

FLARE UP OF UNDERLYING PSYCHIATRIC DISORDER OR TOXICITY? WHICH ONE?

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Objective: It seems that psychiatric disorders being increasingly in developing countries. However, patients who received psychotrop drugs are generally at risk to unintended or intentional drug toxicity or overdose. Drug overdose can also cause similar symptoms and signs like flare up of underlying disorder. So it is important that we could distinguish between these two different causes in which one needs discontinuation of drug or decline the prescription doses and the other needs to increase doses. In this assay we tried to find it correctly.

Methods: This is a six month prospective cross-sectional research that designed to estimate the relative frequency of drug overdose or toxicity in psychiatric patient who were under chronic medication and visited psychiatric clinic because of new complaint. Four hundred six outpatients who came with any recently new neuropsychiatric presentation such as agitation, hallucination, delirious state, and loss of consciousness were assessed for distinguish between flare-up of underlying disorder and drug toxicity. **Results:** Of total 406 psychiatric patients who were under treatment of psychotrop drugs for more than one month and visited our psychiatric clinic because of new signs or symptoms, toxicity was confirmed in fifty (12.3%) patients. Sedative- hypnotics like benzodiazepins were the most common responsible drug (23 cases, 46%) followed by antiepileptics (16 cases, 32%), antidepressant (7 cases, 14%), and antipsychotics drug (4 cases, 8%) . The most of the toxicity happened in aged group of 5 -15 years and 45-55 years respectively. The mean age was 33.8 years. Accidental toxicity (drug overdose due to mislabeling or drug interaction) was the commonest cause of poisoning and found in 76% of intoxicated patients. Acute poisoning due to suicidal attempted was found in 24 percent. The most common presentation of toxicity belong to central nervous system such as agitation, delusion, and loss of consciousness (63%) followed by gastrointestinal (16%), respiratory system (7%), and cardiovascular presentation in 6.6 percent. **Conclusion:** These findings showed that overdose during medication in psychiatric patients has high relative frequency so that any patients who received psychotrop drug and comes to clinic with new signs or symptoms even with presentation like to flare-up of underlying psychiatric disorder, acute on chronic or chronic toxicity must keep in physician mind.