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Clozapine in the Treatment of Refractory Bipolar Disorder

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Clozapine is a second-generation antipsychotic, it has been used in bipolar disorder refractory since 1989. Its use has been shown to reduce symptom severity in patients with manic and mixed-state episodes. The aim of this paper is to systematically review data published in 2014 to evaluate the effectiveness of clozapine in BD

Methods: the Medline database was searched for 2014 publications using the following keywords: 'clozapine'; 'refractory bipolar disorder'; 'effectiveness'; 'side effects'.

Results: Medline search returned 110 results. Manual inspection of abstracts allowed selecting six papers for further review.

The first meta-analysis of the efficacy of clozapine in the treatment of refractory bipolar disorder, published in 2014, showed the effectiveness and safety of rapid clozapine titration by decreasing the need for psychotropic co-medications, and reducing the number of psychiatric hospitalization. Other papers suggested that this molecule presents adverse reactions associated with problems in clinical and biological tolerance which explains its abundance.

Conclusion : clozapine used at low dose is a molecule of future in the treatment of bipolar disorder and recent publication showed that its side effects join the other second generation antipsychotics