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Safety and Efficacy of Vortioxetine in the Treatment of Post-partum Depression: a Case Report

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Introduction: Post-partum depression (PPD) affects 10% of women after natural labor. Untreatment of PPD leads to significant emotional and physical consequences both in mother and a child. Antidepressants are among the main treatment options for PPD.

Objective: To describe safety and efficacy of Vortioxetine in the treatment of PPD

Methods: A case report of PPD in first pregnancy of a 39 year old women with no personal or family history of depression. Pregnancy period was biologically normal, only with slight sleep problems in the last trimester. Natural labor started on week 39th, but due to weakness of labor contractions, caesarean section was performed. Afterwards, severe depression symptoms appeared such as loss of appetite and weight, insomnia, anxiety, feelings not being able to take care of the baby. Patient did not have any breast milk. Two weeks after the labor she was admitted to psychiatric hospital. Patient was assessed by Clinical Global Impression (CGI) scale. Therapy with Vortioxetine 10mg/day was initiated.

Results: During the first two weeks CGI-S score decreased from Severely to Moderately ill, with CGI-I score much improved. Vortioxetine dose was increased to 15mg/day. At week 4 CGI-S was borderline ill and CGI-I very much improved. There were no sideeffects observed. During the first 3 weeks patients received concomitant Quetiapine was reduced to 50mg/day next week and stopped at discharge.

Conclusion: Vortioxetine was safe and effective in the treatment of post-partum depression.