

INCIDENCE AND TREATMENT OF NON-SUBSTANCE-INDUCED DELIRIUM IN GENERAL AND SPECIALIST PRACTICES IN GERMANY

Authors: Bohlken J, Hewer W, Kostev K

AIM

Little is known about the incidence and medical treatment of non-substance-induced delirium in general practitioner (GP) and specialist (SP) practices in Germany. The aim of the study was to determine the incidence of delirium and its treatment with neuroleptics and benzodiazepines in GP and SP practices.

METHODS

Between 2012 and 2015, 2,999 patients >65 years and 1,425 patients >65 years were selected from 1,262 GP and 203 SP practices, respectively. These patients had an initial diagnosis of delirium (ICD 10: F05) and were examined with regard to treatment with neuroleptics (EphMRA ATC: N05A) and benzodiazepines (N06C) prescribed immediately after delirium was diagnosed.

RESULTS

The 1-year delirium incidence was 0.6 patients per GP practice and 1.9 patients per SP practice. In more than 40 % of practices, no delirium diagnosis was made. In total, 31 % of GP and 21 % of SP patients were treated in the nursing home. The most common prescription in GP was melperone (9.4 % at home and 13.7 % in the nursing home) and in SP

risperidone (4.3 % at home and 13.4 % in the nursing home). The use of these agents was positively associated with male gender (OR=1.26), residence in nursing homes (OR=1.74), dementia (OR=1.55), and depression (OR=1.32) and negatively associated with treatment in SP practices (OR=0.73).

CONCLUSION

Diagnosis and treatment of delirium are relatively rare in medical practices in Germany compared to international standards. The reasons for the low incidence of delirium in the outpatient care sector should be investigated more thoroughly.

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Thank you for your interest!