

**Therapeutic
Guidelines**
evidence in context

Resource Guide





Therapeutic Guidelines *are*

evidence *in* context

Therapeutic Guidelines provide clear and concise, independent and evidence-based recommendations for patient management that have been developed by some of Australia's leading experts.

These experts, with their many years of clinical experience, work with skilled medical editors to sift and sort through research data, systematic reviews, local protocols and other sources of information, to ensure that the clear and practical recommendations that are developed are based on the best available evidence.

“Scientific journals have a very important role to play, but they are primarily for researchers. There is not enough information in a journal article for even a well-read person to judge [it]...busy clinicians are better to look at filtered knowledge”

Sir Muir Gray, Director of Clinical Knowledge,
National Health Service, United Kingdom

(Excerpt from Health Report interview,
ABC Radio National, 14 November 2005)



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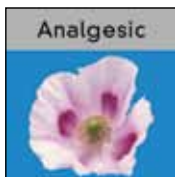
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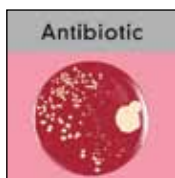
Analgesic 5 provides an invaluable guide to the problems of pain as commonly seen in community practice.

Pathophysiological, psychosocial and management aspects of pain are considered, giving clinicians an expanded insight into the numerous clinical challenges of pain and its treatment.

Major topics

- Acute and chronic pain — a wider coverage of the differences in clinical presentation, pathophysiology, and approaches to management
- Physiology and pathophysiology of pain
- Interventional approaches to pain management
- Psychological aspects of pain management— including fuller discussion of the basics of cognitive behaviour therapy
- Perioperative pain
- Procedure-related pain
- The pain clinic
- Obstetric pain
- Getting to know your drugs
- Routes and regimens for analgesic and adjuvant administration
- Special considerations of pain in older people
- Pain in children
- Complex regional pain syndromes

As well as general endorsements, **Analgesic 5** is endorsed by the Australian Pain Society and the Faculty of Pain Medicine, Australian and New Zealand College of Anaesthetists.



First published in 1978, **Therapeutic Guidelines: Antibiotic** is Australia's leading source of independent advice on the treatment of infectious diseases.

All topics in **Antibiotic 14** have been extensively reviewed and updated as needed to ensure the most appropriate treatment for individual patients, while minimising the potential for antimicrobial resistance.

Three expert groups bring their combined knowledge and expertise to this version: it has been a joint project of the Antibiotic, Respiratory Infections, and Infective Endocarditis Prophylaxis Expert Groups. The result is concise practical information on a wide range of infections and explicit antimicrobial drug recommendations for the busy practitioner.

Includes

- Key chapters on managing infections of the cardiovascular system, central nervous system, genital tract, respiratory tract, skin and soft tissues, urinary tract, bones and joints
- A new chapter on antimicrobial hypersensitivity with a summary table on management of patients with penicillin hypersensitivity
- New severity scoring tools for community-acquired pneumonia in adults
- An expanded section on influenza
- A new approach to the use of aminoglycosides
- More information on community-associated MRSA
- An expanded section on home-based intravenous antimicrobial therapy
- Updated vancomycin dosage and monitoring recommendations
- Revised renal impairment dosing guidelines
- A new section on antimicrobial stewardship

Endorsements for **Antibiotic 14** include the Australasian Chapter of Sexual Health Medicine (RACP), Australasian Society for HIV Medicine, Australasian Society for Infectious Diseases, Australian Society for Antimicrobials, Confederation of Postgraduate Medical Education Councils, Heart Foundation, National Prescribing Service Limited, Royal College of Nursing Australia, The Royal Australian College of General Practitioners and The Society of Hospital Pharmacists of Australia. For a complete list see the endorsements section of our website www.tg.org.au



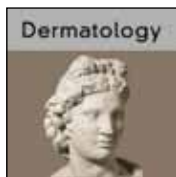
Cardiovascular 5 is an essential guide for the management of cardiovascular disease.

The importance of assessing and lowering a patient's overall risk of cardiovascular disease is emphasised. **Cardiovascular 5** presents recommended strategies to reduce this risk by both pharmacological and nonpharmacological means.

Key improvements

- Cardiovascular disease risk reduction - successful lifestyle and other interventions for which there is excellent evidence of efficacy. Includes new target ranges for blood pressure and lipids
- Coronary ischaemic syndromes - includes advice on emergency management
- Heart failure - recommended emergency medicine and combination therapy approaches for the management of patients with heart failure
- Venous thromboembolism - recommendations for prevention and treatment
- Peripheral arterial disease - focus on extracranial cerebrovascular disease and its management
- Noncardiac surgery in patients with cardiovascular disease - management strategies that many rural doctors and junior medical staff will find of particular value

Cardiovascular 5 is endorsed by the Australian College of Rural and Remote Medicine, The Cardiac Society of Australia and New Zealand, Heart Foundation, National Prescribing Service Limited, The Royal Australian College of General Practitioners, Royal College of Nursing Australia, and The Society of Hospital Pharmacists of Australia.



Dermatology 3 is a valuable resource for general practitioners, pharmacists, nurses and students. All topics have been thoroughly reviewed and updated by the Dermatology and Skin Infections Expert Groups. **Dermatology 3** provides concise, practical and independent advice for the busy practitioner.

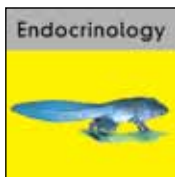
Topics include:

- Acne
- Benign skin tumours and cysts
- Blistering disorders
- Connective tissue disorders
- Contact dermatitis
- Cosmetic dermatology
- Cutaneous drug reactions
- Cutaneous vasculitis
- Dermatitis
- Dermatological emergencies
- Genital skin diseases
- Getting to know your dermatological drugs
- Hair disorders
- Infectious skin diseases
- Infestations and bites
- Itch without rash
- Nail disorders
- Paediatric dermatology
- Pigmentary disorders
- Pregnancy rashes
- Psoriasis
- Rosacea, flushing and perioral dermatitis
- Skin biopsies and other diagnostic tests
- Skin manifestations of internal disease
- Solar damage and skin cancer
- Sweating disorders
- Urticaria and angioedema
- Dermatological drug use in pregnancy and breastfeeding
- Sources of information (including links to dermatology atlases)

Dermatology 3 is endorsed by the Australian College of Rural and Remote Medicine, National Prescribing Service Limited, The Royal Australian College of General Practitioners, Royal College of Nursing Australia and The Society of Hospital Pharmacists of Australia. It is supported by the Australasian College of Dermatologists.

Endocrinology

2009
VERSION 4



Endocrinology 4 has been completely reviewed and now contains the latest thinking in this area. It provides concise, practical and independent advice for the busy practitioner.

Includes:

Diabetes

- new easy-to-follow steps to screen for and diagnose diabetes
- new advice on a starting dose of insulin for type 1 diabetes, a clear strategy for treating type 2 diabetes, and information on the new incretin enhancers and mimetics

Osteoporosis

- new T-score interpretation table
- changes in pharmacotherapy, including intravenous zoledronic acid and strontium ranelate

Fluid and electrolyte abnormalities

- helpful worked examples for calculating infusion rates when treating hyponatraemia and hypernatraemia
- clear summary of treating hyperkalaemia
- new phosphate binders (sevelamer and lanthanum) for treating hyperphosphataemia

Female sex hormone replacement therapy

- new sections on how to gradually stop sex hormone replacement therapy, options for women with a history of hormone-dependent cancer, and alternative therapies

Menstrual disorders

- new sections on treating acute emergency menorrhagia and premenstrual syndrome

Male sexual dysfunction

- new detailed instructions for self-injecting alprostadil
- daily dose of tadalafil for erectile dysfunction

Androgenisation in women

- topical use of eflornithine for hirsutism
- concise summary of the use of metformin in polycystic ovary syndrome

Pituitary disorders

- new drug information (quinagolide as second-line therapy for prolactinomas and pegvisomant for acromegaly)
- new section on lymphocytic hypophysitis

Endocrinology 4 is endorsed by the Australian Diabetes Society, the Australian & New Zealand Bone and Mineral Society, the Australian College of Rural and Remote Medicine, The Endocrine Society of Australia, National Prescribing Service Limited, The Royal Australian College of General Practitioners, Royal College of Nursing Australia and The Society of Hospital Pharmacists of Australia.

Gastrointestinal VERSION 5

2011

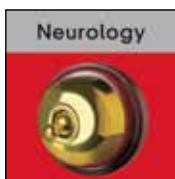


Provides succinct, critically evaluated recommendations to help deliver high-quality care to patients. The topics in these guidelines follow the gastrointestinal tract — with a detour for the liver.

Includes:

- A new section on preparing for gastrointestinal procedures, which includes advice on when to continue regular antithrombotic drugs, and when to give antibiotics before endoscopic procedures
- Advice on treating infectious diarrhoea, with information on bacterial infections (including *Clostridium difficile*), viral infections, traveller's diarrhoea, and rehydrating children
- Revised text on treating children with gastro-oesophageal reflux or constipation
- Updated information on inflammatory bowel disease to reflect the trend towards earlier introduction of disease-modifying drugs (such as immunomodulators and biological therapies)
- Viral hepatitis information that includes the latest changes in management
- New topic on effects of NSAIDs on the lower gastrointestinal tract, causing NSAID enteropathy
- Other brief new topics — functional dyspepsia, belching, hiccups, functional bloating, autoimmune gastritis, functional defecation disorder, autoimmune pancreatitis, and the importance of early referral for liver transplantation

Gastrointestinal 5 is endorsed by the Gastroenterological Society of Australia, the Gastroenterological Nurses College of Australia, The Royal Australian College of General Practitioners, Confederation of Postgraduate Medical Education Councils, Royal College of Nursing, Australia, The Society of Hospital Pharmacists of Australia and the National Prescribing Service Limited.



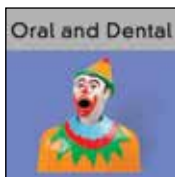
Neurology 4 is an easy-to-use resource for the management of commonly occurring neurological disorders. All topics have been extensively reviewed and updated by the expert writing group.

Includes:

- Updated information on the primary prevention and management of stroke with new sections on transient ischaemic attack and poststroke recovery
- Discussion of the initial management of epilepsy and factors to consider when choosing an antiepileptic drug
- An expanded section on antiepileptic drug therapy in women, including advice on special considerations in pregnancy and choice of contraception in women taking enzyme-inducing drugs
- Practical advice on monitoring antiepileptic drug therapy with an emphasis on monitoring clinical response to treatment
- Revised recommendations for the management of migraine
- Guidance on managing neuropathic pain
- Updated information on the management of Parkinson's disease
- Revised text on motion-induced vertigo with more information on the diagnostic Hallpike manoeuvre and a summary table of physical treatments
- New recommendations for the treatment of facial nerve (Bell's) palsy
- More information on immunotherapy for multiple sclerosis, including a new algorithm outlining management

Neurology 4 endorsed by: Australasian Neuroscience Nurses' Association, Royal College of Nursing, Australia, The Society of Hospital Pharmacists of Australia and National Prescribing Service Limited.

Oral and Dental 2007 VERSION 1



Written in conjunction with the Australian Dental Association in the familiar Therapeutic Guidelines format and providing the best available current evidence about oral and dental problems.

This text will assist in the overall care of patients with oral and dental problems, and give a solid basis for decisions regarding the appropriate referral to a dental practitioner.

Topics

- Getting to know your drugs, eg local analgesics and mouthwashes
- Dental management of patients taking medications for chronic conditions including those with psychiatric disorders and patients undergoing chemotherapy
- Dental caries
- Periodontal disease, including gingivitis and acute ulcerative gingivitis, periodontitis, periodontal abscess
- Halitosis
- Oral mucosal disease, including mucosal discolourations, ulcerative conditions, fungal infections, oral mucositis and xerostomia
- Acute odontogenic infections, including localised and spreading dental infections, and post-dentoalveolar surgery infection
- Antibiotic prophylaxis
- Post-treatment pain management
- Local anaesthesia
- Oral sedation
- Medical emergencies in the dental surgery

Appendices include

- Drugs and sport
- Dental procedures and drugs during pregnancy and breastfeeding

As well as general endorsements, **Oral and Dental 1** is endorsed by the Australian College of Rural and Remote Medicine, the National Heart Foundation, the Royal Australasian College of Dental Surgeons, and the dental faculties of the Universities of Adelaide, Melbourne, Queensland, Sydney and Western Australia.

Palliative Care

2010
VERSION 3



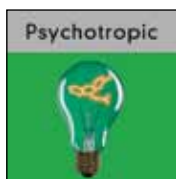
A succinct summary of the complex issues relating to the care of a patient with a terminal illness.

Palliative Care 3 is an essential guide for practitioners and carers involved in management of terminally ill patients. An emphasis is placed on the need for a holistic approach to palliative care, and guidance is provided on the treatment of an extensive range of symptoms that may be present. Aspects of emotional and spiritual care are discussed, and the value of a team approach and the role of carers and family members emphasised.

Includes:

- Guidance on managing severe acute pain, incident pain, and pain in patients with substance abuse disorders
- Discussion on paediatric medications, patient autonomy and patient transition into adulthood
- New information on use of tramadol, buprenorphine, fentanyl lozenges, pregabalin, venlafaxine, duloxetine, ibandronate and methylnaltrexone
- Expanded discussion on management of heart failure, deactivation of implantable cardiac devices, and patients with renal failure
- Updated information on HIV/AIDS patients with discussion of highly active antiretroviral therapy and HIV-related chronic pain syndromes
- Approaches to management of gastrointestinal symptoms, genitourinary symptoms, and urinary incontinence
- Enteral administration of drugs and updated information on recommended syringe drivers

As well as general endorsements, specific endorsements for **Palliative Care 3** include the Australasian Chapter of Palliative Medicine (RACP), Australian and New Zealand Society of Palliative Medicine, Australian Pain Society, Faculty of Pain Medicine (Australian and New Zealand College of Anaesthetists), Australian and New Zealand College of Anaesthetists, National Prescribing Service Limited, The Royal Australian College of General Practitioners, Royal College of Nursing Australia, and The Society of Hospital Pharmacists of Australia.



An essential guide for appropriate management of patients with mental illness.

Extensively revised and updated, **Psychotropic 6** represents a balanced assessment of the available evidence, with a focus on its clinical application.

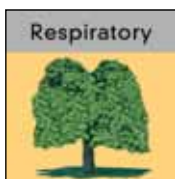
Major revisions

- Increased emphasis on monitoring and management of physical co-morbidities that commonly occur with psychiatric illness
- Examination of nonpharmacological as well as pharmacological treatment options
- Treatment of psychiatric illness in special patient groups such as older persons and those with diabetes or cardiac disease
- Recommendations for treatment of depression, including the table: Antidepressant-free intervals recommended when changing from one antidepressant to another
- Extensively rewritten information on mood disorders, in particular for management of bipolar disorder
- Comprehensive section on behavioural emergencies, with recommendations for treatment in both acute medical and acute psychiatric settings
- A comprehensive chapter on substance use disorders
- Emphasis on comprehensive treatment plans for disorders in childhood and adolescence, including depression, ADHD and anxiety
- Information on patient resources, support organisations, useful websites and further reading

Psychotropic 6 is endorsed by National Prescribing Service Limited, New Zealand Ministry of Health, Royal College of Nursing Australia, The Royal Australian College of General Practitioners, The Royal Australasian College of Physicians and The Society of Hospital Pharmacists of Australia.

Respiratory

2009
VERSION 4



A valuable resource in assessing and prescribing appropriately for patients with common respiratory problems.

Respiratory 4 covers all of the common respiratory conditions. Chapters have been updated to reflect changes in overall management and new sections have been added on topics as diverse as sleep-disordered breathing in children and noninvasive ventilation.

Includes:

- New diagrams of the stepwise approach to treatment of asthma, COPD and allergic rhinitis
- New patient information sheets on correct use of asthma inhalers
- New section on chest X-rays and thoracic CT scans
- The role of corticosteroids in croup
- Pulmonary function tests – interpreting spiromograms and flow-volume loops
- Risks and benefits of emergency oxygen use
- A new table with criteria for access to subsidised domiciliary oxygen in different Australian states
- When to treat a spontaneous pneumothorax
- Assessing patient fitness for flying, scuba diving, and surgery
- Recognising and treating obstructive sleep apnoea and other respiratory sleep disorders in adults and children
- Practical introductory advice about continuous positive airways pressure (CPAP) and bilevel ventilation

Respiratory 4 is endorsed by National Prescribing Service Limited, The Royal Australian College of General Practitioners, Royal College of Nursing Australia, and The Society of Hospital Pharmacists of Australia.

Rheumatology

2010
VERSION 2



Useful and practical advice on diagnosis and management of patients with rheumatological disorders. All chapters have been thoroughly reviewed and updated by the expert writing group.

Includes:

- A new chapter on assessment of peripheral musculoskeletal disorders, including clinical features (red flags) that indicate potentially serious pathology and a summary table to help determine rheumatological causes of inflammatory musculoskeletal symptoms
- New recommendations about drug treatment of rheumatological pain, particularly for low back pain, osteoarthritis, acute neck pain and shoulder pain
- Emphasis on the role of nonpharmacological therapy, including patient self-management, such as for osteoarthritis, ankylosing spondylitis, neck pain and nonspecific low back pain
- Information on the remission/induction model of therapy for some inflammatory rheumatological disorders and early commencement of disease-modifying therapy for rheumatoid arthritis, aiming to stem inflammation before chronic and disabling damage occurs
- A new chapter on polymyalgia rheumatica and giant cell arteritis
- Practical advice on management of generalised noninflammatory chronic pain syndrome including fibromyalgia
- Information to distinguish inflammatory musculoskeletal disorders (and their mimics) in children from the more common noninflammatory pains of a growing child. New sections give information on noninflammatory musculoskeletal pain in children, and practical points for paediatric prescribing
- Advice to allow users to weigh up the harms versus benefits of prescribing rheumatological drugs such as nonsteroidal anti-inflammatory drugs and opioids

Rheumatology 2 is endorsed by the Australian Rheumatology Association, the Confederation of Postgraduate Medical Education Councils, The Royal Australian College of General Practitioners, Royal College of Nursing, Australia, The Society of Hospital Pharmacists of Australia and National Prescribing Service Limited. Supported by the Australian Physiotherapy Association

Toxicology & Wilderness

2008
VERSION 1



Written by the Emergency Medicine Expert Group, **Toxicology & Wilderness** has been developed as a guide for health professionals who may be faced with Australian emergency situations.

Contents include:

- Resuscitation
- Toxicology:
 - general approach
 - specific drug treatments and antidotes
 - toxidromes
 - paediatric poisoning
 - individual drugs and other chemicals
- Snake bite
- Spider bite
- Marine envenoming
- Marine poisoning
- Tick bite
- Anaphylaxis
- Altitude illness
- Burns
- Diving medicine
- Electrical injury
- Heat-related illness
- Hypothermia
- Near-drowning and submersion injury

The content of **Toxicology & Wilderness** is a subset of the topics from **Emergency Medicine** in eTG complete.

Endorsed by the Australasian College for Emergency Medicine, the Council of Remote Area Nurses of Australia, National Prescribing Service Limited, the Royal College of Nursing Australia, The Royal Australian College of General Practitioners and The Society of Hospital Pharmacists of Australia.

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Management Guidelines: Developmental Disability

2005
VERSION 2



'This version will be of enormous assistance to doctors working in general practice. It provides a vast amount of information. All age groups of patients with developmental disability are covered in this one volume'.

NSW CID News, August 2005

Practical and informative, this version is for health professionals and also for carers of those with developmental disability. With a focus on the health needs of those with disabilities seen in general practice and in community health, it covers the health care issues appropriate throughout the life-span, from infants to the elderly.

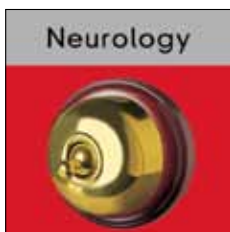
Includes:

- common presentations of developmental disability
- how to communicate with your patient
- challenging behaviour
- preventative health care and health promotion
- discussion of specific syndromes
- list of patient/carer resource services, self-help associations for specific syndromes and disability-related contacts
- detailed glossary for terms used to assist carers of persons with developmental disability

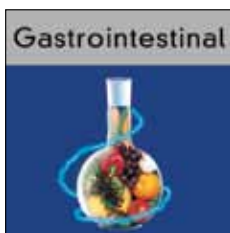
As well as general endorsements, **Developmental Disability 2** is endorsed by the Australian Association of Developmental Disability Medicine, the Australasian Society for the Study of Intellectual Disability, the Centre for Developmental Disability Health Victoria, the Centre for Developmental Disability Studies, the National Council on Intellectual Disability and the Queensland Centre for Intellectual and Developmental Disability.

New releases

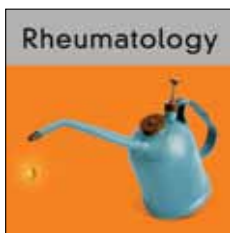
2011
VERSION **4**



2011
VERSION **5**



2010
VERSION **2**



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www.tg.org.au

Therapeutic Guidelines

Therapeutic Guidelines Limited is a not-for-profit organisation that prepares, publishes and distributes nationally based prescribing guidelines.

Independent

Therapeutic Guidelines Limited does not accept any advertising or receive any outside funding. Revenue from the sale of Therapeutic Guidelines completely finances their production.

Reliable

Therapeutic Guidelines are the result of teamwork. All expert writing groups comprise specialist doctors, general practitioners, pharmacists, nurses and health professionals who are involved in clinical practice. The editorial process includes wide-ranging literature searches, rigorous quality control procedures, extensive peer review, and input from a broad network of general practitioners and other users. The guidelines represent the essence of current available evidence, interpreted by some of Australia's most eminent and respected clinicians.

Relevant

With patients' problems as the guiding principle, Therapeutic Guidelines bring together clinically relevant information and put it into context.

Respected

Therapeutic Guidelines are endorsed by The Royal Australian College of General Practitioners, National Prescribing Service Limited, the Royal College of Nursing Australia, The Society of Hospital Pharmacists of Australia, and the International Society of Drug Bulletins. Individual titles are also endorsed by various major specialty societies and colleges.



Therapeutic Guidelines

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June 2011