“Raro” – Conrad’s trema stage in a Spanish patient

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Abstract

Objectives: Increase the awareness about cycloid psychosis.

Methods: Case report of a patient with a cycloid psychosis that exhibits Conrad's prodromal symptoms in a second psychotic episode. Review of literature about the subject.

Results: We present a case of 31 year old woman, Spanish resident admitted to the acute inpatient unit, after observation in the emergency service with a psychosis NOS diagnose (10th International Classification of Diseases (ICD 10) – F 29). Two weeks before, she started to feel “raro” (strange, different) and could not explain why. In the week before, she watched a talk show about a rare disease with a Portuguese doctor; she found similar cutaneous spots in her arm and the doctor nose, so she started thinking that everything made sense. She also thought that people in street started to call her "cerda" (hooker). Then she drove from Catalonia to a village near Lisbon. The next day she was taken to the emergency with an unspecified thoracic pain. Previously she had been admitted to psychiatric hospital in Spain around 2010 for another psychotic episode. After discharge, she gradually stopped the medication and consultations, returned to work, apparently with the same premorbid functioning. Treatment with a second generation antipsychotic was effective. In 6 days the delusions and hallucinations were no longer objectified. Two weeks, she was discharged and returned to Spain.

Discussion and Conclusions: The first publication of a psychopathological disorder characterized by sudden onset, polymorphous psychotic symptoms and recurrent course was made by Magnan in the 1880. Since then several studies addressed the nosological classification of this disorder, either as an independent diagnose, atypical variant of affective disorders or atypical form of schizophrenia, but no consensus was found. In the ICD 10 is found in the group F 23 - Acute and Transient Psychotic Disorders. In this patient, despite a previous psychotic episode, we can observe the different stages describe by Conrad in 1958 in the formation and maintenance of a primary delusion. The authors found no consensual guidelines regarding the treatment or the prevention of new psychotic episodes. Randomized studies are need to help to clarify this diagnose and treatment.

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

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