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Case of steroid induced mania

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Background: Steroids have been widely used and prescribed for a variety of systemic diseases. Although they prove to be highly effective, they have many physical and psychiatric adverse effects. The systemic side effects of these medications are well known and well-studied, in contrast to the psychiatric adverse effects which its phenomenology needs to be the focus of more clinical studies. However, the incidence of diagnosable psychiatric disorders due to steroid therapy is reported to be 3-6%. Affective reactions such as depression, mania, and hypomania are the most common adverse effects, along with psychosis, anxiety and delirium.

Aim: We describe a case of corticosteroid induced mania, its unusual clinical picture, its course and management.

Case Description: A 14-year-old female high school student, with a recent diagnosis of Crohn's disease was brought to A&E department due to acute behavioral disturbance in form of confusion, visual hallucinations, psychomotor agitation, irritability, hyperactivity, talkativeness, lack of sleep, and physical aggression. Those symptoms have started few days following corticosteroid therapy which was prednisolone 40 mg PO OD. And she was diagnosed with steroid induced mania.

Discussion: This case illustrates the need for more understanding of the phenomenology and diversity of corticosteroids induced psychiatric syndromes.

Conclusion: The incidence of Steroid induced psychiatric symptoms ranging from 8-15% of adult patients, but there is no report of incidence in children and adolescence. Although the mechanism by which corticosteroids affect behavior is likely multifactorial, there is a well-documented relationship between the dosage of prednisone and the risk of developing acute psychosis. Pediatricians should be aware of this rare complication when administering corticosteroids for various medical illnesses.

Biography

Maryam Alnasser, medical intern graduate of University of Dammam, Saudi Arabia in 2016. Had four-month attachment in general psychiatry.

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