

P03-72

PHARMACOLOGICAL APPROACH OF CHRONIC PSYCHOSIS

E. Gago, M. Santos, A.E. Ribeiro

Magalhães Lemos Psychiatric Hospital, Porto, Portugal

Introduction: Psychosis is a mental condition characterized by the presence of hallucinations, delusions, and thought disorders. It spans diagnostic entities that respond to similar therapeutic approaches. Most patients who develop schizophrenia and related psychotic disorders are at very high risk of relapse in the absence of antipsychotic treatment. Yet, chronic psychosis is an entity that has not been well established until today.

Evidence indicates that sustained treatment is associated with fewer relapses than is targeted intermittent treatment; however guidelines do not give definite recommendations about treatment duration. Indefinite maintenance antipsychotic medication is recommended for patients who have had multiple prior episodes or two episodes within five years.

Adjunctive medications are commonly prescribed for comorbid conditions.

Aims: The authors aim to study the therapeutic approach of patients with chronic psychosis.

Methods: Cross-sectional study and clinical records review of a sample of patients with the diagnosis of schizophrenia and other chronic psychotic disorders.

Results: The sample consists of 154 psychotic patients, 71% males, with mean age of 45,9 years. 43, 5% of patients are under treatment with more than one antipsychotic agent, and 59% are treated with long-lasting antipsychotic medications (LLA).

Conclusions: The considerable decrease in hospitalization days, and the need to avoid covert non-compliance justifies the increased number of patients under LLA treatment.

This sample presents with a high percentage of patients treated with more than one antipsychotic medication, despite the fact that there is minimal evidence supporting this therapeutic option.