

PSYCHIATRIC DISORDERS AND CARDIOPULMONARY ARREST PROBABLY RELATED TO PRESCRIBING CASCADE.

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Background

Prescribing cascade is the situation in which a first drug administered to a patient causes adverse reactions that are misinterpreted as a new condition, resulting in a new medication being prescribed.

Purpose

To report the case of a patient who suffered serious psychiatric disorders and a cardiopulmonary arrest probably related to prescribing cascade.

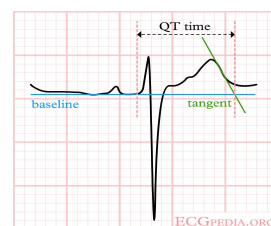
Material and methods

A descriptive study was made by reviewing the electronic medical record of a 55-year-old man with history of pulmonary thromboembolism, anxiety and behavior disorder, and chronic diarrhea.

Results

Medical record

- Pulmonary tromboembolism → **anticoagulated**
- **Anxiety and behavior disorder**
- Chronic diarrhea
- Gastropathy by stress → **Proton Pump Inhibitor (PPI)**



CPA due to Pointes Tachycardia (long QT)

ONE YEAR LATER

Worsening of anxiety and behavior disorder.



Admission at **PSYCHIATRY DEPARTMENT**



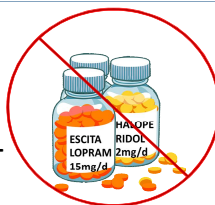
Low serum magnesium levels (<0,20mmol/L)



Treatment with **magnesium IV supplements**

RESOLUTION OF THE CASE

- ✓ **Normalized** serum magnesium levels.
- ✓ Patient completely **recovered** of psychiatric disorders. → **STOP TREATMENT**



Both adverse effects mentioned were classified by **Naranjo's algorithm** as "**probable**".

? Risk of gastropathy? **STOP** Proton Pump Inhibitor
 ↓Mg²⁺ favored by PPI

MAGNESIUM ORAL SUPPLEMENTATION AND MONITORIZATION QUARTERLY

Conclusion

Prescribing cascade is often the beginning of polypharmacy and should be taken into account by physicians. On the other hand, although in this case was justified, we must question the need for the massive prescription of PPIs. **Hypomagnesemia is an adverse effect related to PPI**, and in this case could have worsen his clinical situation, so the monitorization of magnesium levels might have an important diagnostic and therapeutic role among this patients.