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## RETROSPECTIVE STUDY OF SOCIO-DEMOGRAPHIC AND CLINICAL CHARACTERISTICS OF NEW PATIENTS ADMITTED TO AN ALCOHOL UNIT OF A GENERAL HOSPITAL

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**Objectives:** Alcohol is the most widely psychoactive substance consumed in Portugal. The aim of this study is to describe the socio-demographics and clinical characteristics of alcohol abuse and dependence new patients of an Alcohol Unit in a University General Hospital.

**Methods:** We collected retrospectively data from all admitted patients to our Alcohol Unit between January and October 2009 with alcohol abuse or dependence diagnosis.

**Results:** Fifty three patients were admitted during the period, 40 (75%) males and 13(25%) females. The mean age was 45.4 years (s.d.:10.6; median: 42), range between 24-67 years. Thirteen percent of patients were single, 26% divorced, 4% widowed and 57% married/with partner. Fifty-seven percent were employed, 30% unemployed and 13% retired. Twenty one percent of patients had known cardiovascular disease and 19% percent alcoholic liver cirrhosis. As Psychiatric comorbidities 19% percent of patients had depressive disorders, 6% personality disorders and 6% other psychiatric disorders (anxiety and psychotic disorders). Mean AST value was 67.3 IU/L (s.d.:64.3), mean ALT 52.9 IU/L (s.d.:47.9), mean GGT 258.6 IU/L (s.d.:367.6) and mean MCV 92.3 um<sup>3</sup> (s.d.:8.3). Forty percent of patients made an acute detoxification (77% as outpatient and 33% as inpatient). Fifty five percent of patients attended our psychotherapy group. Benzodiazepines (96%), antidepressants (25%) and naltrexone (22%) were the most used psychopharmacological treatments.

**Conclusions:** This study shows that there was predominance of male, married/with partner and employed patients in our sample. Alcohol biomarkers were high on the majority of patients, and there was also a high prevalence of medical diseases.