INTRODUCTION

Brazilian current policies of mental health consider primary care units as the main gateway to patients with psychological complaints; and, these units are in charge for attending minor psychiatric patients. However, what is seen in Brazilian Primary Health Care currently is the indiscriminate use of psychotropic medicines. Not always psychotropic drugs are used for specific mental disorders. Sometimes the doctor who prescribed the psychotropic can not point accurately the reason for its utilization. There is a gap in the literature to investigate in primary health care the factors related to the psychotropic drugs consumption, and, if people using psychotropic medicines without a defined psychiatric diagnosis are positive to Mental Common Disorders (CMD).

OBJECTIVES

This study aims to identify psychotropic medicines use in patient visiting the units; and, its association with: the presence of Mental Common Disorders, socio-demographic profile, use of other pharmacotherapy and presence of clinical comorbidities.

METHODS

This study was performed with a quantitative approach, cross-sectional and descriptive-correlational character. A stratified sample of 433 patients was interviewed in five primary health care units at Ribeirão Preto city, Brazil. Data collection included questionnaires with socio-demographic information, medication history and the SRQ-20 (Self-Reporting Questionnaire - to assess Mental Common Disorders). The health records were also examined, to assess those associations was used chi-square test, with accepted association when p is less than or equal to 0.05; and, logistic regression models.

RESULTS

> The prevalence of psychotropics use was 25.8% (N=111).
> The psychotropic medicines were prescribed primarily by general practitioners.

CONCLUSION

Considering the association between use of psychotropic medicines and socio-demographic factors, the results highlight the need for an assessment focused on psychosocial aspects to solve patients with inadequate symptoms treated by health professionals and be attended in their needs. Further research should focus on the knowledge of health professionals in the units, especially the prescribers of psychotropic drugs in order to assess the main impediments to the reliable outline of CMD. Moreover, subsequent studies could investigate new forms of intervention in primary care in order to achieve those patients who do not seem to respond effectively to psychotropics treatment. Models of collaborative care and lay counselors could aid.

REFERENCES

Gomes VP, Miguel TLB, Miaso AI. Common Mental Disorders; socio-demographic and pharmacotherapy profile, Rev Lat Am Enfermagem, 2013;21(6):1203-11.
Mark TL. For what diagnoses are psychotropic medications being prescribed?: a nationally representative survey of psychiatrists. CNS Drugs. 2010;24(4):319-28.

Figure 1: Percentage (%) of specialty prescribers of psychotropic medicines in patients attended in five BHUs. Ribeirão Preto, São Paulo