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AUDIT AND RE-AUDIT OF PATIENTS WITH PTSD IN A COMMUNITY TEAM IN
BEDFORDSHIRE UK

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Introduction: Post-traumatic stress disorder (PTSD) is a disorder which can develop following exposure to one or more severely traumatic events. Symptoms experienced by PTSD sufferers include re-experiencing the trauma through intrusive 'flashbacks' and recurrent dreams or nightmares, distress when exposed to reminders of the trauma, hyperarousal and emotional blunting. These symptoms can cause significant impairment of function and reduction in quality of life for sufferers. Both psychotherapies, including cognitive behavioural therapies (CBTs) and eye movement desensitisation and reprocessing (EMDR), and pharmacotherapy are used in the treatment of PTSD.

Method: We audited patients with PTSD in Bedford East performed in November 2008 .A re-audit was performed using data from August 2010 patient database. Demographic information, risk factors, co-morbidities, psychological therapy and pharmacotherapy were compared between these audit and re-audit.

Results: There is increased use of antidepressant augmentation between 2008 and 2010. While no patients in 2008 were on antidepressant augmentations, by 2010, 9 patients were. All 25 patients on anti-psychotics have important identified risk factors .There is no evidence of Psychosis in our PTSD patients except in two cases. There is an increase in Anti-psychotic use in our PTSD Patients.

There is an increased use of Mood Stabilisers in our patients with PTSD. Discussion PTSD is being identified more frequently in our patients, probably because of greater awareness and more accurate identification.

Conclusion: New patients being identified represent a group of more difficult to treat patients who represent severe risks. Present psychotherapies offered are not all recommended in present guidelines.