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ANALYSIS OF THE CLINICAL BOARDING OF THE BPD IN AMBULATORY TREATMENT

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Objective: It has become increasingly clear over the last few years that the most effective treatments for patients with Borderline Personality Disorder (BPD) is a combined psychological and pharmacological approach, aiming to improve the symptoms, feelings and behaviours that are so distressing and damaging to their lives. On this poster we try to show our daily therapeutic practice with these patients through a complete review of the BPD patient's medical records available in our outpatients psychiatric clinic.

Method: Systematic review of all BPD patients medical records, treated in our clinic with a particular reference to pharmacological, psychotherapeutic or both approaches stating the type of intervention in each case.

Results: We found a mostly mixed approach to treating BPD patients in our clinic as clinical guidelines and other literature recommends. Being critical of our practice, we have observed a prolonged use of medication despite evidence suggesting a sometimes limited benefit for acute and chronic symptoms.

Although psychotherapeutic interventions are widely used in our Clinic, it is doubtful that the most accepted psychotherapies mentioned earlier are the ones implemented (Kernberg, Linehan....)

Conclusion: The evidence from the literature and prescribing guidelines, suggests that some of the main approaches to treating BPD patients are specific psychotherapies. However, without belittling the benefit of these psychotherapies, we found that the use of psychopharmacological treatments helps too with alleviating acute and more chronic symptoms; maybe improving the likelihood of psychotherapeutic engagement.