

**P01-04 - A DESCRIPTIVE STUDY OF PATIENTS WITH BIPOLAR AFFECTIVE DISORDER ADMITTED IN BRIEF HOSPITALIZATION UNIT, UNIVERSITY HOSPITAL OF LA PRINCESA**

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**Introduction:** Patients with Bipolar Affective Disorder have high rates of somatic comorbidity and it's necessary to know the characteristics of these patients to develop preventive and therapeutic strategies.

**Objectives:** To describe twelve patients diagnosed with BAD admitted to a Brief Hospitalization Unit.

**Methods:** Evaluation by a questionnaire which recorded sociodemographic data (sex, age, marital status, education, occupation, employment status); medical management indicators (average stay, number of previous admissions and if re-entering during the study); previous treatments (antipsychotics, antidepressants and benzodiazepines); somatic background (presence of cardiovascular risk factors that contrasted with taking blood pressure, BMI calculation, ECG and complete analytical) and consumption of toxic substances.

**Results:** 58.33% are women with a mean age of 41.91 years and 58.33% in single cases. 58.33% has secondary education, although the 41.66% isn't working.

The average stay of admission is 20.83 days. 50% had between 1 and 4 more admissions and 33.33% re-enters.

25% doesn't take medications. Of the rest, 77.77% taking neuroleptics, being the most common option with 57.14% treatment with quetiapine. The 88.88% takes mood-stabilizing and the 44.44% benzodiazepines.

No patient has altered the glucose profile. The 8.33% has high blood pressure control and 25% altered lipid profile. The average BMI is 28.64

The 66.66% smoke. The 33.33% consumed alcohol and cannabis on 16.66%.

**Conclusions:** Patients with BAD have high proportions of cardiovascular risk factors and important consumption of toxic substances. Reflected the impact of the disease in the sociolabour field and the need for many hospital admissions because of the chronic course and poor therapeutic adherence.