Presenter information

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Title
Case study of Oriental Medicine Treatment on the Secondary Insomnia for Psychiatric Patients with escitalopram.

Background
Escitalopram is one of the common antidepressants in the SSRI group to treat anxiety and depression with common side effect of insomnia up to 14%.

Purpose
To see efficacy of oriental medicine treatment to reduce insomnia of patients with escitalopram.

Method
From September 2016 to October 2017, 5 patients with escitalopram were referred from psychiatric clinic. 60 minutes weekly visit treatment upto 6 months is consist of 15 minutes of consultation, 10 minutes of oriental diagnosis, 30 minutes of acupuncture treatment and 5 minutes of summary consultation with meditation technique, and food advice. Insomnia Severity Index (ISI) survey has been used to evaluate sleep quality.

Result
According to ISI, in 2 to 16 visits, 5 patients shows change from 18.2 (clinical insomnia) to 12.6 (subthreshold insomnia), include 2 to 0 severe clinical insomnia, 2 to 3 clinical insomnia, 1 to 1 subthreshold insomnia, and 0 to 1 no insomnia. 2 patients changed on falling asleep (4 to 1.5) and staying asleep (2.5 to 1.5), 2 on waking up too early(3.5 to 0), and 1 on the quality of life (4 to 0).

Conclusion;
Oriental medicine include acupuncture, cupping and recommendation of lifestyle might be helpful to decrease insomnia level for patients with escitalopram. In the future study, management of outside factors for outpatients are needed, control group of insomnia without treatment, cortisol level measurement as biomarker and increase population are needed to be included.