

Prazosin improves sleep disturbances in hospitalized patients with a past psychiatric history and acute stress disorder: a retrospective study.

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BACKGROUND

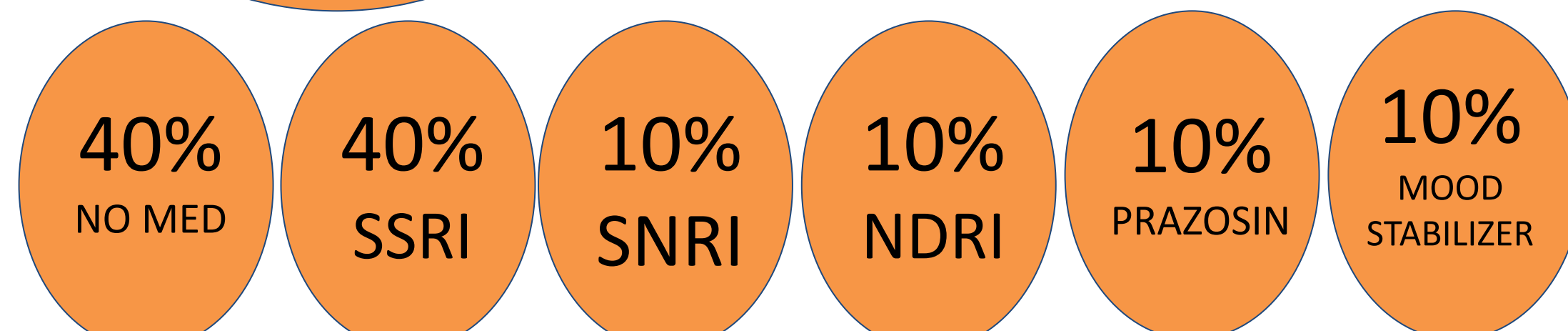
- Prazosin is an FDA approved antihypertensive medication that acts as an alpha-1 adrenergic receptor antagonist, reducing hyperarousal and reactivity
- Prazosin is used off-label in psychiatry due to its evidence in treating post-traumatic stress disorder (PTSD) symptoms such as nightmares and sleep disturbances
- We conducted an observational study to consolidate its evidence in hospitalized patients, with or without PTSD history, suffering from an acute stress disorder.

METHODS

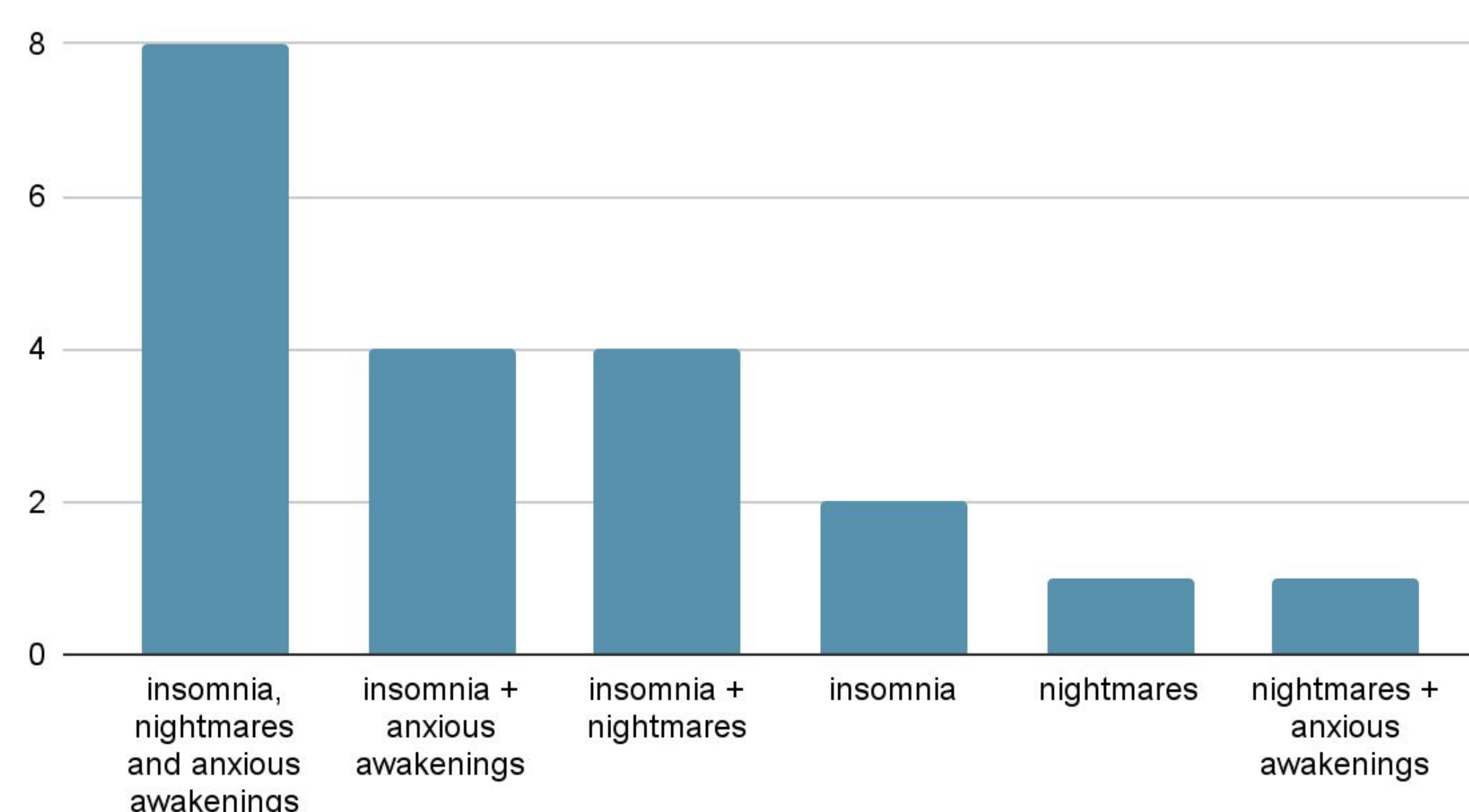
- Inclusion criteria:
 - hospitalized patients for whom psychiatry was consulted for with acute stress symptoms and treated with prazosin
- Collected retrospective data including demographic information, presenting sleep disturbances, type of trauma, and current psychiatric medications
- Primary outcome: qualitative improvement of any sleep disturbance symptoms categorized as: insomnia, nightmares and anxious awakenings

20 pts

- Mean age 42yo
- 50%M, 50% F
- LOS 4-54 days

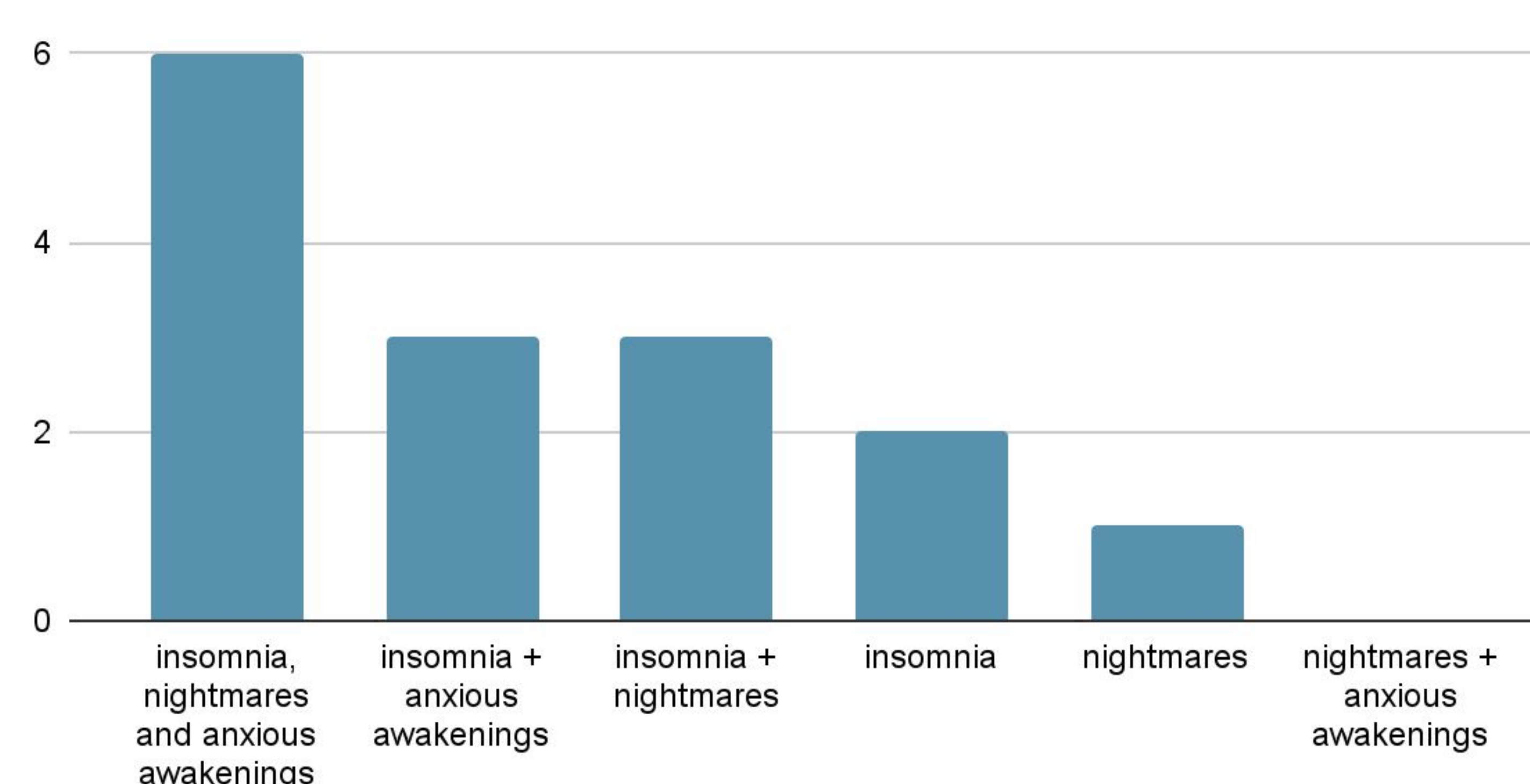


Patient-Characterized Sleep Disturbances Pre Treatment

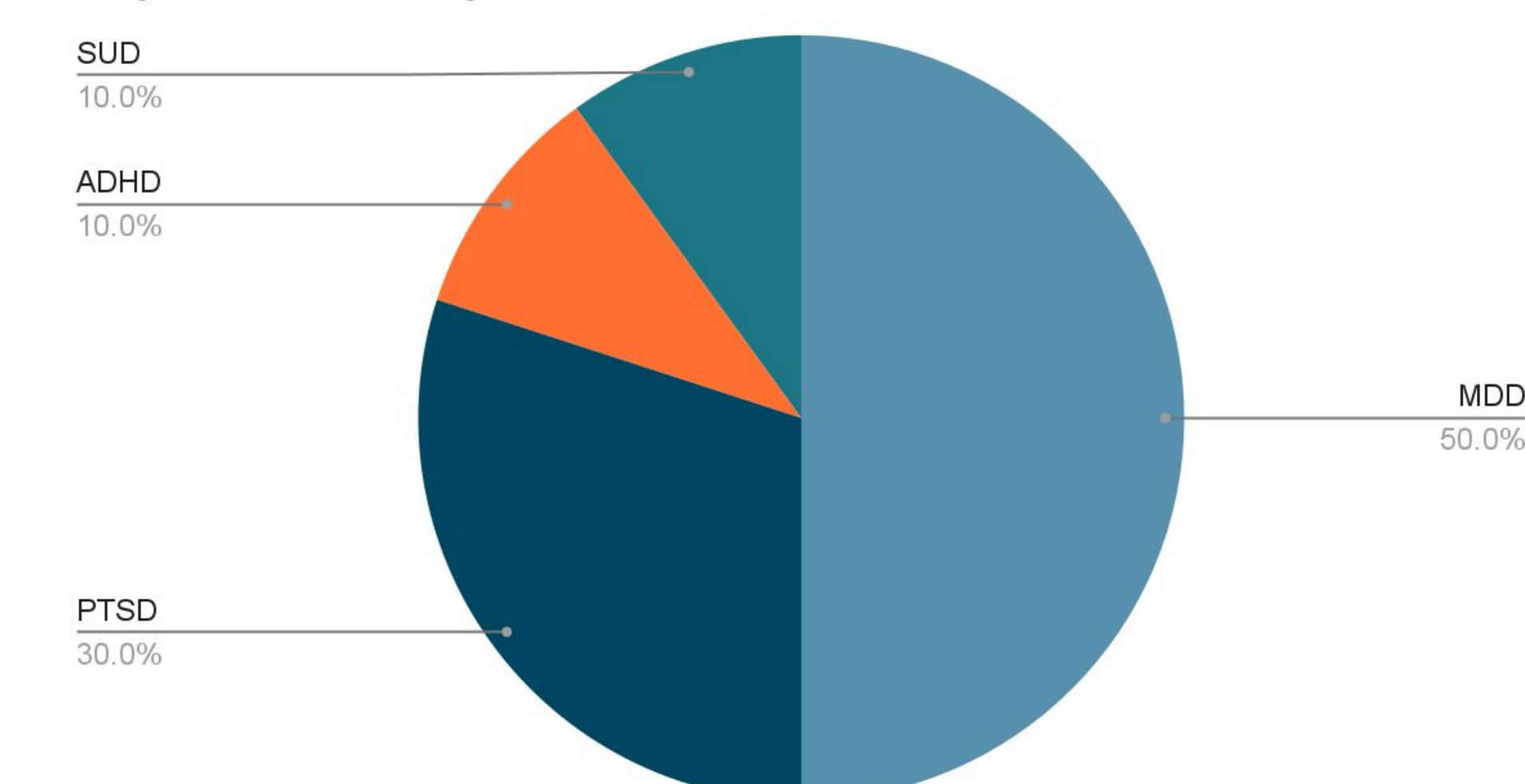


Low dose prazosin (mean 1.2 ±0.34mg) had overall benefit in sleep disturbances for 80% of patients

Patient Reported Improvement by Sleep Disturbance Post Treatment



Psychiatric History



Type of trauma suffered included: long ICU stay, prior combat history, MVA, COVID/ARDS, suicidal attempt, prior medical treatment.

DISCUSSION

- Patients experiencing acute stress disorder are difficult to treat and evidence has suggested a positive correlation between acute stress and the development of PTSD
- There is an increased risk between acute stress disorders and increased all-cause mortality, including suicide
- sleep disturbances have been associated with 5 times higher risk of suicidality

CONCLUSION

- Results suggest further evidence that the use of prazosin in patients suffering trauma and with a prior psychiatric diagnosis improves sleep disturbances.
- Findings are limited by study design and sample size -further studies are warranted.