First episode psychosis service – one year of experience

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Abstract

Introduction: In the last few decades, substantial research has focused on the possibility of early detection and prevention of the first psychotic episode in young individuals at risk. Subtle motor, emotional, cognitive, and behavioral changes are often observed in young individuals who later develop schizophrenia, leading several authors to hypothesize that early detection and prevention strategies may provide an opportunity to reduce the incidence of an unfavorable outcome of the disease. The First Episode Psychosis Service of Centro Hospitalar Psiquiátrico de Lisboa (CHPL) was developed in 2014 and is an integrated and comprehensive inpatient service aimed at addressing the needs of people with emerging psychotic disorders.

Objectives: This study pretends to present the preliminary results from a descriptive analysis of patients admitted to the First Episode Psychosis Service of CHPL.

Methods: For obtaining clinical data, the authors reviewed a database containing all patients who had been admitted to first episode psychosis unit during the year of 2014. Statistical analysis was performed using SPSS®.

Results: A total of 91 patients were included in the study. Among these, 60.44% were male, 71.91% were single and 44.94% were unemployed. The average age of onset was higher in women. The mean of Duration of Untreated Psychosis (DUP/ weeks) was 26. The great majority of patients were treated with atypical antipsychotics and Olanzapine was the most used drug.

Discussion and Conclusions: The results of this study are in line with the literature. The type patient admitted to First Episode Psychoses Service is a single, unemployed and male patient without a psychiatric history and no drug use. This study represents the first step of a wider study being conducted in CHPL on the subject about first Psychosis episode in CHPL.

Supplementary material: Complete presentation available at http://ijcnmh.arc-publishing.org

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