

Therapeutic management of borderline personality disorder in emergencies

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Introduction

Patients with Borderline Personality Disorder (BPD) usually visit Psychiatric Emergency Services (PES) for acute symptoms. Despite the risk they may present, there are few treatment guidelines.

Objective

To describe demographic and clinical factors of BPD patients that visit PES and their association with psychotropic drugs and hospitalization indication.

Methods

Socio-demographic, clinical, severity and treatment variables are collected from visits attended at PES during a 4 years period. Logistic regression model is used to analyze which factors are related to pharmacotherapy and hospitalization.

Results

A sample of 11.578 patients was obtained. 1032 (8.9%) received BPD diagnosis and were mostly women (n=653) with a mean age of 31±9. Psychiatric and substance abuse history were more common in BPD group (p< 0.001).

Despite the fact that BPD group showed more severe symptoms, psychotropic prescription was restricted to patients with specific profile (figure 1). BPD hospitalization was also indicated in certain circumstances (figure 2) and was less common than in no-BPD patients (p< 0.001).

Figure 1. Variables related to psychotropic prescription in Borderline Personality Disorder patients

	Odds Ratio (OR)	Confidence Interval (CI 95 %)
Benzodiazepine Use		
Female gender	0.52	0.35 - 0.76
Substance abuse	0.58	0.38 - 0.88
Improper self-care	0.61	0.42 - 0.88
Lack of family support	0.49	0.27 - 0.87
Anxiety	3.77	2.52 - 5.66
Antipsychotic Use		
Psychotic symptoms	6.88	1.64 - 28.90
Danger to others	2.07	1.39 - 3.06

Figure 2. Variables related to hospitalization of patients with Borderline Personality Disorder

	Odds Ratio (OR)	Confidence Interval (CI 95%)
High risk of suicide	10.33	6.38 - 16.71
Opposition to treatment	4.50	1.89 - 10.69
Danger to others	2.55	1.59 - 4.11

Conclusion

Although clinical presentation was more severe in BPD patients, hospitalization was less indicated. The use of psychotropic drugs was more common in BPD patients with an atypical socio-medical profile.

Bibliography

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