

URGENT CONSULTATIONS IN PSYCHIATRY: Borderline Personality Disorder as a frequent patient in Emergency Room



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Borderline personality disorder (BPD) is defined as a personality with emotional instability. This characteristic is often one of the reasons for consultation for these patients, caused by anxiety crisis, to aggressiveness, thoughts of death, or serious self-harms.

Symptoms such as low tolerance for frustration, emotional ambivalence or difficulty adapting to changes, together with the feeling of existential emptiness and personal devaluation, produce in these patients situations of crisis and conflict in different areas and environments of their lives (relationships family, couple, work, etc).

As a **CONCLUSION**, we can affirm a high demand of BPD patients, often in non-BPD-specialized services, which means a difficulty as outpatients for psychiatrists in emergency room.

These conflicts in their attention, would support the psychosocial and educational focus of the assistance, as necessary treatment, where the objective is the clinical habilitation but also the work of social skills, which definitively, may contribute to decrease urgent consultations in a médium-long term.

The **OBJECTIVE** is to define the concept of "hyperfrequent users", in BPD patients, based on their demand for repeated medical attention.

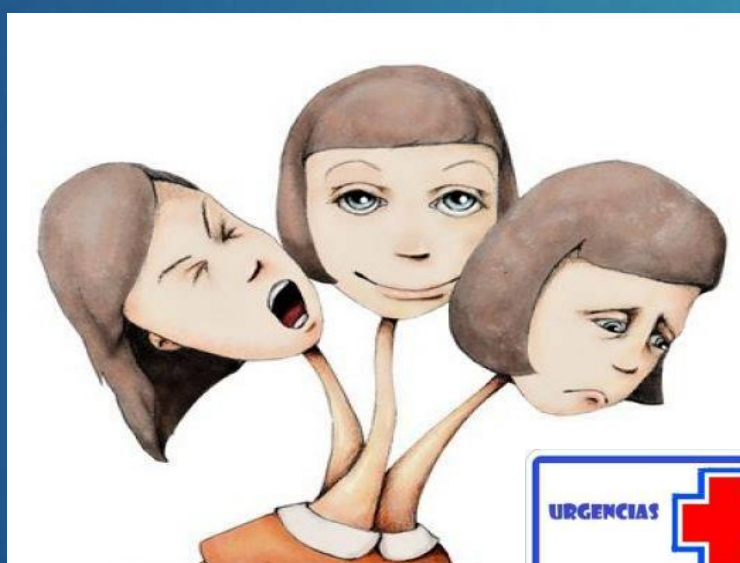
As **BACKGROUND** we know that BPD patients usually consult for Emergency Care, with some interesting facts about frequent consultations:

- ▶ 1. -Reasons to ask for help are often familiar or couple problems, but also economic, academic, legal issues and drugs.
- ▶ 2. -Typical symptoms could be anxiety, depression, impulsivity, self-injury or suicidal behavior.
- ▶ 3. -Age use to influence main symptoms (impulsivity and instability) and there are gender-based differences.

We propose as **METHOD** the follow-up of 10 patients with diagnosis of PBD, from 19 to 38, who goes to the hospital frequently, among 2-12 times a semester, as a psychiatric emergency, with a total of 61 urgent medical attentions.

The **RESULTS** indicate that each patient comes to consultation approximately once per month, with some specifications, such as:

- ▶ 1. -BPD men ask for care less than women (40% versus 60%), sometimes it suppose a risk for them.
- ▶ 2. -Actually main reasons for consultation are conjugal problems and parental relations (50% each one), with laboral problems or adictions (30% each one).
- ▶ 3. -Women present self-injuries behaviors (66%) while men present suicidal thoughts (50%).
- ▶ 4. -Self-injuries decrease in patients becoming old (80% <30 years-old, women), however suicidal behaviour is increased (>30 years-old, men).
- ▶ 5. -Anxiety (80%) and depression (60%) are the main syndromes en BPD patients in emergency room.
- ▶ 6. -About 70% of these patients presents associated three symptoms: anxiety, depression and impulsiveness.



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