

MEETING ABSTRACT

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A study of combined drug treatment and prevention of delirium tremens

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From 1st International Congress on Neurobiology and Clinical Psychopharmacology and European Psychiatric Association Conference on Treatment Guidance
Thessaloniki, Greece. 19-22 November 2009

Background

The preventive treatment of emergency situations and complications caused by chronic alcoholism presents psychiatrists and physicians with a great challenge. Delirium tremens is a potentially fatal form of alcohol withdrawal (mortality rate 5%-15%) that usually occurs in patients with heavy and chronic alcohol abuse.

Materials and methods

Our research took place in a private psychiatric clinic (2005-2009) and focused on the effectiveness of a certain pharmacological combination administered to a sample of 37 patients, in an attempt to control the alcohol withdrawal syndrome. The pharmacological combination comprised 30mg-60mg Chlordiazepoxide hydrochloride, 300mg-500mg Triapride hydrochloride, 300mg-500mg Hydroxyzine hydrochloride, 576mg Clometiazol, 600mg-1200mg Oxcarbazepine and B1+B2+B12 complex daily. Additionally, the patients received antidepressants and cardiovascular drugs.

Results

None of our sample patients developed any delirium tremens symptoms. The average duration of the drug combination administration was 11 days followed by a gradually decreasing dose until the maintenance dosage was reached.

Conclusions

When compared to other suggested drug treatments this method proved to be highly effective in delirium tremens prevention

Published: 22 April 2010

doi:10.1186/1744-859X-9-S1-S227

Cite this article as: Vainas et al.: A study of combined drug treatment and prevention of delirium tremens. *Annals of General Psychiatry* 2010 9(Suppl 1):S227.

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