

PREVALENCE OF PRESCRIPTION OF ANTIPSYCHOTIC POLYPHARMACY IN A PSYCHIATRIC HOSPITAL

J. VELASCO COSTA¹, M. MARTINEZ DE GUZMAN¹, M.A. DE CONCEPCION¹.

¹HOSPITAL PSIQUIATRICO ROMAN ALBERCA, SERVICIO DE FARMACIA, MURCIA, SPAIN.

BACKGROUND:

Despite a scanty evidence base and the number of adverse associations of antipsychotic combinations reported such as higher mortality, increased risk of side-effects, adverse drug interactions, decreased treatment adherence, and greater costs, the concurrent use of two or more antipsychotic medications continues to expand.

PURPOSE:

To analyze the prevalence of antipsychotic (APS) combination treatments in patients admitted to the Acute and Half-Stay Units, as well as its concomitance with antidepressants and mood stabilizers.

MATERIAL AND METHODS:

Descriptive cross-sectional study. Information collected: history, sex, age, diagnosis, antipsychotics, antidepressants and mood stabilizers. SPSS® Statistics, $p=0.05$

RESULTS:

82 patients (56.1% men, 43.9% women; mean age of 42.7 ± 11.3 y.o. 51.2% with schizophrenia (F20), 19.5% schizoaffective disorder(F25), 14.6% with personality disorder (F60), 7.3% with bipolar disorder (F31) and 7.3% with other diagnoses (according to DSM-IV, ICD-10). 23.2% were in the Short-Stay Unit and the rest (76.8%) in the Half-Stay Unit. Substance addiction was present in 42.7%.

APS per patient was 1.8 ± 0.8 , of which 0.2 ± 0.4 were typical and 1.6 ± 0.7 atypical. Number of prescriptions with antipsychotics were 80 (97.6%), of which 3 (3.7%) contained only typical, 64 (78.0%) atypical and 13 (15.9%) both APS ($\chi^2=126.7$; $p<0.01$). 34 (42.5%) were prescribed long-acting injectable antipsychotics. 45.1% (0.6 ± 0.8 per patient) were prescribed antidepressants, 36.6% (0.5 ± 0.7) mood stabilizers, and 91.5% (1.7 ± 0.9) benzodiazepines.

Prevalence of typical antipsychotics: clotiapine 8 (9.8%), levomepromazine 3 (3.7%), zuclopenthixol 3 (3.7%) and haloperidol 2 (2.4%). And atypical: clozapine 13 (15.9%), olanzapine 17 (20.7%), quetiapine 22 (26.8%), paliperidone 20(24.4%), risperidone 25 (30.5%), aripiprazole 25 (30.5%), ziprasidone 6 (7.3 %) and amisulpiride 4 (4.9%).

CONCLUSIONS:

- High use of antipsychotics (67.1%) which, although it may reflect the complexity and resistance of the treated pathologies, does not agree with the recommendations of the national and international guidelines.
- Combining mood stabilizers with atypical antipsychotics or antidepressants when resistant pathology can result in therapeutic synergy and allow obtaining a more favorable result. This combination can accelerate the response to treatment and minimize adverse effects by allowing the use of lower doses of each drug. The particular characteristics of each patient must be considered.

REFERENCES:

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