Impact of a psychiatric day hospital programme on psychopharmacological treatment

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Our Psychiatric Day Hospital (PDH) accommodates a 5 day-a-week program for psychiatric patients aged 18 to 65 years old, without organic or substance-abuse disorders. It consists on psychodynamic group therapy as its central feature and also individual psychotherapy, psychiatric consultations, family interventions and other therapeutic and occupational activities with a planned treatment period of one year. The authors present and analyze the effect of the PDH programme on the TD of psychopharmaceuticals prescribed.

Objectives

To determine the impact of a PDH programme on the total dosage (TD) of psychotropic drugs prescribed per patient upon program completion.

Materials and Methods

Study population included all patients that completed the PDH treatment programme between May 2013 and January 2019. All patient information was extracted from the patients' medical records. Collected data included age, gender, diagnosis and dosages of antidepressants, benzodiazepines and antipsychotics at admission and at discharge.

Results

	Affective disorders	Personality disorders	Psychotic disorders	p-value
n total	15	9	17	
Male (n, %)	8 (53%)	4 (44%)	6 (35%)	0.62
Female (n, %)	7 (47%)	5 (56%)	11 (65%)	
Mean Age (min., máx.)	37 (30, 41)	27 (20, 30)	36 (31, 39)	0.093
Mean time in month (min. máx.)	12 (5, 16)	9 (7, 12)	17 (13, 21)	0.019

Multivariate analysis showed a significant decrease in the dosage of benzodiazepines and antipsychotics. In antidepressants this decrease was not significant.

Graph 1 – In blue the total dose of benzodiazepines at admission and in red the total dose at discharge

Graph 2 – In blue the total dose of antipsychotics at admission and in red the total dose at discharge

Graph 3 – In blue the total dose of antidepressants at admission and in red the total dose at discharge

Conclusions

Our PDH psychotherapeutic program combined with standard drug care seems to be successful regarding the decrease of the TD. Several factors may contribute, including the completion of a psychotherapeutic programme and the greater flexibility of pharmacological adjustment provided by the daily contact with patients.

Sources

[1] *Effects of music therapy on drug therapy of adult psychiatric outpatients: a pilot randomized controlled study*, Mario Degli Stefani, Michele Biasutti, october 2016, vol. 7, article 1518, *Frontiers in Psychology*; [2] *Antipsychotic Dose Equivalents and Dose-Years: A Standardized Method for Comparing Exposure to Different Drugs*, Nancy C. Andreasen, Marcus Pressler, Peg Nopoulos, Del Miller, and Beng-Choon Ho, *Biol Psychiatry*. 2010 February 1; 67(3): 255–262; [3] <https://emedicine.medscape.com/article/2172250-overview?src=emailthis>; [4] *Dose equivalents of antidepressants: Evidence-based recommendations from randomized controlled trials*, Yu Hayasaka , **et al.**, *Journal of Affective Disorders* 180 (2015) 179–184; [5] *The Maudsley Prescribing Guidelines in Psychiatry*, 13th edition, David Taylor, Thomas R. E. Barnes, Allan H. Young, Wiley Blackwell