

## P02-01 - PATTERNS OF MANAGEMENT OF 1ST. EPISODE PSYCHOSES IN A CITY MENTAL HOSPITAL IN KOLKATA

**A. Acharya**

*Psychiatry, Calcutta Pavlov Hospital, Kolkata, India*

**Introduction:** 1st episode psychoses are a common attendance in a city mental hospital, like Calcutta Pavlov Hospital in Calcutta & they constitute approximately 35-40% of new OPD registration in a day. These data is derived from the OPD register during the period 1st Jan 08-30th June 09. The average new consultation in this opd is around 38 patients/day, and old repeat consultations usually around 300 case.

**Objectives:** Management style usually practiced in this hospital is detailed here with the proportion of different management & their type as diagnosed on the 1st day.

**Aims:** Here this presentation of style in a developing country with meagre facilities may be assessed & compared with those in other countries in Europe.

**Methods:** 1st episode psychosis in new OPD attended cases are 12-14/day. They constitute BPMD, hypomania 40%, Schizophrenia 30%, delusional disorders 10%, Brief psychotic Disorder 8%, Psychotic behavioral disturbances 5% and other non-specified psychoses 6-7%.

50-55% of 1st episode receive drug only and after 7 days follow up return 80-90% become calm and tranquil with majority of their positive symptoms like delusions, hallucination losing sharpness. In 1/3rd no. of cases, mainly with violent, aggressive or refusal to medication inj. preparations are used. Previously 1-2 cases were given ECT treatment, but that is stopped after Govt. banned ECT in OPD setting. Inj. commonly used are Inj. haloperidol, Promethazine HCl, and lorazepam in aggressive, Inj. Olanzapine in negative or positive schizophrenic group, followed by Inj. Clopixon (zupixon) aquaphase followed by depot.

**Results:** Injection in 1st 2-3 days makes the compliance better and quick.

**Conclusions:** 1st episode management is the key in success of psychosis as a whole.