

### Introduction

- Borderline Personality Disorder (BPD) is characterized by intense emotions, difficulty with personal relationships, and impulsivity
- BPD is difficult to manage due to a propensity for co-occurring psychiatric conditions
- There are no medications recommended for this condition
- Treatments include Cognitive Behavioral Therapy (CBT) and pharmaceutical treatment of symptoms
- Preferred pharmaceutical treatments are aripiprazole, lamotrigine, valproic acid, and topiramate

### Objective

- To compare the general management of BPD patients at a small mental health clinic against the best practices

### Methods

- Patient charts at Family Care Health Center(FCHC) in St. Louis, Missouri were examined
- Inclusion Criteria:
  - Patients with a diagnosis of Borderline Personality were evaluated
  - 33 patients identified
- Data Collected:
  - Participation in CBT
  - Co-occurring psychiatric conditions
  - Psychiatric medication use
  - Number of current psychiatric medications
  - Whether or not their primary psychiatric care at FCHC
  - If the patient had experienced a traumatic event in the past

### Results

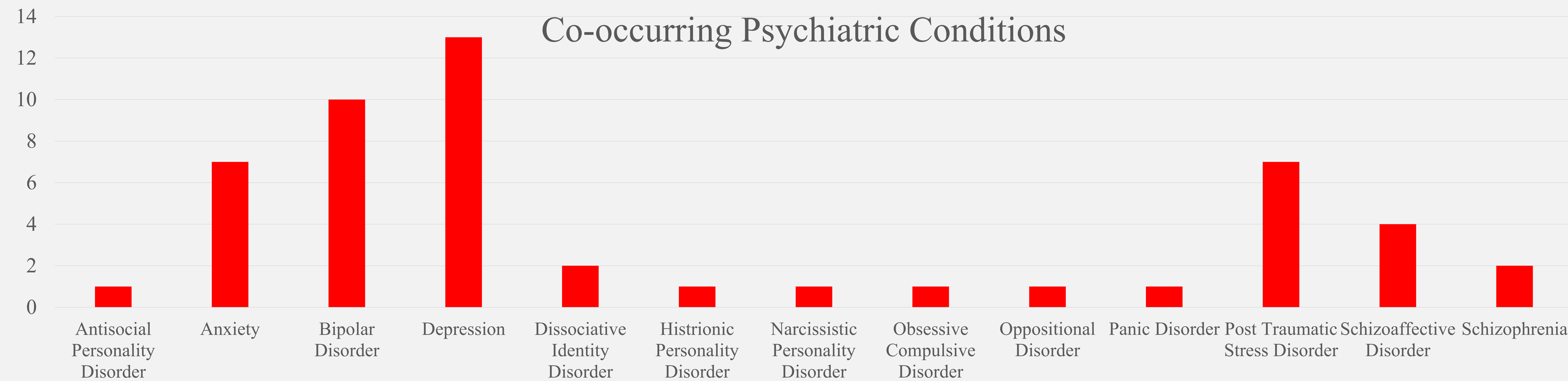
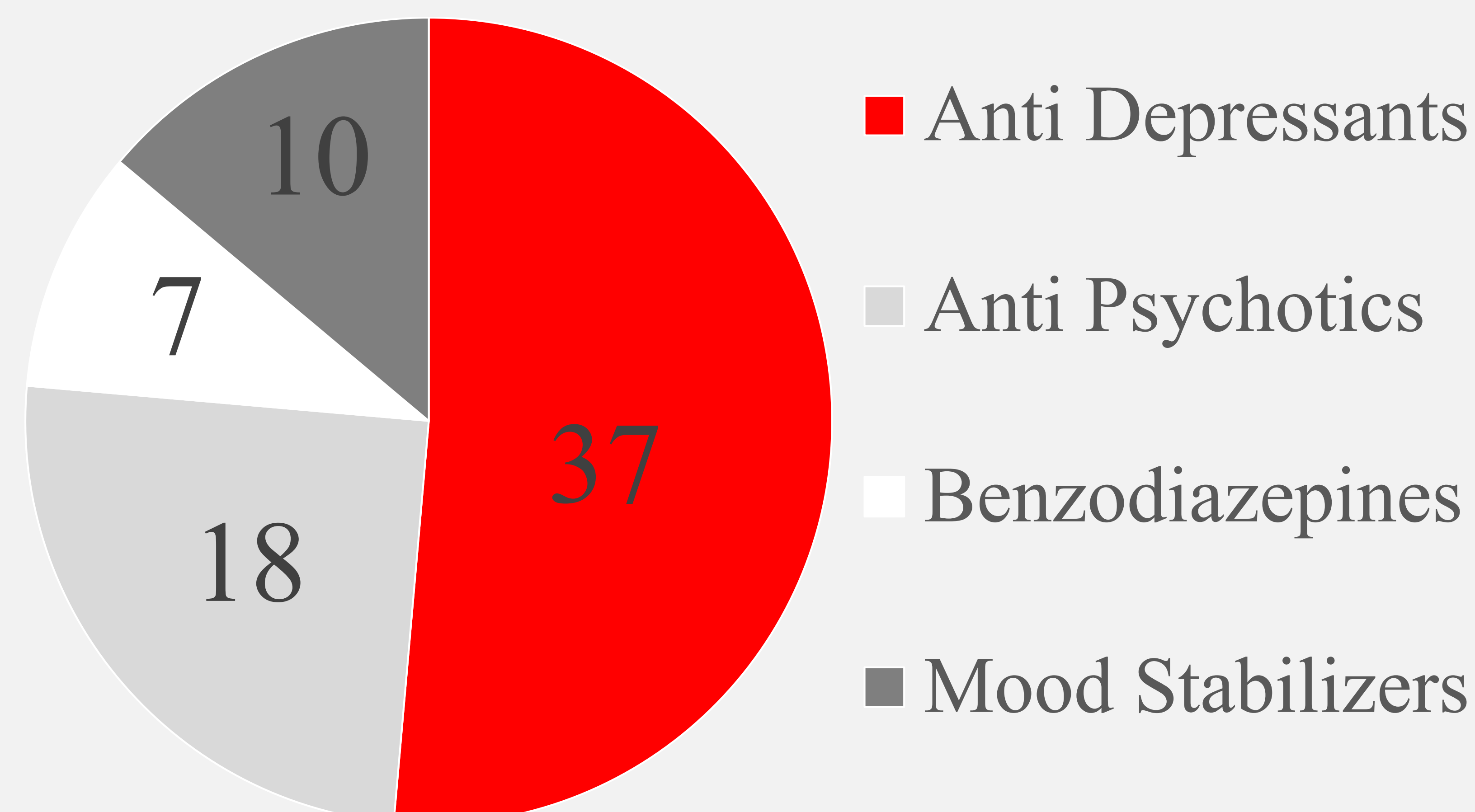


Table 2 Misc. Data

Average number of psychiatric medications per patient	2.21
Number of patients using FCHC for primary mental health care	13 (39.4%)
Number of Patients participating in CBT	20 (60.6%)
Number of Patients who experienced a previous traumatic event	17 (51.5%)
Number of patients not on any medications	3 (9.1%)
Number of patients that has only BPD as a psychiatric condition	2 (6.1%)

### Medication Type Prevalence



### Discussion

- 20 out of 33 patients (60.6%) were participating in CBT the preferred treatment, possibly due to time comm
- The preferred pharmacological treatments were low including aripiprazole 2, lamotrigine 3, topiramate 3, and valproic acid 2.
- Benzodiazepine use, 7 instances, persists despite having some evidence against use in these patients. Use could be related to co-occurring conditions
- Most used medication was antidepressant despite evidence showing no effect. Most likely used due to Bipolar Disorder and Depression being the most prevalent co-occurring conditions
- While there are only 7 diagnosed instances of Post Traumatic Stress Disorder, there are 17 instances (51.5%) of patients experienced a traumatic event

### Conclusion

- It may be difficult to get patients to commit to CBT which is why the usage is so low
- A focus on other conditions may be driving the prescription of non preferred medications