physician by providing pertinent, concise information on areas to be treated and the proper technique required in a specific anatomic location.

This text can enhance your practice through step-by-step guidance to perform virtually any skin procedure in the office setting. In addition, access to the full text and a downloadable image bank online are available at www.expertconsult.com, making this an ideal reference.
for performing key dermatologic and cosmetic procedures in your practice. A mobile application is scheduled for iPad and iPhone in November 2012.

The excellent quality pictures and videos make this resource a complete self-learning tool for every learner, educator, and physician. I would recommend this text for medical students on dermatology elective; the family medicine, internal medicine, and gynecologic residents wanting to increase their procedural skill level; and for the community or academic faculty physician working in a residency program or private medical practice. The text is well worth the price paid.

I have found the minimally invasive aesthetic procedure section for rejuvenation of aging skin and facial enhancement especially beneficial to me. I was able to increase my understanding of the various techniques offered to my patients and intensify my interest in becoming more experienced in some of these procedures.

The ICD-9 and CPT codes in the text are appreciated and up-to-date list. However, with this edition being printed in late 2011 and the release of a mobile application scheduled for iPad and iPhone in November 2012, I encourage the authors to provide updated coding information as the ICD-10 format is introduced into medical practice in 2013. This would prolong the benefits of this valuable resource.

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Two Minute Talks to Improve Psychological and Behavioral Health

John F. Clabby

Two Minute Talks to Improve Psychological and Behavioral Health has an ambitious title and while the “talks” described may take more than just 2 minutes, they certainly do provide a sound framework for people who want to be able to assist others experiencing distress but are unsure how to help. Dr Clabby has written this book to appeal to a wide variety of helpers or “advisors.” Advisors could be physicians, residents, nurses, teachers, members of the clergy, or anyone in situations where they find themselves having brief opportunities to help people in emotional pain or struggling with common life issues.

He notes that he does not intend to minimize challenging life issues through “two minute talks” but rather provide concrete, brief psychoeducational interventions that can be readily applied to a variety of life stressors. He recognizes that individuals in helping situations may avoid approaching someone in distress due to being uncertain how they can help or not “having the time.” Dr Clabby attempts to address these concerns by providing clear and concise recommendations on how to help others. His recommendations are based on empirically supported theoretical frameworks such as cognitive behavioral, motivational enhancement, solution focused, and problem solving therapies. He is clear that his intent is not to supercede the need for more intensive mental health interventions but rather to provide brief interventions that, at the right time, may prove very beneficial to the receiver.

The first chapter provides a brief introduction to the therapeutic frameworks used throughout the book and highlights key characteristics of effective helping interventions. Namely, he discusses building on the personal and environmental strengths of the individual or “client,” the quality of the relationship between the advisor and the client, the power of building hope and positive expectations for change, and finally the actual techniques used by the advisor. The remaining five chapters focus on applying brief interventions to common life issues. Chapter 2 focuses on health-related behaviors that people often want to change such as food choices, sleep concerns, smoking, and alcohol use. These issues are addressed in a motivational framework with concrete steps and advice for encouraging behavior change. For example, he outlines how to teach someone sleep restriction and stimulus control strategies to combat chronic insomnia.

Chapter 3 focuses on cognitive behavioral approaches to managing depression, stress, and panic. Dr Clabby frequently uses mnemonics to outline the interventions, which creates easily memorable suggestions for helping someone change. For example, he describes the BE FAST model for coping with depression.
This mnemonic stands for Bravery (share thoughts and feelings with others), Exercise, Fun (engage in pleasant activities), Act (do even when you do not feel like it), Solve (pull on previous problem solving successes to apply to current stressors), and Think sensibly (challenge dysfunctional/unrealistic thought patterns). This chapter also discusses the use of imagery, relaxation breathing, and muscle relaxation, which are all interventions that can be readily taught and applied to a variety of situations to reduce stress, worry, and tension.

The fourth chapter focuses on relationships and includes suggestions for creating healthy marriages, child discipline and relating to teenagers. As another example of an easily applicable and memorable intervention, Dr Clabby describes the 4H Club approach to healthy marriages. The 4H Club approach emphasizes: (1) Scheduling Hours together, (2) Genuinely Hearing each other, (3) Generously Helping each other, and (4) Holding each other. In chapter 5, he addresses giving bad news, family violence issues, and helping someone who is grieving. In the final chapter, ways to thrive at work are discussed.

Two Minute Talks is appropriate for a variety of levels of advisors, including medical students, residents, and practicing physicians who want to add to their “toolkit” for helping patients with psychosocial issues. As a faculty colleague once told a group of family medicine residents, “You are so much more than a prescription pad,” but residents often struggle knowing what to do beyond the prescription pad. Two Minute Talks successfully provides the knowledge and skills to provide brief empirically supported interventions that could enhance the confidence of people willing to be advisors. It is also helpful for educators who are looking for memorable ways to teach brief helping interventions. The more we can increase the number of willing knowledgeable advisors, the more we can increase the availability of help to people when they are most ready to receive it.

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