

PSYCHOTROPIC POLYPHARMACY IN PATIENTS WITH SEVERE MENTAL ILLNESS. A CONTROLLED INTERVENTION STUDY AIMED TO REDUCE THE USE OF PSYCHOTROPIC MEDICATION

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Background: Patients with mental illness receive psychotropic medicine in high dosages and from more than one drug. Additionally the patients have high level of obesity which is a contributing factor to increased physical morbidities and premature death.

Aim: Quantify the use of psychotropic medicine in patients with severe mental illness. Measure the effect of an intervention to reduce psychotropic medicine.

Methods: Intervention study with six facilities for patients diagnosed with mental illnesses. The intervention period was one year.

Results: At index many patients had obesity and waist circumference were in average 109 cm. Mean values of antipsychotic daily doses/ defined daily doses PDD/DDD was 2.5. The rate of antipsychotic excessive dosing was 65% and 88% of the patients were treated with psychotropic poly-pharmacy. The intervention didn't show any effect as there were no difference between the changes in the intervention group and the control group.

Conclusions: The patients were treated with antipsychotic poly-pharmacy in high dosages. The intervention did not show any effect. We must think of new ways to restrict the treatment with psychotropics to this group of patients.