

Poster presentation

Psychotropic drug utilization and functioning in a boarding house in Greece

Dimitrios Petsas*¹, Dimitrios Kontis², Konstantinos Parashakis²,
Vasiliki Lilli¹, Hristos Garnetas² and Konstantinos Kontis²

Address: ¹Promitheas - Galini A' Residential Unit, Athens, Greece and ²4th Psychiatric Emergency Department - Psychiatric Hospital of Attica ("Dafni"), Greece

* Corresponding author

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Background

A rehabilitation program in the boarding house "Galini A" resulted in a significant decrease in the number of psychotropic medications and a parallel increase in the functioning of patients, during the first 18 months of their arrival at the unit. The aim of this study is to define whether these achievements were maintained.

Materials and methods

All 15 residents of the unit (mean age 52.27 years, range 37-75, suffering from psychotic disorder and/or mental retardation) were recruited in the study. Functioning was assessed with the Global Assessment of Functioning (GAF) scale and data regarding the drug treatment of each patient was collected. The assessments were made at their arrival at the unit, 18 and 32 months later.

Results

The number of the psychotropic drugs administered at the first day, 18 and 36 months later were: antipsychotics: 27-22-21, classical antipsychotics: 21-10-10, atypical antipsychotics: 6-12-11, benzodiazepines 16-3-2, mood stabilizers: 8-6-6, anticholinergics: 8-2-2, antidepressants: 2-0-0, total : 61-33-31. The mean GAF score was 36,9 - 46,6 - 47,8 respectively.

Conclusions

The decrease in the number of psychotropic drugs was associated with an increase in the residents' global func-

tioning. Both findings were observed 18 months since their arrival at the unit and maintained after 36 months.