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An audit of antipsychotic prescription in dementia on an inpatient psychiatric ward against Northumberland Tyne and Wear (NTW) Trust standards

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Introduction: Behavioral and Psychological Symptoms of Dementia (BPSD) are common. Antipsychotic medication is commonly used to manage BPSD, despite the increase in stroke and falls risk. NICE guidance recommends frequent reviews and careful consideration to reduce over prescription. NTW Trust uses an Antipsychotic Prescribing Tool (APT), including parameters to meet this guidance.

Objectives: This audit's aim was to determine the adherence of an inpatient old-age organic psychiatric ward, Castleside Ward in Newcastle UK, to the following NTW trust standards: 100% of antipsychotic doses below maximum recommended. 100% of discharges prescribed antipsychotics registered with the APT.

Methods: A retrospective quantitative audit of discharges with dementia diagnoses between 01/01/2015-07/01/2016, collected from online notes using a pro forma including demographics, antipsychotic prescribed at admission or discharge, antipsychotic name and dose and APT registration.

Results: Antipsychotic doses were made comparable using a reckoner tool and recorded as a percentage of BNF and Maudsley Prescribing Guidelines recommended maximum 47 notes were included. None received a dose greater than the maximum recommended, meeting trust standards. 18 patients were admitted and 12 discharged, on an antipsychotic, however only 1 was registered with the APT, despite trust standards requiring 100% registration. There is poor adherence with the APT, indicating awareness is low. Despite this, Castleside Ward adheres to standards about antipsychotic dose, and is completing the areas covered in the APT elsewhere in the notes.

Conclusion: Castleside therefore follows NICE guidance, but outreach should be made about the benefits of the APT to improve adherence to trust standards.

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The first Arabic online intervention for PTSD; the journey so far

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Young adults in Egypt have been heavily exposed to violence in recent years, including political violence in the Egyptian revolution and sexual assault. Creating not-for profit online resources addressing young adults' mental health is an important component in establishing equitable access to care. Addressing global mental health in vulnerable groups is critical to the success of integral human development, and has been listed by the World Health Organization as one of its new development goals. The current research addresses one of the most serious mental health challenges facing young adults in Egypt – post-traumatic stress. The current paper explores the adaptation and development of an online intervention for the treatment of PTSD in Egypt. Permission to adapt and translate into Arabic, an online program, developed by the National Center for PTSD, the 'PTSD coach' was obtained. During the last year, the research team have consulted with Egyptian experts in the field of mental health, as well as, conducting public focus groups to develop a culturally and colloquially appropriate online intervention for PTSD. The current paper describes the process, challenges and successes of developing the tool, and designing a large-scale intervention study to implement and measure effectiveness and acceptability amongst Egyptians.

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