



**A clinical audit of antipsychotic prescriptions and  
associated clinical profile at Helen Joseph Hospital,  
Johannesburg, South Africa**

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## Abstract

### **Background**

Antipsychotics are a group of agents used to treat symptoms of several psychiatric disorders. Multiple global guidelines recommend treatment with second-generation antipsychotic (SGA) agents as a first line of treatment for psychotic disorders.

### **Aim**

The aim was to examine the pattern of antipsychotic prescription and associated factors at Helen Joseph Hospital over a six-month period.

### **Methods**

The researcher conducted a retrospective record review of 104 patients who were treated at various times over six months from 1 July to 31 December 2018. The data on demographic information, psychiatric diagnoses, medication, side effects were extracted from available clinical records.

### **Results**

The mean age of patients in this study was 35.4 years with more being male (n=65, 62.5%) than female (n=39, 37.5%). Antipsychotics were used mostly for treating psychotic disorders (n=39; 37.5%) followed by mood disorders (n=31; 29.8%), substance-induced disorders (n=26; 25%), and psychiatric disorders due to another medical condition (n=8; 7.7%).

Majority of patients were on oral SGAs (n=86), mostly risperidone (n=59) followed by olanzapine (n=24). LAIs were used in 27 cases with flupenthixol (n=17) being the main one. Oral FGAs were used in 13 patients and clozapine was used in four.

Three-quarters of the patients (76.2%) were on monotherapy, the only statistically

significant finding. Risperidone was implicated in most side effects reported (n=8) with EPSEs (n=6) occurring most commonly in the study population.

### **Conclusion**

The use of antipsychotics at Helen Joseph Hospital was found to be in line with the local Essential Medicines List and global trends.