

Method: A 43 patients group, 30 male and 13 female, mean age 42.1, admitted during an acute phase of chronic schizophrenia (DSM-IV-TR), were distributed on flexible dose of olanzapine (N=12) 10-20 mg/day, aripiprazole (N=11) 15-30 mg/day, risperidone (N=10) 4-8 mg/day or haloperidol (N=10) 10-20 mg/day. Weight, fasting glucose and HDL-cholesterol were weekly monitored during the first month and monthly after that. Inclusion criteria: baseline glucose and HDL-cholesterol levels within normal range. Exclusion criteria: familial history of diabetes mellitus or obesity.

Results: Regarding the weight gain, the safest antipsychotic is aripiprazole (+0.4+/-0.2 kg at endpoint), followed by haloperidol (+1.9+/-0.2 kg), while olanzapine (+5.6+/-1.1 kg) and risperidone (+3.4+/-0.5 kg) are less tolerated. The glucose level >125 mg/dl was observed at endpoint in 3 patients with risperidone, 6 with olanzapine, 2 with haloperidol. The HDL-cholesterol over 40 mg/dl (men) and over 50 mg/dl (female) appeared in 4 cases of olanzapine and 3 cases of risperidone treated patients.

Conclusions: There are quantitative differences in the level of weight gain, HDL-cholesterol and glucose level induced by antipsychotics. The safest antipsychotic agent is aripiprazole because it doesn't induce significant weight gain or other metabolic complications.

P243

Psychotic patients addicted to cannabis and other substances treated with risperidone long acting injectable: Follow-up and reintegration

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Background and aims: To investigate patients double diagnosed with psychosis and substance addiction (especially cannabis) treated with risperidone long-acting injectable (RLAI) for their psychosis: characteristics of treatment and psychosocial reintegration.

Methods: Adults with psychosis were changed to RLAI from their previous medication. Starting doses varied but most patients received 50 mg every two weeks. Patients were regularly followed-up by their psychiatrist from 6 months to more than 2 years after starting treatment with RLAI. A reintegration program adapted to the needs of each patient was started as early as possible with support from all available healthcare services of the department. This program focussed on family, social and professional reintegration.

Results: Of 60 psychotic patients, 27 patients (mean age 27.7±6.1 years) had a double diagnosis of psychosis and substance addiction (especially cannabis), and were enrolled in this follow-up study. After six months, 26 out of 27 patients had no relapse of substance addiction. Patients participating in the reintegration program were able to live with their family or at home (10 patients), undertake professional education courses (7 patients), or even return to their jobs (3 patients).

Conclusion: Treatment with RLAI has a positive effect on patients double diagnosed with psychosis and substance addiction (especially cannabis). The association with a reintegration program adapted to the needs of each patient must be started early and maintained for as long as possible in order to have a good clinical outcome, positive impact on the addiction, improve compliance with treatment, and diminish the risk of relapse.

P244

Rhabdomyolysis associated with correction of hyponatremia and clozapine use in a patient with schizophrenia paranoid type

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Background and aims: Rhabdomyolysis is a common and potentially lethal clinical syndrome that results from acute muscle fiber necrosis with leakage of muscle constituents into blood. The authors report on a case of rhabdomyolysis in a 46-year-old patient with the diagnosis of schizophrenia paranoid type.

Case report: The patient was admitted with the symptoms of generalized seizure and vomiting; and as severe hyponatremia was proved, its correction with the parallel use of clozapine treatment was done. On the fifth day of his treatment muscle pain and asthenia occurred and creatinine kinase concentration increased to 52090 U/L without any symptoms of neuroleptic malignant syndrome. The course of illness was benignant, clozapine was stopped and during high-volume alkaline diuresis creatinine kinase concentration gradually returned to a normal range. After 6 months follow-up no recurrence of rhabdomyolysis was detected during olanzapine treatment; clinical and laboratory findings were normal.

Discussion: Rhabdomyolysis was associated with the rapid correction of hyponatremia after water intoxication caused by psychogenic polydipsia and was complicated by clozapine use.

Conclusion: The authors suggest that monitoring creatinine kinase is not necessary routinely by antipsychotic administration, but point at the importance of cautious correction of hyponatremia and of creatinine kinase monitoring beside atypical antipsychotic therapy when patients complain about muscular symptoms and suggest that switch to another atypical antipsychotic after an atypical antipsychotic induced rhabdomyolysis can be a cautious clinical strategy.

P245

Inpatient psychiatric treatment: EFFECT of organization on clinical outcome

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Background and aims: Organization of psychiatric services, availability of programs of care and different approaches to treatment influence actual clinical outcome. Psychiatric hospitals usually consist of different wards nad units, to and from which patients are directed inside an episode of inpatient treatment. The aim of the study was to get insight into actual movements of patients between different wards in a large University Psychiatric Hospital and relate these data to clinical outcome.

Methods: Hospital database was used as a source of data on patient movements and episodes of hospitalization. 2053 patient records were reviewed for clinical outcome data. Patients with three or more movements were diagnostically rechecked prospectively for the purpose of this study using ICD-10 research criteria. Appropriateness of treatment choice was assessed using patient treatment records.

Results: 1275 hospitalization episodes were reviewed. 35% of patients were moved between the wards three or more times. Within this group diagnostic discordance was noticed, that influenced changes in the treatment choice after each ward change.