

P01-23 - COMPLIANCE WITH TREATMENT - A PREREQUISITE FOR DIAGNOSING AND TREATMENT EFFICACY

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Aim: Lack of patient compliance in a general psychiatric ambulatory causes delays in diagnosing as well as in patient treatment efficacy.

Method: a 30 year old patient underwent a psychiatric treatment which lasted two years. He was treated with a combination of psychopharmacs and psychotherapy.

Results: The patient contacted a psychiatrist for the first time exhibiting the following symptoms: loss of will and interests, weight gain, lowered general mood, avoidance of social contacts. A depressive episode was diagnosed and antidepressive was introduced to his therapy (fluvoxamine). He did not comply to the therapy assigned nor he attended his scheduled examination.

His medicamentous therapy was intensified (fluvoxamine, alprazolam, promazine). After six months, the patient returned in company with his family, and his non-compliance with the therapy was revealed.

After a successful therapy an improvement in his mental state was noticed. During the last year, he was regular at his examinations and medication, with psychotherapy once a week.

Conclusion: Patient compliance is a prerequisite for diagnosing and a successful treatment. Combined treatment methods (psychopharmacotherapy, psychotherapy) with an adherent patient guarantee a good remission.

Keywords: Bipolar I disorder, diagnostics, therapy, compliance