

## **PE1651/EEEEEEE**

James McKelvie submission of 23 January 2018

### GPs perspective

While it was helpful to have the perspective of a consultant Psychiatrist Dr Mitchell , most antidepressants are prescribed by GPs and their voice was not evident. Access to alternatives to medication such as exercise and counselling are not universal and referral to Community mental health teams especially in the case of children varies between health boards. There is debate amongst GPs whether antidepressants should be reviewed each time they are prescribed as acute medications, or if they can be put on a repeat medication list where they may not be reviewed for six months to a year.

To take people off medication takes an active discussion between doctor and patient, whereas continuing a repeat medication may not always involve the patient . The risk of the most commonly used group of antidepressants , the serotonergic agents such as fluoxetine , Paroxetine Sertraline and Citalopram include according to the BNF the Serotonin Syndrome which up to 1 in 100 users may suffer from includes an altered mental state ( agitation, confusion mania ) , altered nerve muscle interactions( tremor hyperreflexia rigidity and dysfunction of the autonomic ( automatic) nervous system leading to ( raised blood pressure, hyperthermia and tachycardia), this constitutes a medical emergency.It can occur from normal therapeutic use due to excessive stimulation of serotonin receptors in the central and peripheral nervous system.

### sources

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Boyer EW,Shannon M; The serotonin syndrome .N Engl J Med.2005 Mar 17352(11):1112-20