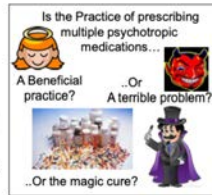


Prescriber & Patient Perspectives of Benefits & Problems due to Multiple Psychotropic Medication Prescription

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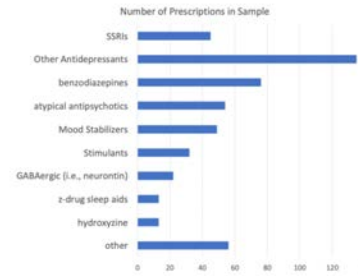
BACKGROUND

- Advances in psychopharmacology have led psychiatrists¹ to the option of prescribing multiple medications to address various symptoms of anxiety, mood, cognition, emotion, sleep, and substance abuse.
- The South Texas Psychiatric Practice-Based Research Network (STpsyPBRN) research project focused on the Psychopharmacologic practices of PBRN members' use of multiple psychotropic prescription medications to control symptoms in psychiatric outpatients.



RESULTS

- Demographics**
- 56% were 50+ years of age
 - 79% white, 66% female
 - 30% full-time employment
 - 60% with Depressive or Anxiety diagnoses, mild-moderate severity
- 100% of patients were taking one or more antidepressants
 - 57% used benzodiazepines
 - Atypical antipsychotics (40%) or mood stabilizers (37%) were not uncommon.

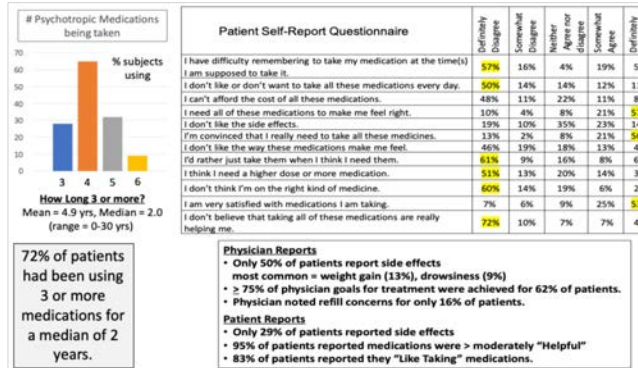
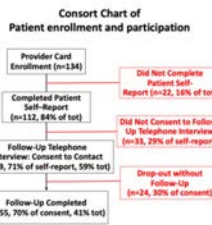


CONCLUSIONS

- Patients reported a high level of confidence that prescribed medications were beneficial,
- Patients endorsed no problems and few side-effects to speak of.
- The study is limited by possible inclusion of only those patients doing well.

METHODS

- 134 patients seen by Psychiatry PBRN members met the eligibility criteria for the study.
- At the time of the index visit, the psychiatrist completed a 2-sided 5x8 card.
- Patients were asked to complete a confidential questionnaire and to provide HIPAA authorization for a follow-up phone interview.



CITATIONS

- Mojtabai R and Olsson M (2010) National trends in psychotropic medication polypharmacy in office-based psychiatry. Arch. Gen. Psychiatry 67:26-36.
- American Geriatrics Society (2015) Updated Beers Criteria for potentially inappropriate medication use in older adults. J Am Geriatric Soc 63:2227-2246.

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