

and it may warrant prompt discontinuation of the causing drug, as suggested by the literature.

**Keywords:** clozapine; eosinophilia; multiorgan dysfunction

## EPP1056

### Psychedelics: A new era of treatment?

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doi: 10.1192/j.eurpsy.2021.1290

**Introduction:** Psychedelics - including LSD (lysergic acid diethylamide), psilocybin, DMT (N, N-dimethyltryptamine), ayahuasca and mescaline - have an ancient history across various civilizations. In 1950, after LSD's discovery by Hofmann, psychedelics enjoyed a short-lived relationship with psychiatry, before prohibitive legislation emerging in response to the recreational use in the mid-1960s. However, the last decade has witnessed a renewed scientific interest in psychedelics - a phenomenon referred to as the 'Psychedelic Renaissance'.

**Objectives:** Review the pharmacology of psychedelic drugs and the latest evidence of its therapeutic potentials in anxiety, mood and addictive disorders.

**Methods:** Literature review performed on PubMed and Google Scholar databases, using the keywords: "psychedelics", "hallucinogens", "d-lysergic acid diethylamide (LSD)", "psilocybin", "ayahuasca", "mescaline", "DMT (N,N-dimethyltryptamine)".

**Results:** The psychedelics or "classic hallucinogens" can be subdivided into three sub-classes: the plant-derived tryptamines (psilocybin and ibogaine) and phenethylamines (mescaline), and the semisynthetic ergolines (LSD). The therapeutic potentials are mediated by an agonist action on 5-HT<sub>2A</sub> receptors expressed in frontal and paralimbic structures involved in mood and emotion regulation, introspection, interoception and self-consciousness. Stimulation of 5-HT<sub>2A</sub>R increases the glutamatergic tone and neuroplasticity and is accompanied by reduced amygdala activity, reducing anxiety. Experimental, open-label, and RCTs showed anxiolytic, antidepressive, and antiaddictive effects with psychedelics. As examples, psilocybin and LSD reduced anxiety and depression in cancer patients and symptoms of alcohol and tobacco dependence, and ayahuasca reduced depression in treatment-resistant depression.

**Conclusions:** Despite the promising effects of psychedelics on anxiety, depression and addiction, the evidence is still preliminary, waiting for long-term studies with bigger samples.

**Conflict of interest:** No significant relationships.

## EPP1057

### Lithium monitoring in clinical practice

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doi: 10.1192/j.eurpsy.2021.1291

**Introduction:** Lithium is widely used for the treatment of bipolar disorder. Owing to its narrow therapeutic index and side-effect

profile, regular monitoring is recommended by all major guidelines on lithium use.

**Objectives:** The aim of this study was to determine whether routine lithium monitoring practice at the local mental hospital in Malta reaches the standard set by the most recent NICE guidelines (NICE, 2014a).

**Methods:** All patients on lithium maintenance treatment for bipolar disorder at the local Mental Hospital were included. Blood tests within the last one year were collected using ISOFT clinical manager (iCMI). After the first audit cycle, a lithium monitoring sheet was created in accordance with the NICE guideline and after 6 months of implementation, the second audit cycle was conducted.

**Results:** In the first cycle, 28 patients met the NICE criteria for increased risk of toxicity and have a recommended testing frequency for lithium levels of every 3 months. However, only 1 patient was observed to meet this criteria. When assessing the last lithium level only 35.7% were within 0.4-0.8 mmol/L. In the second audit cycle, 28 patients met the NICE criteria for increased risk of toxicity and have a recommended testing frequency for lithium levels of every 3 months. Almost half of the patients (12 patients, 42%) were observed to meet this criteria. When assessing the last lithium level, 50% were within 0.4-0.8 mmol/L.

**Conclusions:** After the introduction of the lithium monitoring sheet, monitoring improved substantially especially in high risk patients. Moreover, the majority of test results for lithium levels were within the therapeutic range.

**Keywords:** lithium; monitoring; Psychopharmacology; bipolar disorder

## EPP1058

### Benzodiazepine prescribing in tunisia: A study about psychiatrists prescribing habits

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**Introduction:** Benzodiazepines (BZDs) are psychotropic drugs that are predominantly prescribed in psychiatry and that can have serious side effects. BZDs prescribing is well codified by several guidelines, yet the epidemiological data on their prescribing remains alarming.

**Objectives:** Our study aimed to evaluate the general modalities of BZDs prescribing in psychiatry in Tunisia.

**Methods:** This is a descriptive cross-sectional study conducted through a Google-forms self-administered questionnaire, intended for psychiatrists and psychiatric residents, over a period of two months, from April 1 to May 31, 2019.

**Results:** One hundred physicians practicing in psychiatry answered our questionnaire. The response rate was 28%. The purpose of treatment with BZDs was explained to the patient at its initiation in 98.2% of cases and the risks associated with it in 87.7% of cases. Special precautions were taken in elderly patients (96.5%), at risk of respiratory failure (94.7%), and in cases of personality disorders (80.7%). Only three quarters of physicians took precautions before prescribing BZDs to a pregnant woman (77.9%). In cases of rebellious or refractory symptoms, 14.4% of the participants stated that they combine two BZDs. Before reproducing/repeating a BZD

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**The American Psychiatric Association Publishing Textbook of Psychopharmacology, Sixth Edition** Alan F. Schatzberg, M.D., Charles B. Nemeroff, M.D., Ph.D., 2024-03-22 More than 160 authors including more than 75 new contributors lent their expertise to this sixth edition of The American Psychiatric Association Publishing Textbook of Psychopharmacology Featuring 12 all new chapters and fully aligned with the revised DSM 5 TR classification this two volume text offers an unrivaled in depth look at the rapidly evolving field of neuropsychopharmacology The opening chapters provide a whirlwind tour of the multiple disciplines that undergird the chapters to come with topics extending from the principles of molecular biology and genomics to the rudiments of neuroimaging and personalized medicine in psychiatry The main body of the Textbook features an examination of the medication classes that form the basis of psychopharmacological treatment For each drug within a class data are reviewed on history and discovery preclinical and clinical pharmacology pharmacokinetic parameters mechanism of action indications and efficacy side effects and toxicology and drug drug interactions The Textbook s second volume focuses on psychopharmacological approaches to treatment of patients with major psychiatric disorders e g mood and anxiety disorders schizophrenia substance use disorders as well as patients in specific populations e g adults with ADHD pediatric patients For each specific condition patient population or setting chapters provide guidance on topics such as medication selection combination and maintenance dosing regimens side effect monitoring and management and optimization of treatment response Closing this volume is an Appendix of Psychiatric Medications with key information on each of the agents covered in the Textbook presented in a convenient tabular format Noteworthy additions to this textbook include chapters addressing the following topics The potential roles of personalized medicine in psychiatry and of artificial intelligence and machine learning in psychopharmacology New medications with novel pharmacological mechanisms including the neurosteroid antidepressant

brexanolone and the atypical antipsychotic pimavanserin Use of investigational agents such as psychedelics in psychiatric treatment Treatment of alcohol use disorder PTSD OCD and autism spectrum disorder Treatment of ADHD in adults Treatment of women in all life phases including during pregnancy and the postpartum period Treatment of individuals with intellectual developmental disorder With a level of detail not found in any other source this new edition of The American Psychiatric Association Publishing Textbook of Psychopharmacology illuminates the path to effective evidence based practice of psychopharmacology for novice and seasoned clinicians alike

*A Practitioner's Guide to Prescribing Antiepileptics and Mood Stabilizers for Adults with Intellectual Disabilities* Jose de Leon, 2012-03-02 Emotional behavioral and neuropsychiatric conditions are common in individuals with intellectual disabilities IDs most notably epilepsy aggression self injurious behaviors and bipolar and other mood disorders Despite the prevalence of such problems there is a scarcity in the literature of reliable information on medical treatments for those with IDs A Practitioner's Guide to Prescribing Antiepileptics and Mood Stabilizers for Adults with Intellectual Disabilities provides a detailed framework for prescribing for this challenging population Featuring the most up to date information on factors that inform prescribing the Guide addresses basic issues and controversies e g the rift between evidence based and personalized medicine in treating adults with cognitive deficits Clients specific needs are emphasized in developing appropriate and effective pharmacological intervention for improved outcomes and quality of life Drugs discussed in the Guide include carbamazepine clonazepam diazepam ethosuximide felbamate gabapentin lacosamide lamotrigine levetiracetam lithium lorazepam oxcarbazepine phenobarbital phenytoin pregabalin primidone rufinamide tiagabine topiramate valproate and zonisamide For each of these compounds the guidelines cover Indications for use relative and absolute contraindications Assessment during treatment therapeutic drug monitoring warning signs and symptoms for caretakers Dosage administration initial and maximum recommended dosage modifications associated with drug drug interactions personal characteristics and where appropriate genetic variations Adverse drug reactions common relatively uncommon and potentially lethal plus risk of metabolic syndrome Guidelines for discontinuation References tables and drug utilization reviews A Practitioner's Guide to Prescribing Antiepileptics and Mood Stabilizers for Adults with Intellectual Disabilities is an indispensable decision making reference for psychiatrists neuropsychologists psychopharmacologists neurologists internists and clinical psychologists

*Programs and Services* National Library of Medicine (U.S.), 1981 *National Library of Medicine Programs and Services* National Library of Medicine (U.S.), National Library of Medicine (U.S.), 1984 *Psychotherapist's Guide to Psychopharmacology* Michael J. Gitlin, 2007-09-12 In the first accessible psychopharmacology text written specifically for psychotherapists Gitlin explains when to refer patients for consultation about possible medication how to better treat patients already on medication and how to work collaboratively with psychopharmacologists He reviews the criteria for selecting among treatment options and the likely course and side effects of each and provides case histories to illustrate subtleties in diagnosis The book also lists all medications by generic

and trade names the side effects and dosage range for each      **Reactions to Psychotropic Medication** Frank L. Tornatore, 2012-12-06 After thousands of clinical trials the efficacy of psychotropic drugs in the treatment of psychiatric disorders has become well established However the very success of these drugs has meant that many patients with chronic illnesses will receive them for a significant part of their lifetime Side effects and other adverse reactions are an unfortunate but unavoidable component of successful pharmacotherapy In deed the main emphasis in new drug development is often on the search for compounds that have fewer side effects although no one has as yet found an effective drug without them Therefore it is important for clinicians to be aware of side effect reaction profiles because they are often a major determining factor in the choice of therapy After more than three decades of major breakthroughs in the development of psychotropic drugs reactions to these medications are still frequently reported in the current liter ature and information about well known reactions is con stantly refined This book is an attempt to systematically collect and organize this large body of data and present it in an easy to use form All chapters follow the same reaction oriented logic and each important reaction is discussed using the same consistent subdivisions The more clinically impor tant reactions appear in the body of each chapter the more unusual or rarely reported reactions are briefly characterized in the miscellaneous section at the end of each chapter      **Psychopharmacology Bulletin** ,1966      **Advances in Neuropharmacology** Md. Sahab Uddin, Mamunur Rashid, 2020-01-31 Here is a comprehensive overview of the drugs that act on the central and peripheral nervous systems This volume thoroughly describes the diseases associated with the nervous system and the drugs used for their treatment while also looking at the current status of these drugs and their future potential and challenges Divided into three sections the book first focuses on the drugs that affect the functions of the autonomic nervous system to produce therapeutic effects These drugs may act presynaptically by manipulating the genesis storage and secretion and by blocking the action of neurotransmitters Some drugs may trigger or impede postsynaptic receptors Section 2 focuses on drugs that affect the central nervous system including antianxiety drugs sedative and hypnotic drugs antidepressant drugs antipsychotic drugs antiepileptic drugs and many more It covers the pharmacological management of various diseases including Alzheimer s Parkinson s Huntington s and others The last section offers explanations of neurochemical interactions with the aim to develop drugs that have beneficial effects on neurochemical imbalances This section demonstrates models to assess the transport of drugs across the blood brain barrier and nanomedicine to treat brain disorders This rich compilation provides thorough and extensive research updates on the important advances in neuropharmacological drugs and drug therapy from experienced and eminent academicians researchers and scientists from throughout the world      *Oxford Handbook of Psychiatry* David Semple, David M. Semple, Roger Smyth, 2009-03-26 The book is a pocket sized guide providing detailed and comprehensive coverage of clinical psychiatry Useful to medical trainees in psychiatry and preparing for exams Its detail and clinical coverage mean it can continue to be used by junior psychiatric trainees and those entering individual psychiatric sub

specialties later in training      **Mental Health in Mental Retardation** Nick Bouras,1995-08-24 Dual diagnosis current and evolving aspects of treatment and service provision are addressed by an interdisciplinary international team of professionals

*Neuroleptic Malignant Syndrome and Related Conditions* Stephan C. Mann,Stanley N. Caroff,Paul E. Keck,Arthur Lazarus,2008-05-20 Neuroleptic malignant syndrome NMS and other hyperthermic conditions are rare complications of antipsychotic drugs that can cause discomfort disability and even death As a result every psychiatrist physician and mental health care professional needs to understand and identify these disorders in time to prevent a fatal outcome Neuroleptic Malignant Syndrome and Related Conditions is an important tool for clinicians outlining a framework for understanding diagnosing treating and preventing these little understood disorders This new edition extensively updates and revises the first edition integrating an explosion of findings that have occurred since the earlier edition was published in 1989 In addition to NMS chapters focus on antipsychotic drug related heatstroke hyperthermia associated with other neuropsychiatric drugs and malignant catatonia as well as A new chapter on serotonin syndrome the first comprehensive review to appear in the world literature With the proliferation of serotonergic drugs such as Selective Serotonin Reuptake Inhibitors SSRIs the incidence of adverse reactions is on the rise and this information will help practitioners spot early warning signals Important information on thermoregulatory mechanisms to help clinicians understand the pathogenesis of hyperthermic conditions With an understanding of the basic mechanisms underlying these conditions practitioners will develop more effective strategies for recognition diagnosis and treatment Written by four internationally renowned authorities on NMS Neuroleptic Malignant Syndrome and Related Conditions is the most comprehensive resource on the subject in existence With nearly 850 citations in the reference section it is a must for researchers and for practitioners who need a practical approach based on the most current science      *Life Care Planning and Case Management Handbook* Roger O. Weed,Debra E. Berens,2018-09-03 Life care planning is an advanced collaborative case management specialty practice focused on assessing evaluating coordinating consulting planning for and monitoring necessary services for individuals with complex medical care needs over their lifetime This handbook provides a comprehensive resource for all people involved with catastrophic impairments and chronic medical care case management The Life Care Planning and Case Management Handbook Fourth Edition begins by defining the roles played by each of the key team members working with the life care planner It provides planners with insights critical to successful interactions with medical and health care related professionals as well as the team members they are most likely to encounter as they work to build an accurate and reliable life care plan Next the text offers up to date information on the medical conditions most frequently encountered by the life care planner The contributors who are recognized experts in their disciplines also address issues in forensic settings ethics standards research and credentials The fourth edition includes numerous chapters on general issues as well as updated standards of practice from the International Academy of Life Care Planners IALCP Life Care Planning Consensus Statements

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