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Somatic Comorbidity in Female Patient with Psychiatric Disorders

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Introduction: The presence of multiple pathological conditions in the form of comorbidity is present much more as a rule than an exception in all of the population of psychiatric patients. Medical and psychiatric comorbidity in general is more common in women than in men.

Aims: The aim of this study is to assess the prevalence of somatic comorbidity in female patients with different major psychiatric disorders who were hospitalized at the Female ward of the University Psychiatric Hospital Vrapce in 2014.

Methods: The data was collected from hospital medical records. The sample consisted of 56 female, all inpatient, diagnoses established by the ICD-10 criteria by attending psychiatrist.

Results: Somatic comorbidity was present in 70% of patients. The most prevalent somatic disorder in comorbidity with psychiatric disorder was group of cardiovascular disorder (46%), followed by group of endocrine disorders (25%).

The results of this research show that the incidence of disease such as endocrine disorders (diabetes mellitus, the metabolic syndrome, thyroid dysfunction) and coronary heart disease is significantly higher in schizophrenia patient, than in mood affective disorder. There was difference between the age groups. Comorbidity was not found in younger population (mean age 45), while it was present in older population (mean age 57.1).

Conclusion: Somatic comorbidity is prevalent in psychiatric population with significant impact on their quality of life. There is obvious need to provide prompt and appropriate intervention avoiding iatrogenic complications.