

IRISH JOURNAL OF PSYCHOLOGICAL MEDICINE

VOL 14 NO 1 MARCH 1997

ISSN 0790-9667



activity e.g. alcohol, antihistamines, antidepressants. **Side Effects:** With doses up to 10mg, side effects included drowsiness, dizziness, diarrhoea, headache, nausea and vertigo. **Basic NHS Cost:** Stilnoct 10mg blister packs of 28 tablets £6.72. Stilnoct 5mg blister packs of 28 tablets £3.36. **Basic Cost in Ireland:** Stilnoct 10mg blister packs of 28 tablets £6.70. Stilnoct 5mg blister packs of 28 tablets £3.35. **Legal Category:** POM. **Product Licence Numbers:** Stilnoct 10mg: PL4969/0027, Stilnoct 5mg: PL4969/0017. **Product Authorisation Numbers:** Stilnoct 5mg: PA 362/4/2, Stilnoct 10mg: PA 362/4/1. **Distributed in the Republic of Ireland by:** Allphar Services Ltd, Dublin. Tel: (01) 295 2226. **Product Licence Holder:** Lorex Synthelabo Ltd, Lunar House, Globe Park, Marlow, Bucks, SL7 1LW.

development of significant withdrawal-like symptoms, tolerance, rebound insomnia or abuse during the recommended treatment period, however, until further experience of use is gained, the prescribing physician should consider the possibility of their occurrence. No increases in dose were necessary during clinical trials to maintain clinical response, but the possibility of their occurrence should be considered. In studies, simulated vehicle driving is unaffected during the day following medication with Stilnoct, but there may be a possible risk of drowsiness the morning after therapy. Stilnoct should be administered with caution to patients with depression or a history of drug or alcohol abuse (although Stilnoct has not been shown to cause dependence). The effect of Stilnoct may be enhanced by other agents with central depressive

Stilnoct 5mg and 10mg tablets Prescribing Information - UK and Ireland Presentation: Stilnoct 10mg tablets contain 10mg zolpidem hemitartrate and Stilnoct 5mg tablets contain 5mg zolpidem hemitartrate. **Indication:** Short-term treatment of insomnia. A course of treatment should not exceed 4 weeks. **Dosage:** Tablets should be taken immediately before retiring, or in bed. **Adults:** one 10mg tablet. **Elderly or debilitated patients:** one 5mg tablet. Stilnoct should not be prescribed for children. **Contraindications:** Hypersensitivity to Stilnoct, obstructive sleep apnoea, myasthenia gravis, severe hepatic insufficiency, acute pulmonary insufficiency, respiratory depression or in psychotic illness. Stilnoct should not be prescribed for children. **Precautions and Warnings:** There is little evidence for the



Lorex Synthelabo

Further information is available on request from:
Lorex Synthelabo, Lunar House,
Globe Park, Marlow,
Buckinghamshire, SL7 1LW
Irish Distributor: Allphar Services,
Dublin. Tel: (01) 2952226
Lorex Synthelabo and Stilnoct

NEW – THE FIRST OMEGA-1
SPECIFIC HYPNOTIC

A SPECIFIC ADVANCE IN HYPNOTIC THERAPY



STILNOCT

THE FIRST OMEGA-1 SPECIFIC HYPNOTIC

zolpidem

SPECIFICALLY EFFECTIVE, SPECIFICALLY REASSURING

Editor-in-Chief: Brian Lawlor
Editorial Assistant: Niamh Gleeson
Advertising Manager: Frank Corr

Founding Editor: Mark Hartman

Editors: Timothy Dinan (London),
David King (Belfast)

Deputy Editor: Brian O'Shea (Dublin)

Associate Editors: Ken Brown (Belfast), Patricia Casey (Dublin), Anthony Clare (Dublin), Stephen Cooper (Belfast), Thomas Fahy (Galway), Michael Fitzgerald (Dublin), Michael Kelleher (Cork), Brian Leonard (Galway), Roy McClelland (Belfast), Aidan McGennis (Dublin), Ciaran O'Boyle (Dublin), Eadbhard O'Callaghan (Dublin), Art O'Connor (Dublin), Ethna O'Gorman (Belfast), Ian Pullen (Edinburgh), David Sheehan (Tampa), Philip Snaith (Leeds), Hugh Staunton (Dublin), John Waddington (Dublin), Richard Williams (Calgary)

Statistical Editor: Leslie Daly (Dublin)

Deputy Statistical Editor:
Ronan Conroy (Dublin)

Submissions & correspondence to:
The Editor,
Irish Journal of Psychological Medicine,
99 Upper George's Street,
Dun Laoghaire,
Co Dublin.

Telephone
01-2803967; Int: +353-1-2803967

Fax
01-2807076; Int: +353-1-2807076

Publisher
MedMedia Ltd.
Media House,
99 Upper George's Street,
Dun Laoghaire,
Co Dublin.

Printing: New Cityview Press

Subscriptions
Rates per volume of four issues
(Mar, Jun, Sept, Dec)
STG£43 EU, US\$96 USA, STG£53
elsewhere (single issues US\$28 USA,
STG£13.25 elsewhere) incl. airmail
postage internationally.

**Subscription enquiries, orders
and cheques made payable to:**
Royal Society of Medicine Press Ltd.,
1 Wimpole St,
London, W1M 8AE, UK.
Tel: 0171-2902927;
int: +44-171-2902927.
Fax: 0171-2902929;
int: +44-171-2902929.

Circulation
3,000 to 54 countries.
Journal participates in the World Health
Organisation project to improve
distribution of scientific materials on
mental health.
Publication does not imply
endorsement. Limited photocopying
authorisation granted for a fee to
Copyright Clearance Center,
27 Congress Street, Salem, MA 01970,
USA, or to appropriate Reproduction
Rights Organisation; isolated non-profit,
academic photocopying excepted.

EDITORIAL

3 Co-morbidity: the hydra of contemporary psychiatry?

Thomas J Fahy

ORIGINAL PAPERS

4 Acute inpatient admissions in a community oriented old age psychiatry service

Aideen Freyne, Margo Wrigley

8 The outcome of elderly patients presenting with depressive symptoms

Heidi Lee, Brian A Lawlor

12 Self-injurious behaviour in persons with a mental handicap: an epidemiological study in an Irish population

John Hillery, Michael Mulcahy

BRIEF REPORTS

16 Use of clozapine in a mental handicap hospital - report of the first 17 patients

Ahmed Boachie, Maria GA McGinnity

20 Trainee attitudes towards their training and its supervision

David Meagher, John Quinn, Edmond O'Mahony, Maria Morgan, Peter Byrne

AUDITS

24 New long-stay patients – two years later

Miriam Gannon, David Meagher, Liam Watters

REVIEWS

26 Rapid cycling mood disorder: a review

Elaine Healy, Patrick McKeon

31 The use of naltrexone, an opiate antagonist, in the treatment of opiate addiction

Conor K Farren

CASE REPORTS

35 Resolution of episode of major depressive disorder with emergence of Ganser syndrome symptoms

Dinesh K Arya

38 Homozygous mutation at cytochrome P4502D6 in an individual with schizophrenia: Implications for antipsychotic drugs, side effects and compliance

Michael Gill, Ziarih Hawi, Marcus Webb

23 Guidelines for authors

33a John Dunne Medal

Cover illustration: 'A Connemara Girl', Augustus Nicholas Burke (1849-1891)

Indexed and abstracted by BIOLOGICAL ABSTRACTS (BIOSIS Previews); CENTRE NATIONAL DE LA RECHERCHE SCIENTIFIQUE/INIST; PASCAL; EXCERPTA MEDICA/EMBASE; INSTITUTE FOR SCIENTIFIC INFORMATION: CURRENT CONTENTS/ Social & Behavioural Sciences (Social Science CITATION INDEX, Research Alert); PSYCHOLOGICAL ABSTRACTS (PsycINFO/PsycLIT); Cumulative Index to Nursing & Allied Health Literature, Current AIDS Literature (CAB Abstracts), International Pharmaceutical Abstracts, Linguistics & Language Behaviour Abstracts, Nutrition Abstracts and Reviews, (CAB Abstracts), Referativnyi Zhurnal, Social Planning/Policy & Development Abstracts, Social Work Research & Abstracts, Sociological Abstracts.

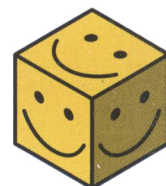
Microfilm, microfiche & article copies from University Microfilms International, 300 North Zeeb Rd., Ann Arbor, MI 48106, USA. Journal included in the Adonis service, whereby article copies can be printed out from compact disks (CD-ROM) on demand; explanatory leaflet available from ADONIS BV, PO Box 639, 1000 AV Amsterdam, The Netherlands. Journal listed in Ulrich's International Periodicals Directory (Bowker International Serials Database), EBSCO's Selected Periodicals for the Medical and Health Sciences, & EBSCO's Librarians' Handbook.

REASON TO BE CHEERFUL



LUSTRAL™ 50mg

sertraline



Established in treating depression



Abbreviated Prescribing Information:
LUSTRAL™ (sertraline)

Presentation: Tablets containing 50mg or 100mg sertraline. **Indications:** Treatment of symptoms of depressive illness, including accompanying symptoms of anxiety. Prevention of relapse or recurrence of depressive episodes, including accompanying symptoms of anxiety. Obsessive compulsive disorder (OCD). **Dosage:** Lustral should be given as a single daily dose. The initial dose is 50mg and the usual antidepressant dose is 50mg. Dosage can be further increased, if appropriate, to a maximum of 200mg daily. Patients should be maintained on the lowest effective dose. *Use in children:* Not recommended. *Use in the elderly:* Usual adult dose. **Contra-**

indications: Hypersensitivity to this group of drugs. Hepatic insufficiency, use with, or within two weeks of ending treatment with, MAOI's. At least 14 days should elapse before starting any MAOI following discontinuation of Lustral. **Precautions, Warnings:** Renal insufficiency, ECT, epilepsy, driving. Lustral should be discontinued in a patient who develops seizures. Lustral should not be administered with benzodiazepines or other tranquilizers in patients who drive or operate machinery. The patient should be monitored for signs of suicide or mania. **Drug Interactions:** Caution with other centrally active medication. Serotonergic drugs such as tryptophan or fenfluramine should not be used with Lustral. Lithium levels should be monitored. Although Lustral has been shown to have no adverse interaction with alcohol, concomitant use with alcohol is not recommended. The potential for Lustral to interact with other highly protein bound drugs should be borne in mind. Interactions with e.g. warfarin, diazepam, tolbutamide and cimetidine have not been fully assessed. With warfarin prothrombin time should be monitored when Lustral is initiated or stopped. **Side effects:** Dry mouth, nausea,

dizziness, insomnia, somnolence, headache and dyspepsia. Rarely, abnormal LFTs, hyponatraemia. The following have been reported with Lustral but may have no causal relationship: movement disorders, convulsions, menstrual irregularities, hyperprolactinaemia, galactorrhoea and rash. As with other serotonin re-uptake inhibitors rare reports of agitation, confusion, depersonalisation, hallucinations, nervousness, postural hypotension, hypo/hypertension, tachycardia and arrhythmias. As with all psychoactive medicines, possible side effects on discontinuation, such as dizziness, sensory disturbance, sleep disturbance, agitation or anxiety, nausea and sweating. **Legal Category:** S1A. **Package Quantities:** 50mg tablet (PA 19/46/4) Calendar pack of 28; 100mg tablet (PA 19/46/5) Calendar pack of 28. **Product Authorisation Holder:** Pfizer Limited, Sandwich, Kent. **Further information on request:** Pfizer (Ireland) Limited, Pharmapark, Chapelizod, Dublin 20, Republic of Ireland.

