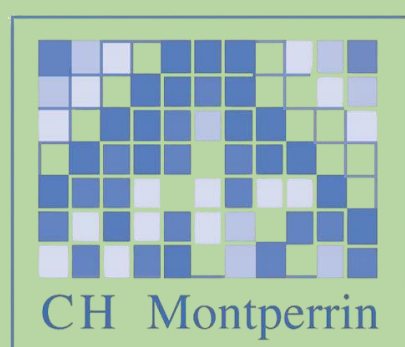


Contribution of lithium pharmaceutical consultations in mental health institution.



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CONTEXT

- Poor adherence to psychotropic treatments in nearly 70% of patients
- Bipolar relapses in 70% of cases of abrupt lithium discontinuation within 12 months of discontinuation
- Lack of availability of prescribers and shortage of psychiatrists

OBJECTIVES

- Assess patients' knowledge of their lithium treatment
- Assess the contribution of pharmaceutical consultations
- Create a special opportunity to discuss patients' treatments with them



SFPC Working Group and PIC French Network



MATERIAL & METHODS

- Implementation of pharmaceutical consultations for patients taking lithium, following approval by the psychiatrist
- Assessment of the patient's knowledge in 6 areas:
 - What to do if you forget to take your medicine
 - Side effects
 - Pregnancy and contraception
 - Drug interactions
 - Therapeutic monitoring
 - Signs of overdose and risk situations
- Construction of the workshop following the PIC network lithium notebook
- Report filed in the Electronic Medical Record



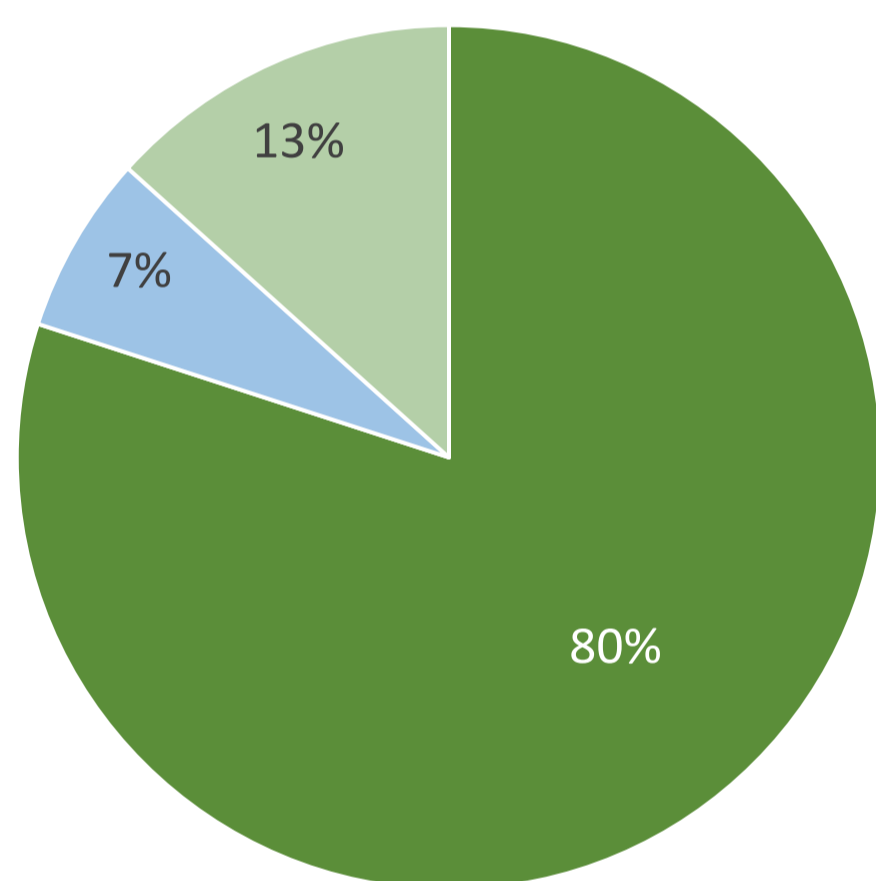
15 patients
7 women, 8 men

100 % of bipolar disorder
40% of treatment initiation (n = 6)

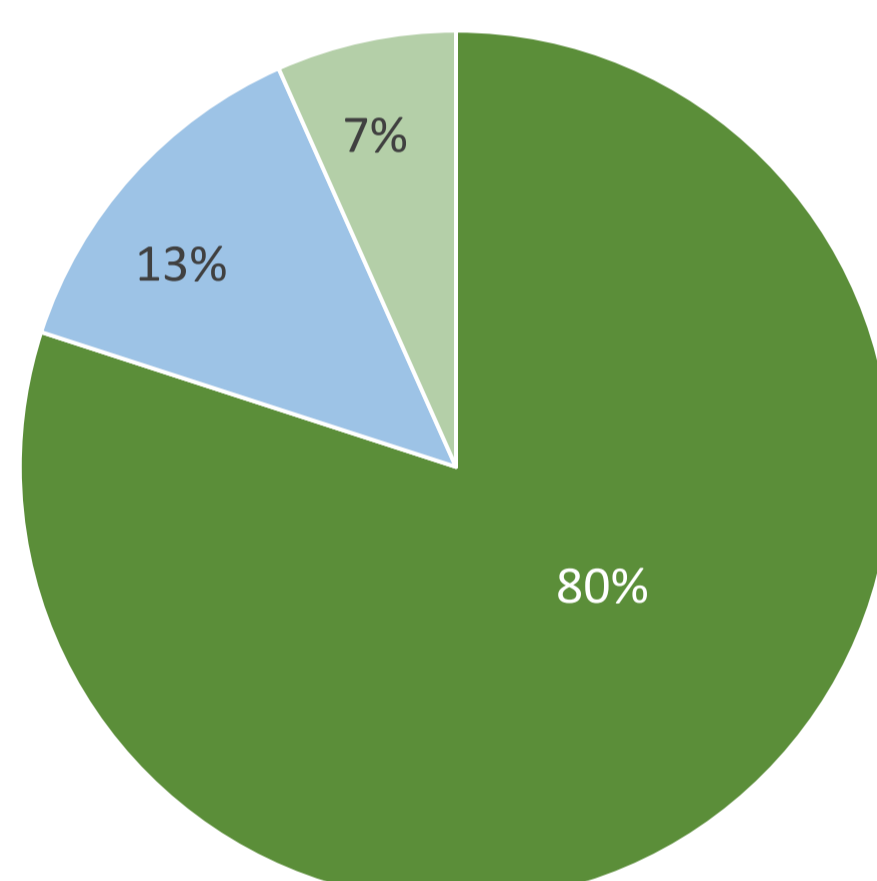
Mean duration of the interview : 42,5 minutes

Mapping patients' knowledge of lithium :

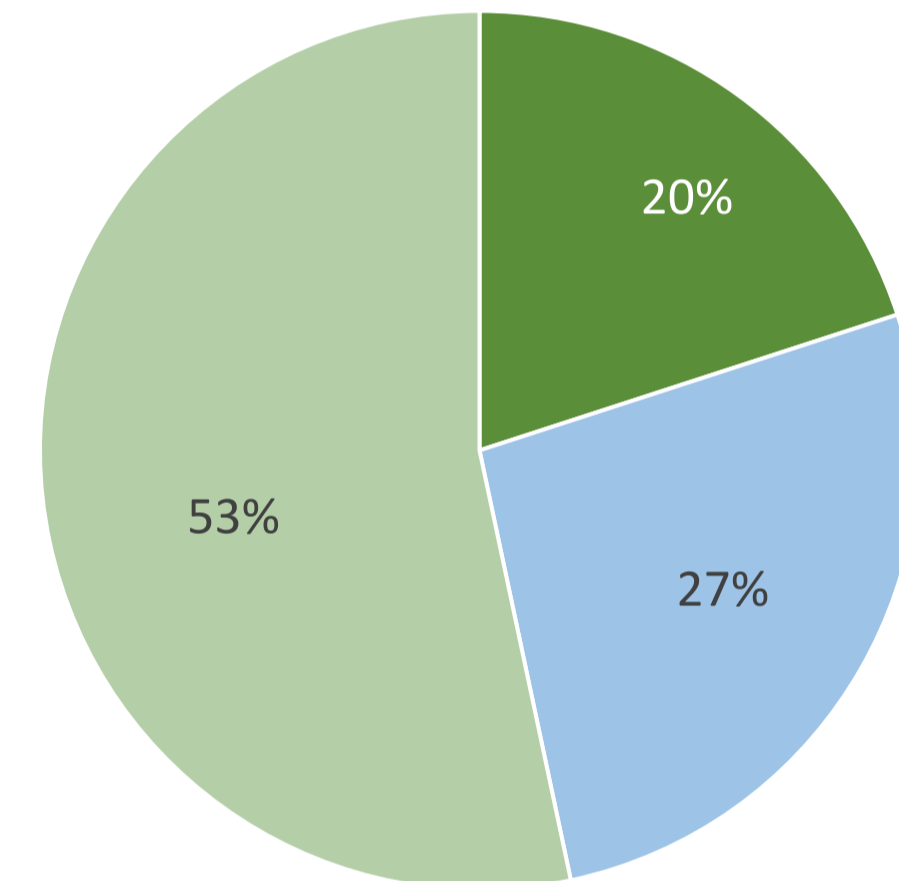
What to do if they miss a dose



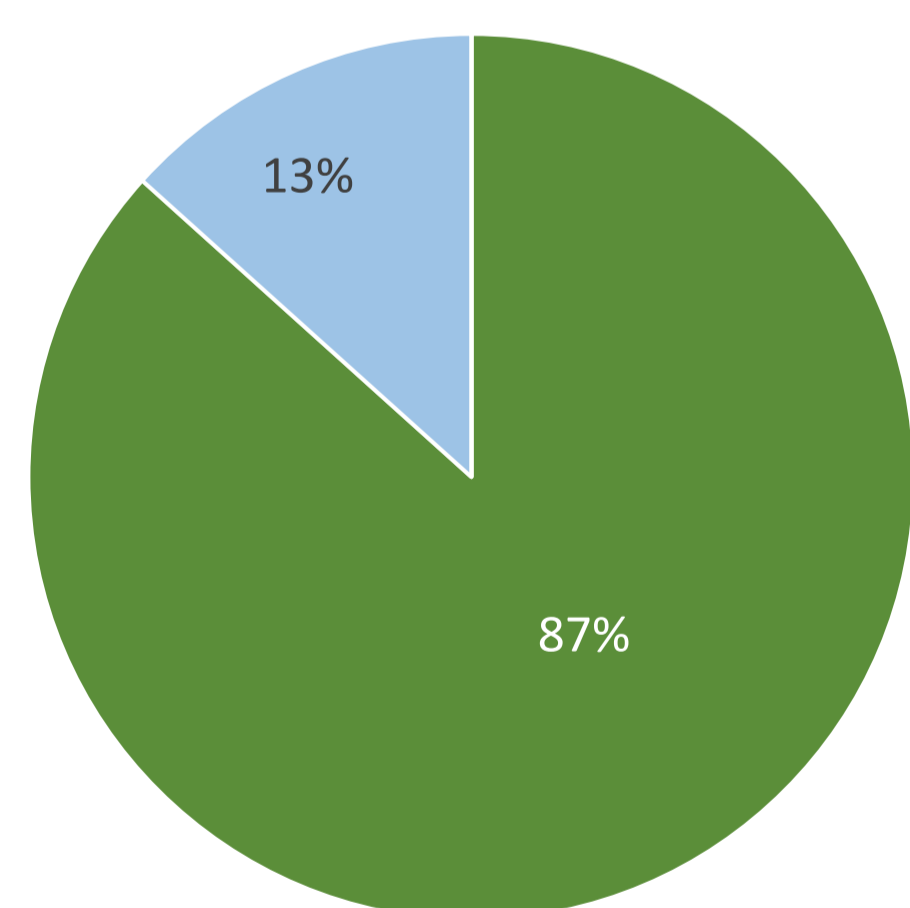
Adverse effects



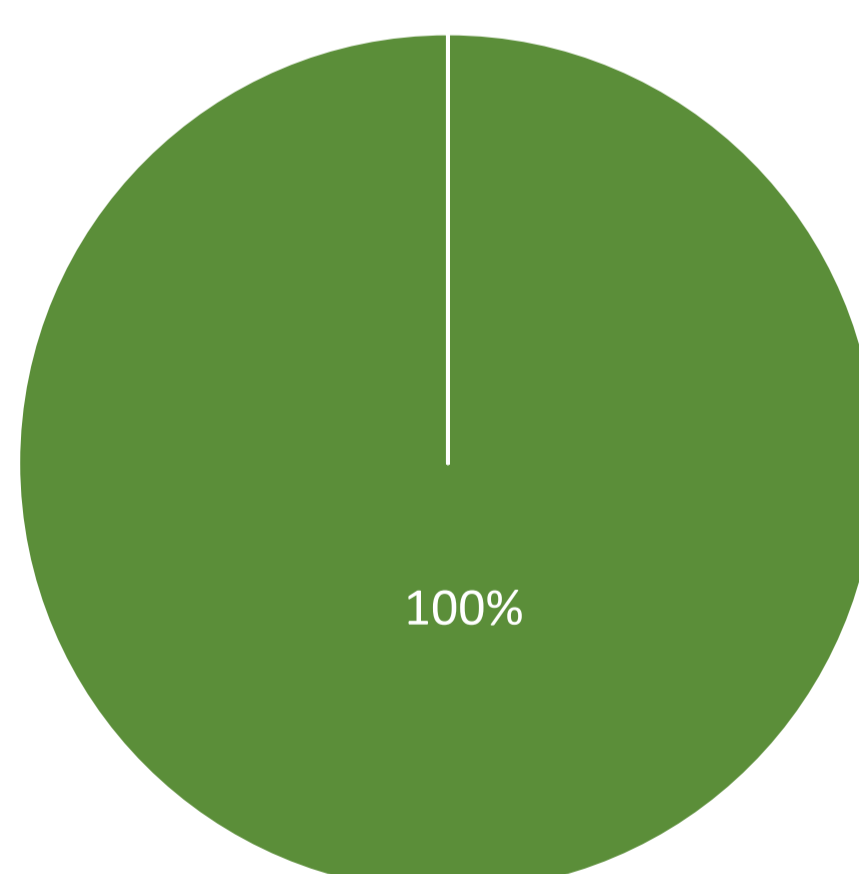
Pregnancy and contraception



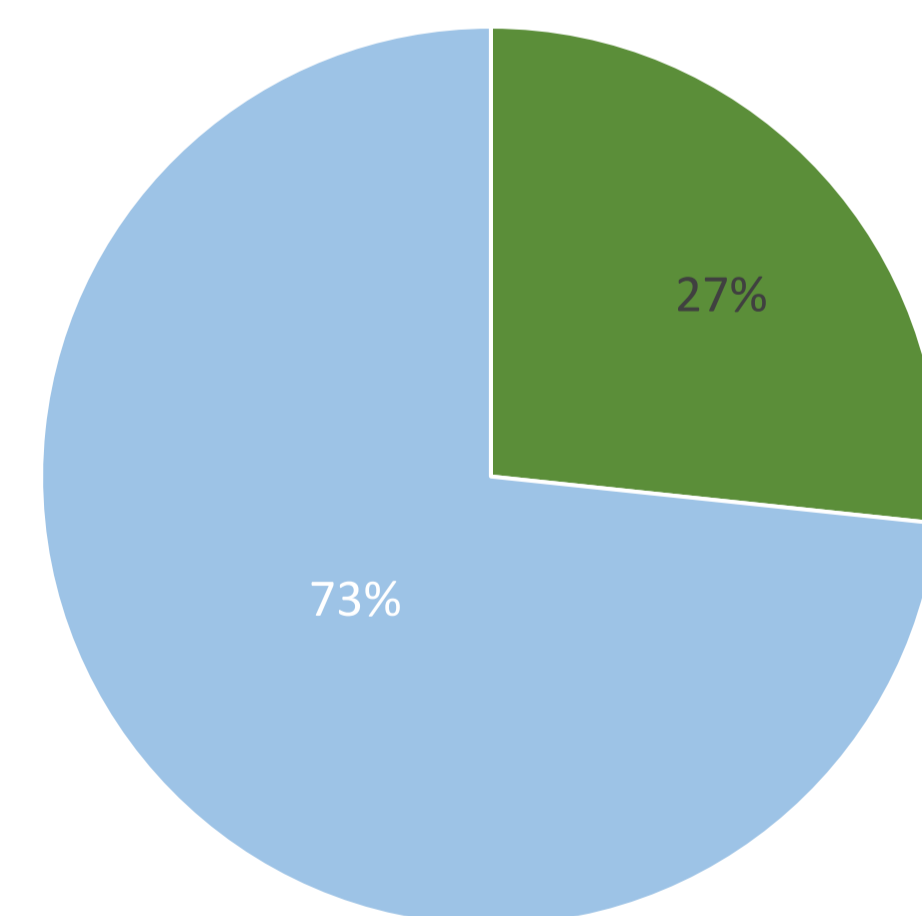
Drug interactions



Signs of overdose and risk situations



Therapeutic follow-up



■ Patients informed for the first time during the consultation

■ Patients previously informed

■ Not discussed / not applicable

Recurring themes raised during interviews :

- Beliefs/questions about lithium and batteries
- Concerns about adverse effects. Questions about their duration

4 patients not previously informed = recent initiations

CONCLUSION

- Insufficient information provided at the time of the first prescription.
- Information provided by the pharmacist is crucial.
- Frequently asked questions about the entire treatment.
- It is extremely important to involve the pharmacist in NTI drug* prescriptions.

RELEVANCE

- Translation of the LKT (lithium knowledge test) questionnaire into French and distribution to healthcare teams to assess the current situation.
- Improve communication with psychiatrists and permanently integrate pharmaceutical consultations into the service.
- Set up patient follow-up with a second visit at M+3 or M+6 to assess knowledge gain over time.
- Project for pharmaceutical interviews on benzodiazepine de-prescribing with the geriatric psychiatry department.